

FOR IMMEDIATE RELEASE  
MARCH 14, 2008

## Public school teachers create tasty, healthy snack for kids

*Public schoolchildren with a sweet tooth now have a healthy option for dessert.*

Mrs. Tomasa Camu, faculty member, and Mrs. Marissa Servito, public health nurse, both from Tabaco National High School, Tabaco City in Region V have come up with polvoron mixed with malunggay powder that can help eradicate various diseases among public schoolchildren.

The project "Malunggay as Agent for Improving Students' Wellness" was based from the survey on common symptoms among a sample of 250 students that showed iron deficiency anemia and Vitamin C deficiency in the top two.

Results of the sample investigation using malunggay leaf powder added to polvoron reduced the students' ills like anemia, colds, asthma, intestinal parasites, amenorrhea, dysmenorrhea, kidney disorders, tonsillitis, bronchitis, muscle cramps, and general weakness.

It reduced the percentage of malnourished children in Tabaco National High School from eighteen (18) to zero per cent. With this positive result, Camu and Servito are pushing for its replication in all public schools. The researchers aim to assist schoolchildren by supplementing their diet with micro and macro nutrients through the malunggay polvoron.

The Department of Education is awaiting results of the laboratory tests conducted by the Food and Nutrition Research Institute on the product. If it passes national standards, DepEd will recommend this healthy snack to students to cut down absences or tardiness due to poor health. Since it can treat both macro and micronutrient deficiencies, they strongly encourage that it be part of the everyday diet for malnourished schoolchildren as well.

**END**

PRESS RELEASE