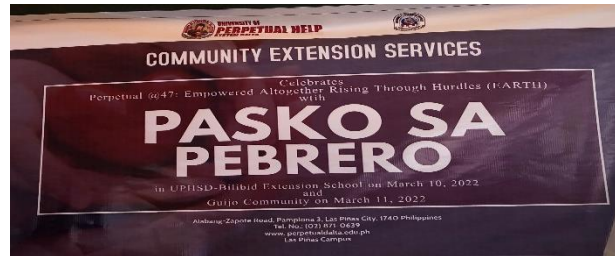




COMMUNITY EXTENSION SERVICES



5th PASKO SA PEBRERO

March 11, 2022/2:00-5:00pm/Guijo Compound, Pamplona 3, Las Piñas City

The 5th Pasko sa Pebrero is part of the celebration of the 47th Founding Anniversary of UPHSD. Various activities are being done in the Community Extension Services to serve our partner communities.





COMMUNITY EXTENSION SERVICES



This year 5th Pasko sa Pebrero was brought and held in Guijo Community. Ms. Janica Bea B. Ayad, the SHS CES Coordinator, facilitated the program by being the Emcee. The program started with an invocation led by Ms. Loida S. Benosa, the Program Assistant of CES, Ms. Jean J. Magalong, the Grade School CES Coordinator welcomed all the volunteers.



COMMUNITY EXTENSION SERVICES

Pagkain ng Masustansya, Malusog na Pamilya



The College of International Tourism and Hospitality Management led by Ms. Pia Rico and Dr. Joanne Infante taught the community on how to prepare inexpensive and nutritious food.



COMMUNITY EXTENSION SERVICES



The community members who are mostly mothers listen attentively as Ms. Pia Rico discussed the nutritional value of the vegetable menu.



COMMUNITY EXTENSION SERVICES



Ms. Pia Rico and Dr. Infante explained the step-by-step Process in preparing and cooking the vegetable menu.





COMMUNITY EXTENSION SERVICES



Dr. Infante explained the different ingredients and the Appropriate measure of the vegetable menu.





COMMUNITY EXTENSION SERVICES



The CITHM professors showed their skills in cooking from preparing to plating expertly.