

2019 TERMINAL REPORT

Training on Banana Blossom Recipe

August 1, 2019



RECEIVED:
EMME
Sept. 10, 2019



Republic of the Philippines

Mountain Province State Polytechnic College

Tadian, Mountain Province

TEACHER EDUCATION DEPARTMENT

TERMINAL REPORT

I. GENERAL INFORMATION

Activity:	Training on Banana Blossom Recipe
Date & Time of Activity:	August 01, 2019
Venue of Activity:	Dacudac, Tadian, Mountain Province
Proponents:	Candida G. Ambatcan Zaida B. Balcita Joyce D. Cuyangoan
Facilitators:	Candida G. Ambatcan Zaida B. Balcita Joyce D. Cuyangoan Claire Camtugan
Participants:	4P's Beneficiaries
Budget:	Extension Fund (Php 2,250.00); DSWD Fund (Php 4,500.00); Participants Counterpart (Php 1,500.00)
Source of Fund:	Extension Fund, DSWD Fund and Counter Parting

II. NARRATIVE REPORT

Banana is an abundant plant in the locality in which all its parts is edible. With this, there are many recipes that can be innovated using the different parts of banana. In Dacudac, there are many banana plant in every backyard. However, the banana blossom is just left with the plant until the fruit matured. With the result of researches conducted, there are many recipes that highlight the use of banana blossom which can be shared to different communities.

On August 01, 2019, Teacher Education Department conducted a training on banana blossom recipe in Dacudac. The activity was facilitated by faculty members namely Candida, Ambatcan, Joyce Cuyangoan, Zaida Balcita and Claire Camtugan together with 2 representatives from DSWD headed by Ms. Poclan. It was participated by 80 community people (see attached attendance sheet). The activity was started by a brief overview given by the DSWD representative. Candida Ambatcan introduced the different recipes to be demonstrated during the training emphasizing the relevance of maximizing abundant resources in the locality and organic diet. Ingredients especially banana blossom were prepared. While others ingredients are beings prepared together with the help of some participants, the step by step process of each recipe was demonstrated. The different recipes introduced were banana blossom pizza, banana blossom pickles, banana blossom pizza pockets and banana blossom balls. For better interaction during the training, the participants also prepared their own pizza pie, pickles, pizza pockets and balls under the supervision of the facilitators. The food prepared were tasted and they gave their own preferences. After the cooking session, the facilitator also suggested other recipes that can be explored by the participants in their own homes. After the announcement and reminders from Ms. Poclan, the activity was ended by a short talk from one on the parent leaders expressing her gratitude and how they appreciate the training. They were also looking forward for other trainings in the future. Before the departure of the team, a sumptuous lunch prepared by the barangay officials were enjoyed.

There may be some shortcomings in the conduct of the activity such as the appropriateness of the venue and the availability of needed kitchen utensil and others, still the activity was a success with the big number of participants. Smiles were pasted in every face of the participants at the end of the activity.



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III. PHOTO DOCUMENTATION





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IV. RECOMMENDATIONS

With the enthusiasm of the participants while cooking the different recipes, it is hoped that the attitude will not end during the activity. It is recommended that the training will not end that day itself but it will continue to be cook in the homes of every participant. This is also a business opportunity that the participants can take advantage since the main ingredient (Banana Blossom) is readily available in their backyards. Furthermore, the participants are highly encouraged to explore other recipes from the main ingredient aside from what were shared during the training to maximize the indigenous produce in the locality.

V. ATTACHMENTS

(Approved activity design, attendance sheet)

Prepared by:


ZAIDA B. BALCITA
Extension Worker

Noted:


ELMER D. PAKIPAC
Director, Extension



RESEARCH DEVELOPMENT AND EXTENSION SERVICES

ATTENDANCE SHEET						
Title of Activity: Training on Different Recipes out of Banana Blossom (Pakawan)						
Date & Time: August 1, 2019						
Venue: Dacudac Barangay Hall, Tadian, Mountain Province						
No.	NAME	GENDER			UNIT/OFFICE/DEPARTMENT	SIGNATURE
		F	LGBTQ	M		
1.	Isabel Pe	/				Isabel
2.	Leon Lucio			/		Leon
3.	Julia Maria	/				Julia
4.	Fernando Batucan			/		Fernando
5.	Julie Libed	/				Julie Libed
6.	Rosalie Danna	/				R. Danna
7.	Noka Cambato	/				N. Cambato
8.	Palido Udeiser			/		Palido
9.	Imatib			/		Imatib
10.	Lito Bantob			/		Lito Bantob
11.	Maria Kuningan	/				M. Kuningan
12.	Mary Cogon	/				Mary
13.	Lolita Dangpayan	/				Lolita
14.	Elpidio Kuningan			/		Elpidio
15.	Lolita Payapan	/				Lolita Payapan
16.	Lolita Ngilin	/				Lolita Ngilin
17.	Estrella Agsawal	/				E. Agsawal
18.	Melecia Pe	/				Melecia
19.	APRIL JANE TANGKE	/				April
20.	Lornie Bantob	/				Lornie
21.	EDWARD LAM-INGAN			/		Edward
22.	Arthur Bangito			/		Arthur
23.	George Cagangoan			/		George
24.	Agasta Lingad	/				Agasta
25.	MARILYN BATHOG			/		Marilyn
26.	Jina Bantadan	/				Jina
27.	Yolanda Togmey	/				Yolanda
28.	Analyn Maglang	/				Analyn
29.	MARILYN MORALES	/				Marilyn
30.	Jocelyn Sabado	/				Jocelyn
31.	Maitra Pascua	/				Maitra
32.	ADELAIDA KIKIYON	/				Adelaida

CERTIFICATION

This is to CERTIFY that the above is the true and correct attendance list of the participants/facilitators/secretariat of the above-mentioned activity.

This is to CERTIFY that the meals/snacks claimed for payment by the caterer was served to the above participants.

NOEL D. DE LOS SANTOS
End - User



RESEARCH DEVELOPMENT AND EXTENSION SERVICES

ATTENDANCE SHEET						
Title of Activity: Training on Different Recipes out of Banana Blossom (Pakawan)						
Date & Time: August 1, 2019						
Venue: Dacudac Barangay Hall, Tadian, Mountain Province						
No.	NAME	GENDER			UNIT/OFFICE/ DEPARTMENT	SIGNATURE
		F	LGBTQ	M		
33.	Sholis Dolgas	/				Dolgas
34.	Irme Ngangay	/				I. Ngangay
35.	Dano DANGPATAN			/		D. Dangan
36.	Michael Zayaso			/		M. Zayaso
37.	Judith Ngangay	/				J. Ngangay
38.	Jovelyn Pag-iga	/				J. Pag-iga
39.	Cornelia Liket	/				C. Liket
40.	Andree Biado			/		A. Biado
41.	Stany Sandoz			/		S. Sandoz
42.	John Cuyangon			/		J. Cuyangon
43.	Robert Kiblasen			/		R. Kiblasen
44.	Rubilyn P. Cuyangon	/				R. Cuyangon
45.	DEBORAH GAWID	/				D. Gawid
46.	Felipe Halketa	/				F. Halketa
47.	Amos Palid			/		A. Palid
48.	Paulo Ayan			/		P. Ayan
49.	OLIVIA AT-ATAC	/				O. At-Atac
50.	Elizabeth Cuyangon	/				E. Cuyangon
51.	Petra Anaran	/				P. Anaran
52.	May Aquil	/				M. Aquil
53.	Melania Sagamba	/				M. Sagamba
54.	Teresita Cuyson	/				T. Cuyson
55.	Nellie Gannay	/				N. Gannay
56.	Nimbo Bantoto	/				N. Bantoto
57.	Lreda Li	/				L. Li
58.	Cynthia Moco	/				C. Moco
59.	Edithan	/				E. Edithan
60.	Inila C. Labutan	/		/		I. Labutan
61.	Felicitas Laguidan	/		/		F. Laguidan
62.	Patric Balaban			/		P. Balaban
63.				/		
64.	Pedro A. Biado			/		P. Biado

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RESEARCH DEVELOPMENT AND EXTENSION SERVICES

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Date & Time: August 1, 2019						
Venue: Dacudac Barangay Hall, Tadian, Mountain Province						
No.	NAME	GENDER			UNIT/OFFICE/ DEPARTMENT	SIGNATURE
		F	LGBTQ	M		

65.	Lucas Bangito					<i>Lucas</i>
66.	Janet Camito	/				<i>Janet</i>
67.	Toblima Dio-dan	/				<i>TD</i>
68.	Marina-manique marcos	/				<i>mm</i>
69.	Patriaia AL boc	/				<i>AL boc</i>
70.	Nardo Ngangay			/		<i>Ngangay</i>
71.	(Marina manique marcos) Toblima	-				<i>mm</i>
72.	Joseph Ngangay			/		<i>Joseph</i>
73.	Lemedios Pias	/				<i>Pias</i>
74.	Craxson B. Loyong	/				<i>Craxson</i>
75.	Joel A. Togmoy			/		<i>Togmoy</i>
76.	Alfina Agsawad	/				<i>Alfina Agsawad</i>
77.	Carmelia Logdian	/				<i>Logdian</i>
78.	Luzviminda Bitaga	/				<i>Bitaga</i>
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NOEL D. DE LOS SANTOS
NOEL D. DE LOS SANTOS
End – User



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 Tadian, Mountain Province

Summary of the Activity Evaluation

Title of the Activity: **Training on Banana Blossom Recipe**

Date Conducted: **August 01, 2019** Venue: **Dacudac, Tadian, Mt. Province**

Using the scale below, please rate the following features of the seminar-workshop:

- 1-Poor (1.00-1.50) 2-Fair (1.51-2.50) 3-Satisfactory (2.51-3.50)
 4 – Very Satisfactory (3.51-4.50) 5-Excellent (4.51-5.00)

	Rate								Total
Objective and Relevance	2		3		4		5		
	FC	%	FC	%	FC	%	FC	%	
a. Clarity and Relevance			13	34.21	18	47.4	7	18.42	100.00
b. Attainment of the activity objectives			12	31.58	18	47.4	8	21.05	100.00
c. Usefulness of the activity / topics to the participants			6	15.79	21	55.3	11	28.95	100.00
d. Timeliness and immediate applicability			9	23.68	19	50.0	10	26.32	100.00
Organization and participation; venue				0.00		0.0		0.00	0.00
a. Planning and implementing activity			7	18.42	24	63.2	7	18.42	100.00
b. Preparation and organization of the activities			12	31.58	21	55.3	5	13.16	100.00
c. Ventilation, lighting, equipment and facilities in the venue	1	2.63	8	21.05	22	57.9	7	18.42	100.00

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Tadian, Mountain Province

RESEARCH DEVELOPMENT AND EXTENSION SERVICES

ACTIVITY DESIGN

I. GENERAL INFORMATION

Activity:	Training on Different Recipes out of Banana Blossom (Pakawan)
Date & Time of Activity:	June 20, 2019
Venue of Activity:	Lenga, Tadian, Mountain Province
Proponents:	Candida G. Ambatcan Edmar K. Maing Joyce D. Cuyangoan Zaida B. Balcita
Facilitators:	Claire P. Camtugan DSWD Staff
Participants:	4P's Beneficiaries
Budget:	Extension Fund (Php 2,250.00); DSWD Fund (Php 4,500.00); Participants Counterpart (Php 1,500.00)
Source of Fund:	Extension Fund, DSWD Fund and Counter Parting

II. RATIONALE

With the growing population, the changing taste and preferences of consumers changing diets and reduction of agricultural land, food security is one of the biggest challenges being faced by human kind. One dimension of food security is food utilization which is primarily determined by people health status. With the presence of many processed foods available in the market, people neglect the availability and utilization of readily available plants in the locality. These plants that contain nutritional values are taken for granted.

One of the research agenda is on product development which aims to develop products from readily available resources in the community. However, some researches are stuck in the shelves collecting dust. To make the result of researches operational, it is necessary to share this knowledge to the community which can be used for household consumption and even a profitable venture for business.

Banana is one of the abundant plant in the Mountain Province particularly in the Municipality of Tadian. The different parts of the banana plants is being utilized as food for man and animals particularly the fruits, blossom and the trunk. One part of the plant which is underutilized is the banana blossom which is usually being cooked with meat as viand. However, with creativity and innovation, there are other delicious recipes that can be make from banana blossom. One research conducted in the college was the creation of new recipe using banana blossom. By sharing the recipe to the community, it will create new opportunity and utilization of abundant resources in the locality.

With these, the training on banana blossom was conceptualized to extend result of research and knowledge to the community.

III. OBJECTIVES

The activity aims to:

- introduce to community the different recipes utilizing banana blossom as the main ingredient.



IV. EXPECTED OUTPUT

At the end of the activity:

- the participants must have cooked different recipe using banana blossom.

V. RESOURCE REQUIREMENTS:

A. Budgetary Requirements:

Item	Description	Quantity	Unit Cost	Total Cost
1	Gas and Oil	1 day	Php2,000.00	2,000.00
2	Long Bond Paper	1 ream	Php250.00	250.00
Sub-total (MPSPC Counterpart)				2, 250.00
4	Meals (Snack and Lunch)	25 pax	Php180/pax	4,500.00
Sub-total (DSWD counterpart)				4, 500.00
6	Vinegar	½ Gallon	70	70.00
7	Sugar	1 kl	50	50.00
8	Bulb Onions	1 kl	120	120.00
9	Pineapple Chunk	2 cans	120	240.00
10	Black pepper	5 tie	12	60.00
11	Garlic	½ kl	50	50.00
12	Flour	2 kl	60	120.00
13	Yeast	1 pack	70	70.00
14	Ground pork	1 kl	240	240.00
15	Cooking oil	1 liter	100	100.00
16	Banana Blossom	15 heads		
17	Ginger	1 kl	120	120.00
18	Cheese Cloth	1 pc		
19	Egg	1 doz	70	70.00
20	Tomato Sauce	2 packs	80	160.00
22	Soy	1 bottle	30	30.00
Sub-total (Participants counterpart)				1, 500.00
TOTAL:				Php 8, 250.00

B. Human Resources

(Indicate committee members, coordinators, ushers/ usherettes, marshals, etc)

Committee/ Task	Number of Persons required	People Responsible/ Members
Speaker and Coordinator	4	Candida G. Ambatcan Edmar K. Maing Joyce D. Cuyangoan Zaida B. Balcita
Facilitator, Documentor, assist during presentation	2	Claire P. Camtugan DSWD Staff

C. Supplies, Property and Equipment Requirements

Property/ Venue/ Equipment	Date to be used
Gas Range	June 21, 2019
Sauce Pot	June 21, 2019
Ladle	June 21, 2019
Basins	June 21, 2019
Measuring cups	June 21, 2019
Bowls	June 21, 2019
Baking Pans	June 21, 2019
Rolling Pin	June 21, 2019
Spatula	June 21, 2019
Trays	June 21, 2019



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VI. PROGRAM:

Opening Prayer
Opening Remarks
Overview of the Activity
Training Proper
Lunch
Continuation of Training
Giving of Impression
Closing Prayer

Overture
Barangay Representative
Coordinator
Speaker/Trainer

Participants
Participants

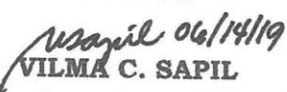
Prepared by:


CANDIDA G. AMBATCAN
Extension Worker

Noted:

 **ELMER D. PAKIPAC**
Director, Extension Unit

Reviewed:


VILMA C. SAPIL
Coordinator, Learning and Development

Funds Available:


REXON T. DAMAYAN
Accountant III

Recommending Approval:


ANNIE GRAIL F. EKID
Vice-President for Research, Development and Extension

Approved:

 **REXTON F. CHAKAS**
College President
06-18-19