



## EXTENSION ACTIVITY REPORT

Activity Title : **SMILE for HIs: Short-Course in Cooking (Baking)** Time Started: **8:00** Ended: **5:00**

Venue: CIT Food Technology Laboratory. Date Conducted: Feb. 19–Mar. 5, 2017

### A. Rationale/ Background of Activity

The second training course offering under the SMILE for HIs Extension program is a short-course in cooking that concentrates mainly in baking. This activity opens another possible sheltered employment or source of income for the beneficiaries of the said project. The course was executed in 3-day week end classes that completes 24 hours of lectures and hands-on exercises in the food technology laboratory in the GAB building.

The skills training was made possible through the initiative of the AB Psychology program of the College of Arts and Sciences in partnership with the College of Industrial Technology where the facilities needed and the technical experts came from. Student-facilitators both came from the CAS Samahan sa Sikolohiyang Pilipino, the student organization of psychology students and the CIT Feast Experts and Analysts of Science and Technology, the organization of students of food technology students. This project was in partnership between SLSU and the Provincial Social Welfare and Development Office.

Students/trainees came from Luis Palad National High School – Tayabas City, Paaralang Sekondarya ng Lucban – Lucban, Quezon and Mauban South Elementary School – Mauban, Quezon SPED classes and some are out-of-school youth from the same cities and municipality.

### B. Objectives

The main objective of this training is to train the HIs for skills associated with fundamentals skills in cooking, particularly in baking pastries, breads and cakes and appropriate behavior while in acquiring the skills as an avenue for possible employment.

Specific objectives are the following:

1. To provide fundamental knowledge and skills on baking;
2. To familiarize specific steps for a particular recipe and different tools and equipment to be used; and
3. To master the different skills in baking such as precise measurement, mixing, kneading, decorating and others.

### C. Attendance

#### Guest, Speakers, Facilitators

Name	Position	Address/ Agency
1. Ms. Lolita D. Eder	SPED Teacher	Mauban South ES
2. Mrs. Haydee M. Ilarde	Parent	Mauban, Quezon
3. Mr. Owen E. Mendoza	Teacher Aide	PSL
4. Ms. Julieta C. Esguerra	SPED Teacher	Dep Ed - Lopez
5. Ms. Monalette M. Cabawatan	SPED Coordinator	PSL
6. Mr. Raniel A. Fabella	SPED Teacher	Luis Palad NHS
7. Jerick B. Targa	Facilitator/ Assistant	CAS-SSP
8. Ava Kaye T. Torres	Facilitator/ Assistant	CAS-SSP
9. Dyan Ara L. Torres	Facilitator/ Assistant	CAS-SSP
10. Sheena Q. Caraug	Facilitator/ Assistant	CAS-SSP
11. Aileen R. Devera	Facilitator/ Assistant	CAS-SSP



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12. Joshua Renz N. Granada	Facilitator/ Assistant	CAS-SSP
13. Adrian P. Francia	Facilitator/ Assistant	CAS-SSP
14. Abraham Cangao	Facilitator/ Assistant	CAS-SSP
15. Ross G. Ordenez	Facilitator/ Assistant	CAS-SSP
16. Mr. Gino A. Cabrera	Project Leader/ Faculty	SLSU-CAS
17. Leann A. Lacopia	Facilitator/ Assistant	CIT-FEAST
18. Gemelyn A. Cuasay	Facilitator/ Assistant	CIT-FEAST
19. Marie Cris D. Marcos	Facilitator/ Assistant	CIT-FEAST
20. Cristine Joy Inocencio	Facilitator/ Assistant	CIT-FEAST
21. Roanne Joy V. Pascual	Facilitator/ Assistant	CIT-FEAST
22. Sandra Mae R. Del Rosario	Facilitator/ Assistant	CIT-FEAST
23. Joise Patrice M. Hilapio	Facilitator/ Assistant	CIT-FEAST
24. Dan Paul A. Mascarina	Facilitator/ Assistant	CIT-FEAST
25. Mr. Sherwin R. Pernia	Trainer/ Faculty	SLSU-CIT
26. Ms. Aurita A. Laguardor	Trainer/ Faculty	SLSU-CIT
27. Ms. Shyrille O. Lopez	Trainer/ Faculty	SLSU-CIT
28. Roanne Joy V. Pascual	Facilitator/ Assistant	CIT-FEAST
29. Sandra Mae R. del Rosario	Facilitator/ Assistant	CIT-FEAST
30. Clea M. De Guzman	Facilitator/ Assistant	CIT-FEAST
31. Cherry Relativo	Facilitator/ Assistant	CIT-FEAST
32. Hizon C. Nabo	Facilitator/ Assistant	CIT-FEAST
33. Jeryna G. Dimailig	Facilitator/ Assistant	CIT-FEAST
34. Jonathan E. Sulit	Facilitator/ Assistant	CIT-FEAST
35. Jovan R. Cabigan	Facilitator/ Assistant	CIT-FEAST
36. Rundolf L. Obmerga	Facilitator/ Assistant	CIT-FEAST
37. Mrs. Sarah O. Mendoza	Head Teacher	PSL
38. Mr. Gilbert S. Dealino	TECS I	Luis Palad NHS
39. Mesaki H. Tomita	Facilitator/ Assistant	CAS-SSP
40. Krenezha Mae J. Magnaye	Facilitator/ Assistant	CAS-SSP
41. Johnver D. Anareta	Facilitator/ Assistant	CIT-FEAST
42. Mercy Delour A. Bejo	Facilitator/ Assistant	CIT-FEAST
43. Nicole A. Monteverde	Facilitator/ Assistant	CIT-FEAST
44. Triisha May R. Padilla	Facilitator/ Assistant	CIT-FEAST
45. Jeffreylyn B. Tan	Facilitator/ Assistant	CIT-FEAST
46. Maricel B. Villaraza	Facilitator/ Assistant	CIT-FEAST
47. Renz Bryan I. Nilooban	Facilitator/ Assistant	CIT-FEAST
48. Elya T. Arela	Facilitator/ Assistant	CIT-FEAST
49. Dr. Ricaryl Catherine P. Cruz	Trainer/ Dean	SLSU-GS
50. Mark Angelo M. Asia	Facilitator/ Assistant	CAS-SSP

*Note: There were different sets of facilitators per session*

### Participants

Name	Position	Address
1. Joemelyn D. Dumangon	N/A	Lucban, Quezon
2. Joy Crizel M. Celis	N/A	Lucban, Quezon
3. Angelina Anareta	N/A	Lucban, Quezon
4. Ginalyn M. Celis	N/A	Lucban, Quezon
5. Kristelle B. Vito	N/A	Lucban, Quezon
6. John Lloyd L. Palmaria	N/A	Lucban, Quezon
7. Reymart Cada	N/A	Lucban, Quezon



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8. Meljane A. Castillo	N/A	Lucban/ Unisan, Quezon
9. Michael C. Precilla	N/A	Lucban, Quezon
10. Jerold R Mendoza	N/A	Lucban, Quezon/ Lucena City
11. Gladys Sto. Domingo	N/A	Lucban, Quezon
12. Kentwenley B. Robles	N/A	Mauban, Quezon
13. Mark Christian M. Sangcap	N/A	Mauban, Quezon
14. Apple Lyka A. Rey	N/A	Mauban, Quezon
15. Lemar John C. Edilloran	N/A	Mauban, Quezon
16. John Kerrwin M. Ilarde	N/A	Mauban, Quezon
17. Michelle M. Lanuza	N/A	Mauban, Quezon
18. Reymark S. Alba	N/A	Mauban, Quezon
19. Januel A. Condonar	N/A	Mauban, Quezon
20. Jerickson Q. Derecho	N/A	Mauban, Quezon
21. Leovic J. Briola	N/A	Mauban, Quezon
22. John Lauren R. Rivera	N/A	Mauban, Quezon
23. John Mark M. Alpuerto	N/A	Mauban, Quezon
24. Reynalyn E. Umali	N/A	Mauban, Quezon
25. Gilbert Dealino	N/A	Tayabas City
26. Leonard Lames	N/A	Tayabas City
27. John Cris P. Zalameda	N/A	Tayabas City

### D. Summary of attendance

Attendees	No. of Male	No. of Female
a. Guest, speakers, facilitators	18	32
b. Participants	17	10
Total	35	42

### E. Program of the Activity

Date	Particulars/ Lessons	Duration	Trainer/ Facilitator
Feb. 19	Opening Program Lecture Groupings Measurement of Ingredients Hands-on Activities <ul style="list-style-type: none"> <li>• Chocolate Crinkles</li> <li>• Chocolate Chip Cookies</li> <li>• Banana Cinnamon Muffin</li> </ul>	8 hrs.	Mr. Sherwin R. Pernia and Ms. Aurita A. Laguador with the assistance of the SSP and FEAST members, Mr. Gino A. Cabrera and SPED Teachers
Feb. 25	Lecture Hands-on Activities <ul style="list-style-type: none"> <li>• Cinnamon Muffin</li> <li>• Toasted Siopao</li> </ul>	7 hrs.	Ms. Shyrille O. Lopez with the assistance of the SSP and FEAST members, Mr. Gino A. Cabrera and SPED Teachers
Mar. 5	Lecture Hands-on Activities <ul style="list-style-type: none"> <li>• Orange Chiffon Cake</li> <li>• Swiss Roll</li> <li>• Diner Roll</li> <li>• Icing and Decoration</li> </ul> Closing Ceremony	7 hrs.	Mr. Sherwin R. Pernia, Ms. Aurita A. Laguador and Dr. Ricaryl Catherine P. Cruz with the assistance of the SSP and FEAST members, Mr. Gino A. Cabrera and SPED Teachers
		24 hrs.	



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### F. Highlights and Summary of Output (descriptive report)

The short-course in baking lasted for 3 training days on a weekend schedule completing 24 hours of learning sessions. The fundamental skills in baking was taught on the first day where Ms. Aurita A. Laguador, food technology instructor, lectured on the micro skills necessary for hygienic and sanitary baking practice. The use of 3 towels of different color-codes, hairnet and apron has been stressed.

Meanwhile, Mr. Sherwin R. Pernia, HRM instructor, demonstrated the skills in hands-on baking. He assisted in the accurate and precise measurement of all types of ingredients whether solid, dry and liquid. Mr. Pernia and Ms. Laguador jointly facilitated the first 3 hands-on activities that includes chocolate crinkles, chocolate chip cookies and banana cinnamon muffin. Afterwards, the students and teachers enjoined the tasting of their food products.

On the second day, Ms. Shyrille O. Lopez demonstrated the steps in doing cinnamon rolls and toasted siopao. The concluding part on the third day includes orange chiffon cake, swiss roll and diner roll which was delivered by Dr. Ricaryl Catherine P. Cruz, Mr. Pernia and Ms. Laguador. After all the hands-on activities, a closing ceremony was done recognizing the contribution of the lecturer-trainers and facilitators and the success of the completers.

### G. Evaluation of the Seminar /Training (Summary of Evaluation)

No. of Respondent: 22

Questions	No. of Participants who rate as:				
	Best	Better	Good	Poor	No answer
A. Layunin					
1. Malinaw ang layunin ng <i>lecture /demonstration/ training</i> .	22	0	0	0	0
2. Napapanahon ang paksa.	22	0	0	0	0
3. Sapat ang itinakdang oras para sa mga gawain	20	2	0	0	0
B. Nilalaman ng kurso					
1. Ang mga paksa na tinalakay ay angkop sa mga layunin.	22	0	0	0	0
2. Kapaki-pakinabang ang mga pinag-aralan	22	0	0	0	0
3. Nakaragdag sa kaalaman o kakayahan ang mga natutuhan	22	0	0	0	0
4. Ang mga teknolohiyang ibinigay ay angkop sa sitwasyon	21	1	0	0	0
K. Tagapagturo					
1. Nagpakita ng sapat na kaalaman.	22	0	0	0	0
2. Nakakahikayat ang paraan ng kanyang pagtuturo	22	0	0	0	0
3. Malinaw ang kanyang pagsasalita	18	2	0	0	2
4. Mahusay magpaliwanag sa mga katanungan	19	1	1	0	1
D. Lugar/ Kagamitan					
1. Angkop ang lugar para sa pagsasanay	22	0	0	0	0
2. Sapat ang espasyo para sa mga dumalo	21	1	0	0	0
3. Sapat na liwanag at temperature	22	0	0	0	0
4. Sapat ang mga materyales at kagamitan.	21	1	0	0	0
E. Palatuntunan					
1. Maayos ang nagging takbo ng mga kabuuang Gawain	20	2	0	0	0



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2. Nagsimula at natapos ang mga gawain sa itinakdang oras	19	1	2	0	0
F. Suporta sa Pagsasanay (mga lathalain/ babasahin)					
1. Husto and pinamimigay na babasahin.	22	0	0	0	0
2. Mahahalaga ang inpormasyon at napapanahon ang teknolohiyang isinasaad o tinatalakay	21	1	0	0	0
G. Pagsasagawa ng Natutunan					
1. Maaaring pagkunan ng panghanapbuhay	22	0	0	0	0
2. Makakapagpapataas ng pansariling kakayahan.	22	0	0	0	0
Total	444	12	3	0	3
<b>Percentage</b>	<b>96.10%</b>	<b>2.60%</b>	<b>0.65%</b>	<b>0%</b>	<b>0.65%</b>

#### Analysis of Evaluation:

The evaluation summary which is composed of twenty-one (21) items listed above showed that 96.10% of the participants rated the activity as best, 2.60% as better, 0.65% rated as good and another 0.65% has no answer. With the total of 98.7% rated the activity as best and better. It shows that participants are satisfied on the training conducted.

#### H. Funding Agency & Actual Expenses

SLSU MOOE – 13, 432. 83

PSWDO – 13, 000. 00

#### I. Appendices

- Photos with caption
- Copy of Attendance sheet
- Copy of Approved Project Proposal
- Copy of Letter Communications
- Copy of MOA (if applicable)

Prepared by:

Noted by:

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## EXTENSION ACTIVITY REPORT

***SMILE for HIs: Short-Course in Baking***  
February 19 – March 05, 2017, SLSU CIT Food Technology Laboratory



The HI students preparing the kitchen utensils and equipment for their first hands-on activity.



The food technology students assisting the HI students in accurate and precise measurement.



Ms. Aurita A. Laguador in her demonstration table while giving instruction for the procedural steps.



Mr. Sherwin R. Pernia is carefully putting chocolate chip cookies inside the oven.





## **EXTENSION ACTIVITY REPORT**

After a day of learning, this group of students pose with Mr. Gino A. Cabrera, Ms. Shyrille O. Lopez and Ms. Monallete M. Cabawatan.

A souvenir picture as one of the students receives her of completion together with the trainers and facilitators during the closing program.