

MAPEH

Contextualized Budgetary Outlay
HEALTH



Copyright Page

Published by the
LEARNING RESOURCE MANAGEMENT AND DEVELOPMENT SYSTEM (LRMDS)
Department of Education
Region VI-Western Visayas
SCHOOLS DIVISION OF SILAY CITY
Silay City
Copyright 2019

Section 9 of Presidential Degree No. 49 provides

“No copyright shall subsist in any work of the Government of the Republic of the Philippines. However, prior approval of the government agency of office wherein work is created shall be necessary for exploitation of such work for profit.”

This budgetary outlay has been developed by the Curriculum and Implementation Division (CID) of the Department of Education, Schools Division of Silay City. It can be reproduced for educational purposes only. Derivatives of the work including creating an edited version, an enhancement or a supplementary work are permitted provided all original work is acknowledged and the copyright is attributed. No work may be derived from this material for commercial purposes and profit.

BUDGETARY OUTLAY IN MAPEH 2 HEALTH (Teacher’s Material)

Written by:

RUBY ANN D. TIZON

Illustrated by:

JERRY R. BAGUIOS

Quality Assured by:

CARMEL JOY P. AUJERO
EPS-LRMDS

EVA G. TRABADO
EPS-MAPEH

JOY P. NAKAMURA
PDO II-LRMDS

ALJUN E. JOMALESA
Division MAPEH Evaluator

ROWENA R. ESPARAGOZA
Division MAPEH Evaluator

Recommending Approval:

FEDERICO P. PILLON, JR.
CID Chief

Approved by:

CYNTHIA G. DEMAVIVAS, CESO V
Schools Division Superintendent

MAPEH

Contextualized Budgetary Outlay

HEALTH

This contextualized budgetary outlay was collaboratively developed and reviewed by educators from the Schools Division of Silay City. We encourage teachers to email their feedback, comments, and recommendations to the Schools Division of Silay City at deped.silay@deped.gov.ph

We value your feedback and recommendations.

BUDGETARY OUTLAY

HEALTH

GRADE II

FIRST GRADING	
CONTENT STANDARDS	Understands the importance of balanced diet
PERFORMANCE STANDARDS	1. Demonstrates good decision-making skills in choosing food to eat to have a balanced diet 2. Practices good health habits and hygiene for the sense organs

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	States that children have the right to nutrition (Rights of the Child to nutrition Article 24 of the UN Rights of the Child)	State that children have the right to nutrition (Rights of the Child to Nutrition Articles 24 of the UN Rights of the Child)	Rights of the Child to Nutrition Articles 24 of the UN Rights of the Child)	H2N-Ia-5	PDF 24 BLLM Wastong Nutrisyon Aralin 1 Manwal 1-7 Exploring Science 3 Lucita Alsim - Madriaga 200 pp 26-28	chart pictures activity sheets videos laptop/projector
Day 2-3	2	Discusses the importance of eating a balanced meal	Discuss the importance of eating a balanced meal	Importance of eating a balanced meal	H2N-Ib-6	Growing with Science and Health 2 Domanais, Lucia 1997 pp 27-29 Into the future: Science and Health 2	chart pictures activity sheet videos laptop/projector

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
						Estrella, Sonia, et. Al 1997 Science and Health 2 Teachers Manual	
Day 4	1	Discusses the important functions of food	Discuss the important functions of food	Important Functions of Food	H2N-Icd-7	<p>Growing with Science and Health 2. Domanais, Lucia. 1997 pp 29</p> <p>Into The Future: Science and Health 2 Teachers Manual. Estrella, Sonia et.al 1997 pp 14-17</p> <p>Science and Health 2. Apostol, Joy A.et al 1997 pp 35-37</p> <p>Science and Health For Life 2, Carale, Lourdes, et.al 1997 pp 27-29</p>	<p>chart</p> <p>pictures</p> <p>activity sheet</p> <p>videos</p> <p>laptop/projector</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5	1	First Summative Test					
Day 6	1	Describes what constitutes a balanced diet	Describe what constitutes a balanced diet	Balanced Diet	H2N-Ie-8	Growing with Science and Health 2 Domanais, Lucia, et.al 1997 pp 33-34 Science and Health 2 Apostol, Joy 1997 pp 35-36 Science and Health For Life 2 Carale, Lourdes, et.al 1997 pp.38	chart pictures activity sheets videos laptop/projector
Day 7	1	Considers Food Pyramid and Food Plate in making food choices	Consider Food Pyramid and Food Plate in making food choices	Food Pyramid and Food Plate	H2N-Ifh-9	http://youtube.com/watch?v=0KbA8pFW3tg	chart pictures activity sheet videos laptop/projector
Day 8	1	Second Summative Test					
Day 9	1	Displays good decision-making skills in choosing the right kinds of food to eat	Display good decision-making skills in choosing the right kinds of food to eat	Good decision-making skills in choosing the right kinds of food to eat	H2N-Iij-10	Kumain ng Wasto, Maging Malusog. A & E NFE Accreditation and Equivalency Material. DepEd 2001 pp 34-38 Growing with Science and Health 2 Domanais, Lucia C. et.al 1997 pp 27-34	chart pictures activity sheet videos laptop/projector

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
						<p>Into the Future : Science and Health 2 Estrella , Sonia V. et. al. 1997 pp 14-17</p> <p>Science Around us 2. Garcia, Ligaya, et.al. 1997 pp 25-26, 27-31</p>	
Day 10	1	Third Summative Test					

SECOND GRADING

CONTENT STANDARDS	Demonstrates understanding of the proper ways of taking care of the sense organs
PERFORMANCE STANDARDS	Practices good health habits and hygiene for the sense organs

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Describes ways of caring for the eyes, ears, nose, hair and skin in order to avoid common childhood health condition	Explain the relationship between germs and illness	Spare Me Germs and Illnesses (Germs and Illnesses)	H2PH-IIa-e-6	TG pp 387-388 LM pp 290-292	flashcards balls enlarged drawing/picture of the microscopic view of germs pictures of a child playing near the garbage can A child brushing her teeth A child taking a bath and a child full of dirt
Day 2	1	Describes ways of caring for the eyes, ears, nose, hair and skin in order to avoid common childhood health condition	Recognize that illness can affect a child's growth and development	I Can Grow Healthy! (Illness Affects Child's Growth and Development)	H2PH-IIa-e-6	TG pp 389-391 LM pp 293-296	picture of undernourished child child coughing child with big abdomen child having cold charts of illnesses and its effects

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 8	1	Describes ways of caring for the mouth/teeth	Discuss the effect of exercise, picture of a child eating fruits and vegetables	Effects of Exercise and Good Nutrition on Diseases	H2PH-IIIfh-7	TG pp 398-400 LM pp 300-301	picture of a child doing an exercise picture of a child eating fruits and vegetables
Day 9	1	Describes ways of caring for the mouth/teeth	Discuss the effects of rest and sleep on diseases	Rest and Sleep for Healthy Body	H2PH-IIIfh-7	TG pp 400-403 LM pp 302-303	poem picture of a child sleeping picture of a child reading a book under the shade of a tree activity card
Day 10	1	Second Summative Test					
Day 11	1	Displays self-management skills in caring for the sense organs	Analyze the importance of immunization in protecting oneself from certain communicable diseases	Importance of Immunization	H2PH-IIij-8	TG pp 403-407 LM pp 304-305	picture of child having immunization (drops and vaccine) picture of a child sleeping picture of a child listening to music picture of a child having common childhood diseases like mumps, measles, chicken pox, poliomyelitis, diphtheria and tetanus

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 12	1	Displays self management skills in caring for the sense organs	Demonstrate measures to prevent and control common childhood diseases	Preventive Measures to control Childhood Diseases	H2PH-IIij-8	TG pp 408-411 LM pp 306-309	<p>picture of a Health Center</p> <p>picture of a Doctor and a child</p> <p>picture of mother and child sleeping</p> <p>picture of a child washing her hands</p> <p>cut out of a tree and fruits, basket</p>
Day 13	1	Third Summative Test					

THIRD GRADING

CONTENT STANDARDS	1. Demonstrates understanding of healthy family habits and practices 2. Demonstrates an understanding of managing one's feelings and respecting differences
PERFORMANCE STANDARDS	Demonstrates positive expression of feelings toward family members and ways of coping with negative feelings

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Describes healthy habits of the family	Identify the common signs of food-borne diseases such as diarrhea, vomiting and abdominal pain Know the causes of these food-borne diseases	Common Signs and Symptoms of Food-Borne Diseases	H2FH-IIIab-11	TG pp 415-418 LM pp 315-318	pictures of common signs of food-borne diseases
Day 2	1	Describes healthy habits of the family	Identify and practice good health habits to prevent food-borne diseases	Practice Good Health Habits to prevent Food Borne Diseases	H2FH-IIIab-11	TG pp 419-421 LM pp 319-322	pictures showing the proper washing of hands pictures showing the proper washing of fruits pictures showing the proper covering of food preparing food safely
Day 3	1	Demonstrates good family health habits and practices	Explain the nature of parasitic infection such as pediculosis.	Nature of Parasitic Infections (Pediculosis)	H2FH-IIIcd-12	TG pp 422-424 LM pp 323-324	picture of head lice pictures that show the nature of infection caused by pediculosis

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 4	1	First Summative Test					
Day 5	1	Demonstrates good family health habits and practices	Explain the nature of parasitic infection- parasitic worm infestation.	Nature of Parasitic Infection (Parasitic worm)	H2FH-IIIcd-12	TG pp 425-428 LM pp 325-331	picture of a girl scratching her anus malnourished child, or a child with a big stomach
Day 6	1	Demonstrates good family health habits and practices	Explain the nature of parasitic infection- parasitic worm infestation	Nature of Parasitic Infection (Parasitic worm)	H2FH-IIIcd-12	TG pp 425-428 LM pp 325-331	picture of a girl scratching her anus malnourished child, or a child with a big stomach
Day 7	1	Explains the benefits of healthy expressions of feelings	Explain the benefits of healthy expressions of feelings	Benefits of Healthy Expressions of feelings	H2FH-IIIef-13	Music, Art, Physical, Education and Health 2 Oabel, Edna C. et al DepEd 2013 pp 397-400	chart pictures videos
Day 8	1	Expresses positive feelings in appropriate ways	Express feelings in appropriate ways	Feelings in Appropriate ways	H2FH-IIIgh-14	TG pp 376-378 LM pp 280-282	lyrics of song written in manila paper sun and moon cut-outs A small bowl and strips of paper with situations written on it

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	Second Summative Test					
Day 10	1	Demonstrates positive ways of expressing negative feelings such as anger, fear or disappointment	Demonstrate positive ways of expressing negative feelings such as anger, fear or disappointment	Ways of Expressing negative feelings such as anger, fear or disappointment	H2FH-IIIj-15	TG pp. 354-357 LM pp 270-271	chart pictures videos
Day 11	1	Displays respect for the feelings of others	Demonstrate respect for the feelings of others	Respect for the feelings of others	H2FH-IIIj-16	TG pp 379-382 LM pp 283-285	happy and sad faces made of construction paper activity written in manila paper Crossword puzzle
Day 12	1	Third Summative Test					

FOURTH GRADING

CONTENT STANDARDS	Demonstrates an understanding of rules to ensure safety at home and in school
PERFORMANCE STANDARDS	Demonstrates consistency in following safety rules at home and in school

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Discusses one's right and responsibilities for safety	Identify home hazards, such as household products that are harmful if touched especially electrical appliances	I will be careful....	H2IS-IVa-12	TG pp 438-441 LM pp 342-345	<p>pictures of different materials such as open wires, pail, match, glass</p> <p>real materials such as knife, electric fan</p>
Day 2	1	Identifies hazardous household products that are harmful if ingested or inhaled and if touched especially electrical appliances	Identify home hazards such as household products that are harmful if ingested or inhaled	I am Careful in Ingesting or Inhaling	H2IS-IVde-14	TG pp 442-446 LM pp 347-351	<p>empty bottles/boxes of harmful products at home (chlorine products, muriatic acid, insect repellants, disinfectants, etc.)</p> <p>magazines with picture of household products such as rubbing alcohol, cough syrup, muriatic acid</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3	1	Recognizes warning labels that identify harmful things and substances	Recognize warning labels that identify harmful items and substances	Warning Signs! I Will be Careful	H21S-IVf-15	TG pp 446-450 LM p 351	bottles or boxes of milk bottle of insect repellants kerosene disinfectants medicine detergent soap cigarettes insecticides labels of household products, Cough syrup muriatic acid rubbing alcohol manila paper marking pen
Day 4	1	First Summative Test					
Day 5	1	Explains rules for the safe use of household chemicals	Explain rules for the safe use of household chemicals	Chemicals at Home...Be Cautious	H21S-IVg-16	TG pp 451-454 LM pp 352-356	household chemicals pictures of detergent, pesticides, shampoo, fertilizer and other household products real objects like detergent soap, fabric conditioner, bleaching liquid word puzzle

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Follows rules for home safety	Follow safety rules at home to avoid accidents	Avoid Accidents... Follow Rules	H2IS-IVh-17	TG pp 455-458 LM pp 357-358	newspaper chart match box knife chemical substances
Day 7	1	Second Summative Test					
Day 8	1	Identifies safe and unsafe practices and condition in the school	Identify safe and unsafe practices and condition in the school	In School, I Will Be Watchful!	H2IS-IVi-18	TG pp 458-462 LM pp 359-360	chart pictures of safe practices and conditions in school
Day 9	1	Practices safety rules during school activities	Practice safety rules in school to avoid injuries	Prevention is Better Than Cure!	H2IS-IVj-19	TG pp 463-468 LM pp 357-358	story posters or signage of safety rules to be followed pictures of activities showing safety rules in school
Day 10	1	Third Summative Test					



