

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 3

**Health
(Teacher’s Material)**

Written by:

ROSELYN E. BARIDIANO

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 III

| FIRST GRADING | |
|------------------------------|---|
| CONTENT STANDARDS | Demonstrates understanding the importance of nutritional guidelines and balanced diet in good nutrition and health |
| PERFORMANCE STANDARDS | Demonstrates good decision-making skills in making food choices |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|---------|-------------|--------------------------------------|--|-----------------------|------------|--------------------------------|--|
| Day 1 | 1 | Describes a healthy person | Describe a healthy person | Good or Bad Nutrition | H3N-Iab-11 | TG pp 353-354 LM pp 431-433 | pictures real objects chart laptop |
| Day 2-3 | 2 | Explains the concept of malnutrition | <p>Explain the concept of malnutrition</p> <p>Identify nutritional problems- under nutrition.</p> <p>Describe the characteristics, signs and symptoms and effects of the various forms of malnutrition undernutrition, specifically protein-energy malnutrition.</p> | Are you Undereating? | H3N-Iab-12 | TG pp 355-357 LM pp 434-436 | pictures chart laptop chart pencil crayon |
| Day 4 | 1 | Identifies nutritional problems | <p>Identify nutritional problems - micronutrient deficiency.</p> <p>Describe the characteristics, signs and symptoms of micro nutrient deficiencies.</p> | Vitamins for Life | H3N-Icd-13 | TG pp 358-360 LM pp 437-439 | pictures chart laptop manila Paper marker hangers string yarn |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|--------|-------------|---|---|------------------------|------------|--------------------------------|--|
| Day 5 | 1 | First Summative Test | | | | | |
| Day 6 | 1 | Discusses ways of preventing the various forms of malnutrition | Describe the characteristics, signs and symptoms of nutritional deficiencies due to lack of minerals in the body. Discuss ways on how to prevent mineral deficiencies | Minerals For Life | H3N-Ief-15 | TG pp 361-366 LM pp 440-442 | pictures charts eating utensils |
| Day 7 | 1 | Describes the characteristics signs and symptoms, effect of the various forms of malnutrition | Identify nutritional problems – over nutrition. Describe the characteristics, signs and symptoms and effects of the various forms of malnutrition | Are you Overeating? | H3N-Ief-14 | TG pp 367-368 LM pp 443-445 | pictures charts eating utensils |
| Day 8 | 1 | Identifies the nutritional guidelines for Filipino | Identify the nutritional guidelines 1 and 4 for Filipinos. Explain the importance of following the nutritional guidelines (to avoid PEM) Plan balanced meals for a day. | Eat Just Right! | H3N-Igh-16 | TG pp 369-371 LM pp 446-448 | picture of food pyramid charts eating utensils |
| Day 9 | 1 | Second Summative Test | | | | | |
| Day 10 | 1 | Discusses the different nutritional guidelines | Identify the different nutritional guidelines 3, 5, 7 and 8 for Filipinos. Discuss the different nutritional guidelines for Filipinos | Grow with Healthy Food | H3N-Ii-17 | TG pp 372-374 LM pp 449-452 | pictures charts picture of a maze or puzzle |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|------------|--------------------|---|---|----------------------------------|---|--------------------------------|------------------------------|
| Day 11 | 1 | Realizes the importance of following nutritional guidelines | Identify and discuss nutritional guideline 6 for Filipinos. Discuss ways on how to keep food safe and clean | Healthy with Clean and Safe Food | H3N-Ij-18 | TG pp 375-376 LM pp 453-456 | pictures charts videos |
| Day 12 | 1 | Describes ways of maintaining healthy lifestyle Evaluates one's lifestyle Adopts habits for healthier lifestyle | Identify and discuss nutritional guidelines 9 and 10 Describe ways of maintaining healthy lifestyle. Adopts habits for healthy life style | Maintain Healthy Life Style | H3N-Ij-19 H3N-Ij-20 H3N-Ij-21 | TG pp 375-376 LM pp 453-456 | pictures charts videos |
| Day 13 | 1 | Third Summative Test | | | | | |

SECOND GRADING

| | |
|------------------------------|---|
| CONTENT STANDARDS | Demonstrates an understanding of the nature and the prevention of diseases |
| PERFORMANCE STANDARDS | Practices healthy habits to prevent and control diseases |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|------------|--------------------|---|---|-----------------------|--------------|----------------------------------|---|
| Day 1 | 1 | Describes a healthy and an unhealthy person. | Describe a healthy person and an unhealthy person | Health and Wellness | H3PH-IIa-9 | TG pp 387-390 LM pp 463-468 | pictures chart marker/Marking pen laptop |
| Day 2-3 | 2 | Identifies common childhood diseases | Define disease Identify common childhood diseases Explain effects of diseases | Sickness Troubles | H3DD-IIbcd-1 | TG pp 391-396 LM pp 469-472 | activity cards pictures marker/Marking pen chart |
| Day 4 | 1 | Identifies risk factors for diseases. | Identify risk factors of diseases. | Factors on the Go | H3DD-IIbcd-2 | TG pp 397-398 LM pp 473-476 | activity Cards pictures chart marker/Marking pen laptop |
| Day 5 | 1 | First Summative Test | | | | | |
| Day 6 | 1 | Discusses the different risk factors for diseases | Discuss risk factors of diseases | Factors on the Go | H3DD-IIbcd-3 | TG pp 397-398 LM pp 473-476 | activity Cards pictures chart marker/Marking pen laptop |
| Day 7 | 1 | Gives an example of health condition under each risk factor | Give examples of health condition under each risk factor | Factors on the Go | H3DD-IIbcd-4 | TG pp 397 - 398 LM pp 473-476 | activity Cards pictures chart marker/Marking pen laptop |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|--------|-------------|--|--|------------------------------------|--------------|---------------------------------|---|
| Day 8 | 1 | Explains the effects of common diseases | Explain the effects of common diseases | Be Healthy with Clean Body | H3DD-IIbcd-5 | TG pp 399 -401 LM pp 477-481 | activity Cards pictures chart marker/Marking pen laptop |
| Day 9 | 1 | Second Summative Test | | | | | |
| Day 10 | 1 | Explains measures to prevent common diseases. | Explain measures to prevent common diseases | Get Protection For Your Health | H3DD-IIefg-6 | TG pp 406-408 LM pp 488-491 | activity Cards pictures chart marker/Marking pen personal Care products |
| Day 11 | 1 | Explains the importance of proper hygiene and building up ones' body resistance in the prevention of diseases. | Explain the importance of proper hygiene in the prevention of diseases | Build-up for a Healthy Fight | H3DD-IIh-7 | TG pp 402-405 LM pp 482-487 | activity Cards pictures chart marker/Marking pen personal Care products |
| Day 12 | 1 | Demonstrates good self-management and good-decision making-skills to prevent common diseases. | Demonstrate good- decision making-skills to prevent diseases. | Clean-up for a Healthy Environment | H3DD-IIij-8 | TG pp 409-410 LM pp 492-495 | chart strips of paper laptop |
| Day 13 | 1 | Third Summative Test | | | | | |

THIRD GRADING

| | |
|------------------------------|--|
| CONTENT STANDARDS | Demonstrates understanding of factors that affect the choice of health information and products |
| PERFORMANCE STANDARDS | Demonstrates critical thinking skills as a wise consumer |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|-------|-------------|---|---|---------------------|----------------------------------|--------------------------------|---|
| Day 1 | 1 | Defines a consumer. Explains the components of consumer health | Define a consumer Explain the components of consumer health | I am a Consumer | H3CH-IIIab-1 H3CH-IIIab-2 | TG pp 421-422 LM pp 503-506 | pictures strips of paper or cartolina laptop TV |
| Day 2 | 1 | Identify different factors that influence the choice of goods and services | Identify the different factors that influence the choice of goods and services | My Healthy Choice | H3CH-IIIbc-3 | TG pp 423-426 LM pp 507-510 | pictures of actual goods like school materials biscuit fruits strips of cartolina laptop chart |
| Day 3 | 1 | Discusses the different factors that influence the choice of goods and services | Discuss the different factors that influence the choice of goods and services | My Healthy Choice | H3CH-IIIbc-4 | TG pp 423-426 LM pp 507-510 | pictures of actual goods like school materials biscuit fruits strips of cartolina Laptop |
| Day 4 | | | | | | | |
| Day 5 | 1 | Describes the skills of a wise consumer Demonstrates consumer skills for given simple situations | Describe the skills of a wise consumer Demonstrate consumer skills needed for given situations | Be Wise, Be Healthy | H3CH-IIIde-5 H3CH-IIIde-6 | TG pp 427-429 LM pp 511-516 | actual objects charts strips of cartolina laptop |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|------------|--------------------|---|---|----------------------------------|--------------|---------------------------------|--|
| Day 6 | 1 | Identifies basic consumer rights | Identify basic consumer rights | Let's Practice Our Rights | H3CH-IIIfg-7 | TG pp 433-435 LM pp 523-525 | metacards pictures charts |
| Day 7 | 1 | Practices basic consumer rights when buying | Practice consumer rights when buying | My Consumer Rights | H3CH-IIIfg-8 | TG pp 430-432 LM pp 517-522 | pictures charts laptop |
| Day 8 | 1 | Second Summative Test | | | | | |
| Day 9 | 1 | Identifies consumer responsibilities | Identify consumer responsibilities | I am Responsible | H3CH-IIIh-9 | TG pp 436- 437 LM pp 526-528 | clothes pictures charts |
| Day 10 | 1 | Discusses consumer responsibilities | Discuss consumer responsibilities | I am Responsible | H3CH-IIIi-10 | TG pp 436- 437 LM pp 526-528 | clothes pictures charts |
| Day 11 | 1 | Identifies reliable sources of health information | Identify reliable sources of health information | Information: Good For Me and You | H3CH-IIIj-11 | TG pp 438-439 LM pp 526-528 | pictures of sources of reliable health information resource persons videos |
| Day 12 | 1 | Third Summative Test | | | | | |

FOURTH GRADING

| | |
|------------------------------|---|
| CONTENT STANDARDS | Demonstrates understanding of risk to ensure road safety and in the community |
| PERFORMANCE STANDARDS | Demonstrates consistency in following safety rules to road safety and in the community |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|---------|-------------|--|---|-----------------------------------|--------------|--------------------------------|---|
| Day 1-2 | 2 | Explains road safety practices as a pedestrian | Identify the different road signs which can help them as pedestrians Explain the meaning of traffic signals and road signs | Keep Safe with Road Signs | H3IS-IVab-19 | TG pp 449-451 LM pp 534-537 | pictures of road signs, traffic signals and pedestrian lane |
| | | Demonstrates safety practices for pedestrian | Explain the meaning of traffic signals and road signs. Demonstrate road safety practices as a pedestrian | Crossing the Street Safely | H3IS-IVab-20 | TG pp 452-454 LM pp 538-541 | pictures chart improvised pedestrian lane green, yellow, orange signages |
| Day 3 | 1 | Explains basic road safety practices as a passenger | Explain basic road safety practices as passengers | Safety Loading and Unloading Zone | H3IS-IVcd-21 | TG pp 455-456 LM pp 542-545 | pictures of road safety signs and commuters |
| Day 4 | 1 | Demonstrates road safety practices as a passenger | Demonstrate road safety practices as passengers | Safety Loading and Unloading Zone | H3IS-IVcd-22 | TG pp 455-456 LM pp 542-545 | pictures of road safety signs and commuters |
| Day 5 | 1 | First Summative Test | | | | | |
| Day 6 | 1 | Explains the meaning of traffic signals and road signs | Explain basic road safety practices as passenger Display self- management skills for road safety | Safety First Inside a Vehicle | H3IS-IVe-23 | TG pp 457-458 LM pp 546-550 | pictures of different vehicles charts laptop videos |

| DAY | NO. OF DAYS | LEARNING COMPETENCIES | OBJECTIVES | SUBJECT MATTER | CODE | REFERENCE | MATERIALS |
|--------|-------------|---|--|--------------------------|-------------|--------------------------------|---|
| Day 7 | 1 | Describes dangerous, destructive and disturbing road situations that need to be reported to authorities | Describe dangerous, destructive and disturbing road situations that need to be reported to authorities | Unsafe Roads | H3IS-IVf-24 | TG pp 459-460 LM pp 551-554 | pictures chart laptop videos |
| Day 8 | 1 | Displays self-management skills for road safety | Display self-management skills on road safety | Unsafe Roads | H3IS-IVg-25 | TG pp 459-460 LM pp 551-554 | pictures of road hazards chart laptop videos |
| Day 9 | 1 | Second Summative Test | | | | | |
| Day 10 | 1 | Identifies hazards in the community | Identify hazards in the community Follow safety rules to avoid accidents in the community | Hazards in the Community | H3IS-IVh-26 | TG pp 461-465 LM pp 456-558 | pictures of natural hazards chart laptop videos |
| Day 11 | 1 | Follows safety rules to avoid accidents in the community | Follow safety rules to avoid accidents in the community | Be Alert | H3IS-IVi-27 | TG pp 466-467 LM pp 559-560 | pictures of man-made hazards and natural disasters chart laptop videos |
| Day 12 | 1 | Recommends preventive action for a safe community | Follow safety rules/guidelines to avoid accidents in the community Recommend preventive action for a safe community | I Want to be Safe! | H3IS-IVj-28 | TG pp 468-470 LM pp 561-562 | pictures charts coloring materials manila paper activity sheets |
| Day 13 | 1 | Third Summative Test | | | | | |



