

MAPEH

Contextualized Budgetary Outlay
HEALTH



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BUDGETARY OUTLAY IN MAPEH 4

Health
(Teacher’s Material)

Written by
:

REY ANTHONY R. LIM

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. DEMAIVIVAS, CESO V
Schools Division Superintendent

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Contextualized Budgetary Outlay

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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 IV

FIRST GRADING	
CONTENT STANDARDS	The learner understands the importance of reading food labels in selecting healthier and safer food Understands the importance of following food safety principles in preventing common food – borne diseases Understands the nature and prevention of food borne diseases
PERFORMANCE STANDARDS	The learner understand the significance of reading and interpreting food label in selecting healthier and safer food Practices daily appropriate food safety habit to prevent food – borne disease.

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-2	2	Identifies information provided on the food label Explains the importance of reading food labels in selecting and purchasing foods to eat	Natutukoy ang mga impormasyong nakikita sa food label Nasusuri ang mga nutrition facts sa food labels Nasusuri ang halagang pangnutrisyon ng dalawa o higit pang produktong pagkain sa pamamagitan ng paghahambing ng mga impormasyon sa food label	Aralin 1 Sustansiyang Sukat at Sapat	H4N-Ia-22 H4N-Ib-23	LM PP 233-240 TG PP 98-104	larawan tsart pakete ng pagkain
Day 3-4	2	Identifies information provided on the food label Demonstrates the ability to interpret the information provided in the food label	Natutukoy ang mga impormasyong nakikita sa food label Nabibigyang halaga ang date markings at advisory statements sa food labels at Nakapagpapakita ng kakayahang bigyang pakahulugan ang mga impormasyong nakikita sa food label	Aralin 2 Suriin ang Pagkaiin Bago Kainin	H4N-Ia-22 H4N-Icde-24	LM pp 241-245 TG pp 104-106	larawan tsart pakete ng produkto

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5	1	First Summative Test					
Day 6	1	Demonstrates the ability to interpret the information provided in the food label Analyzes the nutritional value of two or more food products by comparing the information in their food labels	Natutukoy ang kahalagahan ng pagsunod sa tamang paggamit at pag-iimbak ng pagkain Nakapaglalarawan ng mga paraan upang mapanatiling malinis at ligtas ang pagkain. Naipaliliwanag ang kahalagahan ng pagbasa ng food label	Aralin 3 Basahin Bago Kainin at Inumin	H4N-Icde-24 H4N-Ifg-25	LM pp 246-250 TG pp 106-108	larawan tsart pakete ng produkto
Day 7-8	2	Demonstrates the ability to interpret the information provided in the food labels Analyzes the nutritional value of two or more food products by comparing the information in their food labels	Natutukoy ang mga impormasyong nakikita sa food label Naipaliliwanag ang kahalagahan ng pagbabasa ng mga food label sa pagpili at pagbili ng mga pagkain Nakapagpapakita ng kakayahang bigyang pakahulugan ang mga impormasyong nakikita sa food label	Aralin 4 Ating Alamin at Unawain	H4N-Icde-24 H4N-Ifg-25	LM pp 251-256 TG pp 108-111	larawan tsart pakete ng product ng pagkain
Day 9	1	Second Summative Test					
Day 10	1	Describe ways to keep food clean and safe Discusses the importance of keeping food clean and safe to avoid disease	Nakapaglalarawan ng mga paraan upang mapanatiling malinis at ligtas ang pagkain Natatalakay ang kahalagahan ng pagpapanatiling malinis at ligtas ang pagkain upang makaiwas sa sakit	Aralin 5 Pagkaing Tiyaking Tama at Ligtas Bago Kainin (Food – Borne Diseases)	H4N-ifg-26 H4N-Ihi-27	LM pp 257-263 TG pp 111-114 Eduk. Pang Katawan at Pangkalusugan at Musika I. Deped. Sr Abejo, Mary Placid. et al. 1991. pp 221 – 222	larawan tsart larawan ng wastong pag-iimbak ng pagkain

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 11-12	2	Identifies common food-borne diseases Describes general signs and symptoms of food-borne diseases	Natutukoy ang karaniwang sakit na nakukuha sa maruming pagkain Nakapaglalarawan ng mga pangkalahatang palatandaan at sintomas ng mga sakit na makukuha sa marumong pagkain	Aralin 6 Pagkain ay Suriin Upang Hindi Maging Sakitin	H4N – Ij-26 H4N – Ij-27	LM pp 264-269 TG pp 114 – 117	larawan tsart
Day 13	1	Third Summative Test					

SECOND GRADING

CONTENT STANDARDS	The learner understands the nature and prevention of common communicable diseases
PERFORMANCE STANDARDS	The learner consistently practices personal and environmental measures to prevent and control common communicable diseases

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS	
Day 1-2	2	Describes communicable diseases Identifies the various disease agents of communicable diseases	Nailalarawan ang mga nakahahawang sakit	Aralin 1 Mga Nakakahawang Sakit, Mabilis Kumapit	H4DD-IIa-7 H4DD-IIb-9	LM pp 281-286 TG pp 130-137	tsart larawan	
Day 3-4	2	Enumerates the different elements in the chain of infection Describes how communicable diseases can be transmitted from one person to another	Naiisa-isa ang iba't ibang elemento o sangkap ng chain of infection (kadena na impeksiyon) Nailalarawan kung papaano naipapasa o naisasalin ang mga nakahahawang sakit mula sa isang tao sa ibang tao	Aralin 2 Mikrobyong Maliliit, Nakakasakit	H4DD-IIcd-10 H4DD-IIef-11	LM pp 287-294 TG pp 138-140	tsart larawan	
Day 5	1	First Summative Test						
Day 6-8	3	Enumerates the different elements in the chain of infection Describes how communicable diseases can be transmitted from one person to another Describes common communicable diseases Demonstrates ways to stay healthy and prevent and control common communicable diseases	Nailalarawan ang pagdaloy ng mga nakahahawang mga sakit sa pamamagitan ng chain of infection	Aralin 3 Daloy ng Impeksiyon, Mabilis ang Aksiyon	H4DD-IIcd-10 H4DD-IIef-11 H4DD-IIgh-12 H4DD-IIij-13	LM pp 295-301 TG pp 140-142	tsart larawan	

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	Second Summative Test					
Day 10-12	3	<p>Demonstrates ways to stay healthy and prevent and control common communicable diseases</p> <p>Identifies ways to break the chain of infection at respective</p> <p>Practices personal habits and environmental sanitation to prevent and control common communicable diseases</p>	<p>Naipakikita ang mga pamamaraan kung paano mapananatiling malusog ang katawan at pagsugpo sa karaniwang nakahahawang sakit</p>	<p>Aralin 4</p> <p>Pag – iwas ay Gawin upang Di – Maging sakitin</p>	<p>H4DD-IIij-13</p> <p>H4DD-IIij-14</p> <p>H4DDIIij-15</p>	<p>LM pp 302-313</p> <p>TG pp 142-148</p>	<p>tsart larawan</p>
Day 13	1	Third Summative Test					

THIRD GRADING

CONTENT STANDARDS	Demonstrates understanding of the proper use of medicines to prevent misuse and harm to the body
PERFORMANCE STANDARDS	Practices the proper use of medicines

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-2	2	Describes uses of medicines	Natutukoy ang iba't ibang gamit ng gamot sa medisina Pangangalaga sa katawan Pag-iwas sa sakit Lunas sa sakit	Aralin 1 Tamang Gamit, Iwas Sakit	H4S-IIIa-1	LM pp 324-329 TG pp 159-161	tsart larawan
Day 3-4	2	Differentiates prescription from non-prescription medicines	Nakikilala ang pagkakaiba ng inireseta at hindi iniresetang gamot at ang wastong paggamit nito Mga gamot na hindi na nangangailangan ng reseta ng doktor (Over-the-counter) Mga gamot na nangangailangan ng reseta ng doktor (Prescription)	Aralin 2 Gamot na Iba't Iba, Sa Botika Naroon Sila	H4S-IIIb-2	LM 330-336 TG 161-164	tsart larawan
Day 5	1	First Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Describes the potential dangers associated with medicine misuse and abuse Describes the proper use of medicines	Nailalarawan ang mga maling paggamit at pang-aabuso sa gamot Paggamot sa sarili Maling paggamit ng gamot (overdose, excessive use)	Aralin 3 Maling Paggamit, Hatid ay Panganib	H4S-IIIde-4 H4S-IIIfg-5	LM 337-343 TG 164-168	tsart larawan
Day 7	1	Describes the potential dangers associated with medicine misuse and abuse Describes the proper use of medicines	Nailalarawan ang mga maling paggamit at pag-abuso sa gamot Pagsandig (dependency) Adiksiyon (addiction)	Aralin 4 Gamot Huwag Abusuhin Upang Sakit Hindi Danasin	H4S-IIIde-4 H4S-IIIfg-5	LM 344-350 TG 168-173	tsart larawan
Day 8	1	Describes the potential dangers associated with medicine misuse and abuse Describes the proper use of medicines	Naiisa-isa ang maaaring maging panganib sa maling paggamit ng gamot. Nailalahad ang kahalagahan ng pagpapatingin sa doktor	Aralin 5 Laging Ligtas: Pag – iwas sa Panganib ng Pag – abuso at Maling Paggamit ng Gamot	H4S-IIIde-4	LM 351-355 TG 173-176	tsart larawan
Day 9	1	Second Summative					
Day 10	1	Describes the potential dangers associated with medicine misuse and abuse Describes the proper use of medicines	Nailalahad ang tamang paraan ng paggamit ng gamot Naisasagawa ang mga tamang paraan ng paggamit ng gamot	Aralin 6 Sa Oras ng Karamdaman, Wastong Preskripsiyon ang Kailangan	H4S-IIIde-4 H4S-IIIfg-5	LM pp 356-360 TG pp 177-178	tsart larawan

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 11	1	Describes the proper use of medicines Explains the importance of reading drug information and labels, and other ways to ensure proper use of medicines	Naipaliliwanag ang kahalagahan ng pagbabasa ng impormasyon, mga nakasulat sa pakete ng gamot (medicine label), at iba pang paraan upang makasiguro na tama ang paggamit ng gamot Nasusunod ang mga tamang paraan ng paggamit ng gamot	Aralin 7 Paliwanag Mo, Kailangan Ko!	H4S-IIIfg-5 H4S-IIIij-6	LM 361-365 TG 179-181	tsart larawan
Day 12	1	Describes the proper use of medicines Explains the importance of reading drug information and labels, and other ways to ensure proper use of medicines	Naipaliliwanag ang kahalagahan sa pagsunod sa wastong paraan ng paggamit ng gamot Nasusunod ang mga tamang paraan ng paggamit ng gamot	Aralin 8 Wala Nang Bisa Yan!	H4S-IIIfg-5 H4S-IIIij-6	LM 366-369 TG 182-183	tsart larawan
Day 13	1	Third Summative Test					

FOURTH GRADING

CONTENT STANDARDS	Demonstrates understanding of safety guidelines during disasters, emergency and other high-risk situations
PERFORMANCE STANDARDS	Practices safety measures during disasters and emergency situations.

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-3	3	Recognizes disasters or emergency situations	Natutukoy ang iba't ibang uri ng kalamidad at sakuna na maaaring mangyari sa kanilang komunidad. Nauunawaan ang epekto ng iba't ibang uri ng kalamidad sa ari-arian at buhay ng tao.	Aralin 1 Mga Uri ng Kalamidad sa Aking Komunidad	H4IS-IVa-28	LM 380-384 TG 196-199	tsart larawan
Day 4	1	First Summative Test					
Day 5-9	4	Demonstrates proper response before, during, and after a disaster or an emergency situation Relates disaster preparedness and proper response during emergency situations in preserving lives Describes appropriate safety measures during special events or situations that may put people at risk	Nakapagpapakita ng mga angkop at nararapat na tugon bago, tuwing at pagkatapos ng anumang kalamidad o sakuna, at kagipitan Nakapagbibigay ng mungkahi at paraan upang makaiwas sa hindi mabuting dulot ng mga sakuna at kalamidad Natutukoy ang mga mabuting maidudulot ng maagap at maagang paghahanda sa pagdating ng anumang kalamidad o sakuna, at kagipitan	Aralin 2 Sa Panahon n Kalamidad, Sakuna at Kagipitan	H4IS-IVb-d-29 H4IS-IVe-30 H4IS-IVfg-31	LM 385-400 TG 200-207	tsart larawan

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 10	1	Second Summative Test					
Day 11	1	<p>Relates disaster preparedness and proper response during emergency situations in preserving lives</p> <p>Describes appropriate safety measures during special events or situations that may put people at risk</p> <p>Describes the dangers of engaging in risky behaviors such as use of firecrackers, guns, alcohol drinking</p>	<p>Naiiuugnay ang paghahanda at angkop na tugon sa oras ng kagipitan sa pagsagip at pagpapanatili ng buhay; at</p> <p>Naisasabuhay ang tamang kamalayang nauukol sa kahalagahan ng paghahanda at pag-iingat sa pagsagip ng buhay.</p>	<p>Aralin 3</p> <p>Mas Ligtas Kung Laging Handa</p>	<p>H4IS-IVe-30</p> <p>H4IS-IVfg-31</p> <p>H4IS-IVhij-32</p>	<p>LM 401-406</p> <p>TG 208-210</p>	<p>tsart</p> <p>larawan</p>
Day 12-13	2	<p>Describes the dangers of engaging in risky behaviors such as use of firecrackers, guns, alcohol drinking</p> <p>Advocates the use of alternatives to firecrackers and alcohol in celebrating special events</p>	<p>Nailalahad ang maaaring idulot na kapahamakan na bunga ng mapanganib na gawi at kilos, tulad ng paggamit ng paputok, armas, at pag-inom ng alak</p> <p>Naipaliliwanag ang kahalagahan ng pagpili sa mga alternatibong pamamaraan sa pagdiriwang ng iba't ibang okasyon</p> <p>Natatangkilik ang paggamit ng alternatibong pamamaraan sa pagdiriwang ng iba't ibang okasyon, tulad ng Bagong Taon, pista, at iba pang espesyal na okasyon</p>	<p>Aralin 4</p> <p>Piliin ang Tama, Umiwas sa Masama!</p>	<p>H4IS-IVhij-32</p> <p>H4IS-IVhij-33</p>	<p>LM 407-412</p> <p>TG 210-212</p>	<p>tsart</p> <p>larawan</p>
Day 14	1	Third Summative Test					



