

MAPEH

Contextualized Budgetary Outlay
HEALTH



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BUDGETARY OUTLAY IN MAPEH 7 HEALTH (Teacher’s Material)

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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 VII

FIRST QUARTER	
CONTENT STANDARDS	Demonstrates understanding of holistic health and its management of health concerns, the growth and development of adolescents and how to manage its challenges
PERFORMANCE STANDARDS	Appropriately manages concerns and challenges during adolescence to achieve holistic health

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-3	3	<p>Discusses the concept of holistic health</p> <p>Explains the dimensions of holistic health (physical, mental/ intellectual, emotional, social, and moral-spiritual)</p> <p>Analyzes the interplay among the health dimensions in developing holistic health</p>	<p>Identify the concept of holistic health</p> <p>Describe and enumerate dimensions of holistic health</p> <p>Discuss and analyze health dimensions in developing holistic health</p>	<p>Concept of Holistic Health</p> <p>Dimensions of Holistic Health</p>	<p>H7GD-Ia-12</p> <p>H7GD-Ib-13</p> <p>H7GD-Ib-14</p>	<p>TG pp 277-282</p> <p>LM pp 220-223</p>	<p>charts</p> <p>pictures</p> <p>video clips</p> <p>LED monitor</p> <p>laptop</p>
Day 4	1	Practices health habits to achieve holistic health	Exercise good health practices to achieve holistic health	Holistic Health: Health Check!	H7GD-Ic-15	TG pp 282-283 LM pp 224-225	chart on health check
Day 5	1	Describes developmental milestones as one grows	Discuss stages of psychological development	Stages of Growth and Development (Infancy to Old Age)	H7GD-Id-e-16	TG pp 284- 286 LM pp225-227	chart on stages of growth & development video clips laptop

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Recognizes that changes in different health dimensions are normal during adolescence	Explain changes during adolescence for both boys & girls	Changes in the Health Dimensions During Adolescence	H7GD-Id-e-17	TG pp 287- 291 LM pp 227-233	video clips laptop
Day 7-8	2	Describes changes in different aspects of growth that happen to boys and girls during adolescence Recognizes that changes in different dimensions are normal during adolescence	Discuss the five dimensions of health that happens to both boys and girls Accept the different changes in one's health during adolescence period	Changes in the Health Dimensions During Adolescence	H7GD-Id-e-18 H7GD-If-h-19	TG pp 287- 291 LM pp 227-233	PPT laptop
Day 9	1	Explains that the pattern of change during adolescence is similar but the pace of growth and development is unique for each adolescent	Enumerate/identify changes during adolescence	Changes During Adolescence: <i>What a Change!</i>	H7GD-If-h-20	TG pp 286-287 LM pp 227-233	<i>What a Change!</i> Activity Sheet
Day 10	1	Identifies health concerns during adolescence	Discuss management of health concerns during adolescence	Management of Health Concerns During Adolescence (Poor eating habits, lack of sleep, lack of physical activity, etc.)	H7GD-Ii-j-21	TG pp 292-296 LM pp 233-240	laptop pictures PPT

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS	
Day 11-12	2	Explains the proper health appraisal procedures Demonstrates health appraisal procedures during adolescence in order to achieve holistic health	Enumerate proper health appraisal procedures Discuss/enumerate health appraisal procedures during adolescence	Health Appraisal Procedures (height and weight measurement, breast self-examination for girls, etc.)	H7GD-Ii-j-22 H7GD-Ii-j-23	TG pp 300- 304 LM pp 244- 248	forms on health appraisal	
Day 13	1	Avails of health services in the school and community in order to appraise one's health	Identify health services in school & community	Health Services in School and Community	H7GD-Ii-j-24	TG pp 307-308 LM pp 252-254	checklist of health services available	
Day 14	1	Applies coping skills in dealing with health concerns during adolescence	Explain and discuss coping skills and self-awareness in dealing with health concerns during adolescence	Development of Self-awareness and Coping Skills: <i>My Health Plan of Action</i>	H7GD-Ii-j-25	TG pp 310-311 LM pp 241- 243	My Health Plan of Action template	
Day 15	1	Summative Test						

SECOND QUARTER

CONTENT STANDARDS	Demonstrates understanding of nutrition for a healthy life during adolescence
PERFORMANCE STANDARDS	Makes informed decisions in the choice of food to eat during adolescence

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Identifies the right foods during adolescence	Select nutritious food that makes adolescents grow healthy	Nutritional Needs of Adolescents	H7N-IIa-20	TG pp 329-336 LM pp 277-286	charts pictures art materials Food Pyramid guide/chart
Day 2-4	3	Follows the appropriate nutritional guidelines for adolescents for healthful eating Explains the need to select food based on the nutritional needs during adolescence Follows the Food Pyramid guide for adolescents and nutritional guidelines for Filipinos in choosing foods to eat	Identify the nutritional needs of adolescents Discuss the nutritional needs and status of adolescents Demonstrate self-monitoring skills to analyze own nutritional status	Healthful Eating Guidelines Daily Nutritional Guide for Filipino Children (13-19 Years Old)	H7N-IIb-c-21	TG pp 337-340, 358-364 LM pp 288-291, 314-320 http://www.fnri.dost.gov.ph/index.php?option=content&task=view&id=1115	charts pictures art materials Food Pyramid guide/chart
Day 5	1	Performance Task: Self-made Nutritional Plan					
Day 6	1	Identifies the nutritional problems of adolescents	Enumerate and discuss the nutritional problems of adolescents	Nutrition-Related Problems/ Issues Common Among Adolescents	H7N-II-d-f-22	TG pp 367-370 LM pp 323-327	pictures laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	Describes the characteristics, signs and symptoms of malnutrition and micronutrient deficiencies	Discuss the characteristics, signs and symptoms of malnutrition and micro nutrient deficiency	Characteristics, Signs and Symptoms of Malnutrition and Micronutrient Deficiencies	H7N-IId-f-23	TG pp 345-348 LM pp 298-302	pictures laptop/TV
Day 8	1	Discusses ways of preventing and controlling malnutrition and micronutrient deficiencies	Explain the ways of preventing and controlling malnutrition and micro nutrient deficiencies	Addressing Malnutrition in the Country	H7N-IId-f-24	TG pp 355-356 LM pp 310-312	pictures laptop/TV
Day 9-10	2	Explains the characteristics, signs and symptoms of eating disorders	Discuss the characteristics, signs and symptoms of Anorexia Nervosa, Bulimia and Compulsive Eating Disorder	Eating Disorders: Anorexia Nervosa, Bulimia, Compulsive Eating Disorder	H7N-IId-f-25	TG pp 350-351 LM pp 304-306	pictures PPT of eating disorders laptop/TV
Day 11	1	Discusses ways of preventing and controlling eating disorders	Explain the ways on how to prevent and control eating disorders	Prevention and Intervention to Avoid Eating Disorders	H7N-IId-f-26	TG p 352-353 LM pp 307-308	How to Avoid Eating Disorders Template
Day 12	1	Applies decision-making and critical thinking skills to prevent nutritional problems of adolescents	Create a 5-day meal that follows the food pyramid guide	Decision-making Skills on Proper Nutrition	H7N-IIg-h-27	TG pp.374-376 LM pp. 333-335	Food Pyramid Guide 5-Day Meal Template
Day 13	1	Summative Test					

THIRD QUARTER

CONTENT STANDARDS	Demonstrates understanding of mental health as a dimension of holistic health for a healthy life
PERFORMANCE STANDARDS	Consistently demonstrates skills that promote mental health

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Explains the factors that affect the promotion of good mental health	Discuss different factors that affect good mental health like genes, family, environment	Mental Health (An Introduction)	H7PH-IIIa-b-28	TG pp 384-385 LM pp 340-342	pictures video clips LED monitor/TV laptop
Day 2	1	Explains that stress is normal and inevitable	Clarify that stress is normal and can be managed	Activity Understanding Stress: <i>Let's Check</i>	H7PH-IIIa-b-29	TG p 390 LM pp 347-348	<i>Let's Check</i> Activity Template
Day 3	1	Differentiates eustress from distress	Recognize what is eustress and distress and how to manage them	Kinds of Stress *Eustress *Distress	H7PH-IIIa-b-30	TG pp 391 LM pp 348-349	<i>Eustress & Distress</i> Template video clips laptop
Day 4-5	2	Identifies situations that cause feelings of anxiety or stress Identifies the common stressors that affect adolescents	Explain situations that cause feelings of anxiety or stress Cite common stressors that affect adolescents and how one can overcome it	Common Stressors: Situations that Cause Stress Common Stressors: Peers, Family & Society	H7PH-IIIa-b-31 H7PH-IIIc-32	TG pp 396-397 LM pp 353-354	video clips pictures laptop LED monitor/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Identifies physical responses of the body to stress	Classify physical responses of the body to stress	Physical Responses of the Body to Stress	H7PH-IIIc-33	TG pp 396-397 LM pp 353-354	video clips laptop
Day 7	1	Identifies people who can provide support in stressful situations	Seek help from people who help in coping up with stress	Activity: <i>My Support Web</i>	H7PH-IIIc-34	TG pp 405-406 LM p 364	<i>My Support Web</i> template video clips journal
Day 8	1	Differentiates healthful from unhealthful strategies in coping with stress	Identify the healthful from unhealthful strategies in coping with stress and how to avoid it	Stress Strategies: Healthful & Unhealthful	H7PH-III d-e-35		video clips laptop
Day 9	1	Demonstrates various stress management techniques that one can use every day in dealing with stress	Develop stress management techniques that can be used every day in dealing with stress	Stress Management Skills: <i>A-OKAY Steps</i> <i>MY RRS (Rest-Relax-Sleep Log)</i>	H7PH-III d-e-36	TG pp 400-401 LM pp 357-359	<i>A-OKAY Steps</i> template <i>MY RRS</i> template
Day 10-11	2	Explains the importance of grieving Demonstrates coping skills in managing loss and grief	Discuss grieving to cope up some stress that go through Cite examples of the coping skills to manage one's loss and grief	Activity: <i>Let's Share</i> Activity: <i>Describing Stress</i>	H7PH-III d-e-37 H7PH-III d-e-38	TG pp 397-398 LM pp 353-355 TG pp 398-399 LM pp 355-356	<i>Let's Share</i> Template art materials

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 12	1	Recognizes triggers and warning signs of common mental disorders	Distinguish triggers and warning signs of common mental disorders	Types and Management of Common Mental Disorders *Identifying triggers and warning signs *Prevention, coping and treatment *Mood disorders, bipolar, schizophrenic, Obsessive Compulsive Disorder (OCD), Obsessive Compulsive Personality Disorder (OCPD), post-traumatic disorder	H7PH-IIIh-h-39	TG pp 406-408 LM pp 364-366	video clips PPT pictures
Day 13	1	Discusses the types, signs, symptoms, and prevention, treatment and professional care in managing common mental health disorders	Explain the signs and symptoms of mental health disorders: its prevention and treatment Seek professional help on what to do in case one is suffering from mental disorder	Signs and Symptoms of Mental Health Disorders: Its Prevention and Treatment	H7PH-IIIh-h-40	TG pp 406-408 LM pp 364-366	video clips PPT pictures laptop
Day 14	1	Summative Test					

FOURTH QUARTER

CONTENT STANDARDS	Demonstrates understanding of non-communicable diseases for a healthy life
PERFORMANCE STANDARDS	Consistently demonstrates personal responsibility and healthful practices in the prevention and control of non-communicable diseases

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Discusses the nature of non-communicable diseases	Discuss the nature of non-communicable diseases	Introduction to Non-Communicable Diseases (NCDs) Activity: <i>Reflect, Write and Share</i>	H7DD-IVa-24	TG p 415 LM p 374 TG pp 421-422 LM p 381 https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases	video clips pictures laptop <i>Reflect, Write and Share</i> Template
Day 2-4	3	Explains non-communicable diseases based on cause and effect, signs and symptoms, risk factors and protective factors and possible complications	Discuss the cause and effect of non-communicable diseases Enumerate the signs and symptoms of non-communicable disease Identify the risk factors that affects one's health and the preventive measures against NCDs	Signs and Symptoms of NCDs Common Non-Communicable Diseases 1. Allergy 2. Asthma 3. Cardiovascular diseases 4. Cancer 5. Diabetes 6. Arthritis 7. Renal failure	H7DD-IVb-d-25	TG pp 422-431 LM pp 382-393	video clips pictures laptop

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5	1	Corrects myths and fallacies about non-communicable diseases	Explain the myths and fallacies about non-communicable diseases that have impacts in one's beliefs	Myths and Fallacies About Non-Communicable Diseases	H7DD-IVe-26	TG p 435 LM p 397	video clips pictures laptop
Day 6	1	First Summative Test					
Day 7	1	Practices ways to prevent and control non-communicable diseases	Cite good practices to control and prevent non-communicable disease	Activity: <i>Self- Commitment to Prevent and Control Diseases</i>	H7DD-IVf-27	TG p 437 LM pp 399-400	<i>Self-Commitment to Prevent and Control Diseases</i> Template
Day 8	1	Demonstrates self-monitoring to prevent non-communicable diseases	Observe proper monitoring of one's health condition	Activity: <i>Let's Monitor Our Health!</i>	H7DD-IVg-h-28	TG pp 435-436 LM pp 397-398	<i>Let's Monitor Our Health</i> Template
Day 9-10	2	Promotes programs and policies to prevent and control non-communicable and lifestyle diseases	Identify programs and policies conducted like seminars, symposia that disseminate information on how to control non-communicable diseases Make slogans, brochures and flyers on non-communicable diseases	Programs and Policies on Non-Communicable Diseases Prevention and Control Produce Advocacy Materials	H7DD-IVg-h-29	TG pp 443-446 LM pp 406-411 TG pp 452-453 LM pp 420-421	video clips resource speaker laptop art materials

DAY	NO. OF DAY S	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 11	1	Identifies agencies responsible for non-communicable disease prevention and control	Identify government agencies that are responsible for the prevention and control of non-communicable diseases Discuss the programs of the Local Government Unit for non-communicable diseases	Government Agencies Responsible for Non-Communicable Disease Prevention and Control <i>Activity: Our NCD Protection Shield</i>	H7DD-IVg-h-30	TG pp 442-443 LM p 405 TG pp 449-450 LM pp 415-417	PPT video clip laptop coloring materials cartolina or hard cardboard
Day 12	1	Second Summative Test					

