

**10**  
Grade



(GCED)  
**Global  
Citizenship  
Education**  
Lesson Exemplar  
**HEALTH**

Copyright © 2021 Asia-Pacific Centre of Education for International Understanding,  
Philippine Normal University, and Department of Education-Philippines

All rights reserved. No part of this book may be reproduced or used in any manner without  
written permission of the copyright owner except for the use of quotations in a book review.

**Published by**

Asia-Pacific Centre of Education for International Understanding  
and  
Philippine Normal University  
Manila, Philippines

Learning Area: Health Education  
Grade Level: 10

Title: Reliable Sources of Health Information  
Project: Global Citizenship Education Curriculum Development and  
Integration in the Philippines

**Editorial Board**

Writer: Mark Lee C. Sarmiento

Layout Artist: John Ray D. Barcena

Language Editor: Caridad N. Barrameda

Content Editors: Ludivina Borja-Dekit and Salve A. Favila

Developmental Editor: Salve A. Favila

Associate Editors: Serafin A. Arviola Jr., Carl O. Dellomos, Zyalie L. Bedural,  
Rowena R. Hibanada, and Gerry C. Areta

Managing Editors: Carl O. Dellomos and II Timothy D. Salegumba

Chief Editor: Carl O. Dellomos

**Reviewers**

Rocky T. Banatao, Marvin Kim J. Celendro, Jeepy John P. Jose, Maria Margarita O. Maravilla,  
Ma. Joannes Kevin D. Puda, Venus D. Bajao, Welbert D. Borlado, and Emerson O. Sabadlab

**Consultants**

Bert J. Tuga, Jocelyn DR Andaya, and Rita B. Ruscoe

**Project Management Team**

*Project Director: Serafin A. Arviola Jr.*

*Deputy Project Director: Carl O. Dellomos*

*Core Team Members: Zyalie L. Bedural, Rowena R. Hibanada, and Gerry C. Areta*

*Faculty Assistant: Iona Ofelia B. Zanoria*

*Technical Assistants: II Timothy D. Salegumba and Jean Pauline E. Maur*

ISBN: 979-11-87819-74-5

APCEIU Publication Number: BE-RND-2021-071

**Learning Area:** Health Education

**Grade Level:** 10

**Quarter:** 1st

**GCED Domain/s:** Cognitive, Socio-Emotional, and Behavioral

**GCED Indicator/s:**

D1.1.d Analyze information from reliable relevant sources.

D2.1.c Show concern and respect for humanity based on human rights.

D3.1.d Initiate actions about local, national, and global issues.

**GCED Topic/s:**

T4.4 Health Issues affecting interaction and connectedness of communities at local, national and global levels.

**Enhanced Content Standard/s:**

Demonstrates understanding of the economic, environmental and cultural guidelines and criteria in the selection and evaluation of health information, products and services.

**Enhanced Performance Standard/s:**

Demonstrates critical thinking and decision-making skills in the selection, evaluation and utilization of health information, products and services based on environmental and economic compliance.

**Time Allotment:**

60 minutes



# TABLE OF CONTENTS

<b>Lesson Title</b>	2
<b>Lesson Introduction</b>	3
Lesson Objectives (What I Need to Know/ Alamin)	3
Pretest (What I Know / Subukin)	4-5
<b>Lesson Proper</b>	6
Review (What's In / Balikan)	6-8
Activity (What's New/ Tuklasin)	9
Discussion (What is It / Talakayin)	10-11
Generalization (What I Have Learned/ Isaisip)	12
Reflection (Why is it meaningful and relevant /Isapuso)	13
Application (What I Can Do / Isagawa)	14-15
Assessment / Tayahin	16
Answer Key / Susi sa Pagwawasto	17
References / Sanggunian	18

# RELIABLE SOURCES OF HEALTH INFORMATION



# LESSON INTRODUCTION



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.trainingzone.co.uk%2Flead%2Fstrategy%2Fworking-through-coronavirus-reflective-versus-reactive-decision-making-during-a-crisis&psig=AOVaw0WmexAxZ1PP4PJCdNraulz&ust=1624541095489000&source=images&cd=vfe&ved=0CAoQjRxqFwoTCkCmb3trfECFQAAAAAdAAAAABAE>

The picture above shows how adolescents like you are faced with situations that call for a decision. For instance, you are going to buy your toiletries. You select and decide what particular brand of bath soap, shampoo, conditioner and the brand of toothpaste that you prefer and even the deodorant that you like the most. These are just scenarios in your daily living that involves decision-making.

Health products and services are advertised through various media. As a consumer, you are attracted to buy and/or patronize them because of the propaganda in these advertisements. However, as an educated consumer you should be able to recognize the reliable sources of information to protect you from fraudulent products and services. And how do you do that? Where can you get the correct information?

Analyzing labels in packages, using prescription in buying medicines, listening to health professionals' advice, reading articles from journals and updating oneself on the latest development are some of the things that you can do to be able to choose the correct products and services that you need to maintain your health and sustain a healthy life.

This lesson will help you go through this dilemma through the recognition of reliable sources of information.

## LESSON OBJECTIVE

### (WHAT I NEED TO KNOW / ALAMIN)

After going through this lesson, students can:

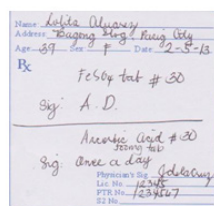
1. differentiate reliable from unreliable health information pertaining to products, and services;
2. recognize the value of reliable sources of health information in making the right choices;
3. analyze the sources of information before buying products and availing of health services.

# PRETEST

## (WHAT I NEED TO KNOW / SUBUKIN)

**Part I.** Directions: Arrange the jumbled letters to form the words related to the topic. Use the clues provided to answer the activity. Write your answers on a separate sheet of paper.

1. **T H L A E H I N I O F I O T R A M**- data related to a person's medical history including symptoms, diagnoses, procedures, and outcomes.
2. **R C O E N M S U**- one that uses products and services.
3. **T H H E A L**- the condition of being sound in mind, body and spirit.
4. **H S E E A C L I T V H R S E**- programs that aim to improve the status or condition of an individual through screening and examinations, treatment and follow-up program.
5. **T H H E L A P S R L O A F N E O S S I**- licensed professionals who operate and practice medicine and other allied health programs.
6. **H L O A S T P I**- an institution in which people undergo medical attention and services.
7. **H T E C A U L D T O H R P**- items such as food, drugs, cosmetics and many more.
8. **T D E S N I T**- a person who is skilled and licensed in the prevention, diagnosis and treatment of diseases, injuries, and malformations of the teeth, jaws and mouth.
9. **I E N C S N U A R**- financial coverage whereby one party undertakes to guarantee another against loss by a specified contingency or peril.
10. **H L E A R B M E E N D I I C**- the art or practice of using herbs and other kinds of plants for the cure or remedy of certain sickness or disease.



# PRETEST

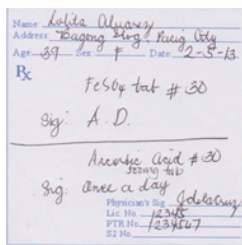
## (WHAT I NEED TO KNOW / SUBUKIN)

### Part II.

1. When you buy shoes and clothes for school what do you look for?  
a. Brand                      b. Tag Price                      c. Style



2. In selecting medicines, which of the following do you consider?  
a. Doctor's Prescription                      b. Cost of the Medicines                      c. Brand of Medicine



3. In buying bakery products, what do you usually look for?  
a. Physical Appearance                      b. Price of the Product                      c. Product brand



4. Before you consult a health professional, which of the following do you consider?  
a. Permit to Operate/License of the Health Professional or Diploma



- b. Cost of Professional Fee



- c. Available Programs in Health Center





# LESSON PROPER

## REVIEW (WHAT'S IN/BALIKAN)

### Knowing the Healthcare Programs Available in the Community

When was the last time you visited your Barangay Health Center or community hospital?

What healthcare programs have you and your family availed of?

Did you know that the government provides free primary health care to citizens through the Department of Health?

Yes, it is the government through the smallest unit, the Barangay, that implements the primary health care programs and services in the community. They are also responsible for establishing partnership with other government organizations and non-governmental organizations to ensure that the services below are delivered to the people

**Maternal Health Care**



**Child Health Care**



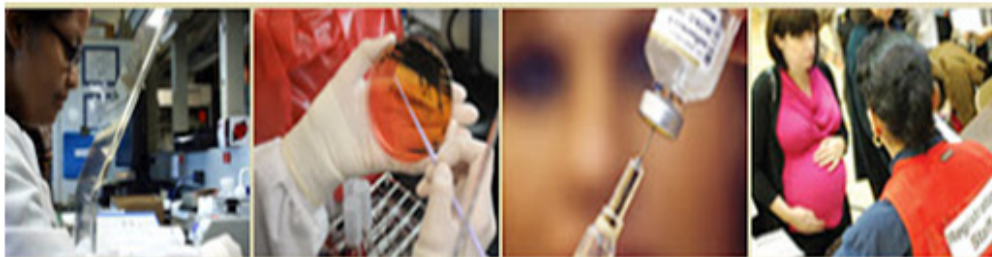
**Nutrition Program**



**Population and Family Planning Program**



**Control of Communicable Diseases**



# LESSON PROPER

## REVIEW (WHAT'S IN/BALIKAN)

### Environmental Sanitation Program



### Control of Non-Communicable Diseases



### Dental Health Program



### Reproductive Health Care



### Medical Morbidity Clinic



### National Voluntary Blood Services



# LESSON PROPER

## REVIEW (WHAT'S IN/BALIKAN)

### Activity 1

#### Healthcare Programs Checklist

Directions: Which of the following are present in your Health Center? Put a check mark on the leftmost column if the health services identified are offered in your health center.

Available in our Health center	Healthcare Services	Functions
	Maternal Health Care	Pre-Natal, Natal, Post-Natal
	Child Health Care	Immunizations, control of diarrheal diseases
	Nutrition Program	Food supplementation and <u>Bantay-Timbang</u>
	Population and Family Planning Program	Free Family Planning Products and Services ( <u>Distribution of Contraceptives and Seminars for Couples</u> )
	Control of Communicable Diseases	Anti-TB Campaign
	Environmental Sanitation Program	Inspection of food houses and restaurants.
	Control of Non-Communicable Diseases	Blood Pressure Monitoring
	Dental Health Program	Tooth Extraction, Prophylaxis, Tooth Restoration
	Reproductive Health Care	Orientation on preferred Family Planning of couples.
	Medical Morbidity Clinic	Giving free medicines
	National voluntary blood services	Blood-letting programs
	Epidemiology	Control of disease outbreak like dengue.
	Disaster Management	Medical services given during disasters
	Mental Hygiene	Counselling centers for adult
	Pharmacy Services	Distribution of medicines.

Focus Questions:

1. Why is it necessary to visit or to know the available primary health services in the community?
2. Why do you think there are healthcare programs which are not available in some health centers?
3. How can you help disseminate correct information about these services in your Barangay? Listed below are ways in which you can disseminate information to your barangay. Select and create your preferred strategy.

- Slogan
- Poster
- Flyer
- Brochure

# LESSON PROPER

## ACTIVITY (WHAT'S NEW/TUKLASIN)



Directions: Look at the pictures in the collage. Identify if they provide reliable or unreliable health information. Write your answers in the corresponding table below.

RELIABLE SOURCES OF HEALTH INFORMATION	UNRELIABLE SOURCES OF HEALTH INFORMATION
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

# LESSON PROPER

## DISCUSSION (WHAT IS IT/TALAKAYIN)

Consumers utilize health products and services to improve the condition of their health and well-being. These products and services are expected to bring good results to buyers. But in some cases, there are several products that do not produce favorable results to consumers, but instead it gives harmful effects to the person who consumes the item. In cases like this, reliable health information is necessary to provide valid and factual data on a certain product or service. The concept of Consumer Health consists of three components which are Health information, Health products and Health services.

### Health Information

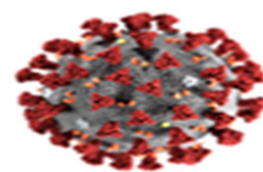
This includes data or information that people use to make sound decisions or choices on the purchase of products or in availing health services. This can be a step, concept, advice or suggestion from various sources that will help in improving the health condition of a person.

The global community is now suffering from the COVID-19 Pandemic. Vaccines were developed and discovered to aid in the solution of this massive health problem that claimed millions of human lives.

For reliable information we refer to International and local health organizations that regularly come up with advisory. Scientists and researchers have converged to study this virus and hopefully can find the long lasting solution to this pandemic.

As everyone battles this health problem, remember your share of responsibility. The simplest way is to disseminate the correct information to others and to know your rights as a consumer.

The following are the existing Consumer Rights and the underlying responsibilities of the manufacturer or service provider.



Consumer Rights	Responsibilities
1. Right to be Heard	Ensure that the company has provided you the contact details like email address, location or landline numbers.
2. Right to Redress	The company shall replace defective goods and services. They shall also be charged with penalties/damages as provided under rules and regulations to ensure that the quality delivery system improves.
3. Right to Safety	The company must see to it that the products and services that they offer should pass the standard quality marks set by some government agencies like FDA and DTI.
4. Right to be Informed	The manufacturer or the service provider must provide complete information on the quality, quantity, utilization, price, date of manufacture, date of expiry and similar data.
5. Right to Choose	Compare specifications, competition and fair prices of the goods and services

# LESSON PROPER

## DISCUSSION (WHAT IS IT/TALAKAYIN)

### Health Products

These are items such as food, drugs, cosmetics, devices, biologicals, vaccines, in-vitro diagnostic reagents and household/urban hazardous substances and/ or a combination of and/or a derivative thereof (FDA Act,2009). These kind of products can be bought from pharmacies, big groceries or supermarkets and even in medical facilities.

To protect consumers, health products must be approved by the government agencies responsible for the protection of people's health. Every government has its own department or agency to do the task. In the Philippines we have the Food and Drug Administration (FDA), Department of Health (DOH), Food and Nutrition Research Institute (FNRI) under the Department of Science and Technology (DOST), Department of Trade and Industry (DTI) to name a few.



As an educated consumer, you rely on these agencies for correct information about the products that you use in your daily living.

### Health Services

These are programs that are responsible for the detection and screening of illnesses, conducting laboratory examinations and tests, treatment and providing cure for disorders, to prevent, control and medicate diseases that can spread possibly within the family or community and provide emergency care and follow-up programs for individuals who went treatment and medication. People who provide these services are the Health Professionals. They are individuals who are licensed to practice medicine and other allied health programs and services.

Get acquainted with some health professionals and their field of expertise.

Health Professional	Area or Field of Expertise
Urologist	Urinary of urogenital tract
Pulmonologist	Lungs
Pediatrician	Infants and Children
Ophthalmologist	Eyes
Orthopedist	Bones/skeleton
Neurologist	Nervous system
Gynecologist	Reproductive system of women
Geriatrician	Aging people
Gastroenterologist	Digestive System
Dermatologist	Skin



Now that you are familiar with the reliable sources of information and your rights as a consumer, then you can now guide your family members, classmates and friends in availing of health products and services to sustain lifelong wellness.

# LESSON PROPER

## GENERALIZATION (WHAT I HAVE LEARNED/ISAISIP)

1. Reliable information on products and services is important because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. An educated consumer is a well protected consumer because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Fraudulent products and services should be reported to proper authorities in order to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# LESSON PROPER

## REFLECTION (WHY IS IT MEANINGFUL AND RELEVANT/ISAPUSO)

Directions: Read the scenario below and answer the follow-up questions.

Mark and Marlon are grade 10 students from Talbak High School. They are both interested to buy electric cigarettes (vape) because some of their friends and classmates are using the same. They think that if they use vape it will be an added “pogi points” for them. They also think that using electric cigarette is less hazardous compared to the typical cigarette because it does not contain nicotine.

1. What do health authorities say about VAPE or electric cigarettes?
2. Where did you get the information about it?
3. How can you relay correct information about the VAPE to teenagers like you?

As a grade 10 student, what guidelines can you come up with to protect your family and your global community from fraudulent health products and services? Write it inside the box.



# LESSON PROPER

## APPLICATION (WHAT I CAN DO/ISAGAWA)

### Sources of Reliable Information in My Community

Directions: Do an environmental scanning in your community (actual or virtual). List down establishments, offices, organizations and places where the people in the community can get reliable information to achieve, sustain and promote lifelong wellness.

Name of Brgy. /Sitio/ Area/ Community: \_\_\_\_\_

Date of Survey/Inventory: \_\_\_\_\_

Name of establishments, offices, organizations and places	Type of reliable information being disseminated
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.

In a scale of 4, 4 being the highest and 1 the lowest, rate the reliable sources of information in your community.

Rating \_\_\_\_\_ Reason \_\_\_\_\_

\_\_\_\_\_

# LESSON PROPER

## APPLICATION (WHAT I CAN DO/ISAGAWA)

### FACT OR BLUFF

Directions: Analyze the source of information and the example given. On the remarks column, write FACT if the information obtained is reliable and write BLUFF if it is unreliable.

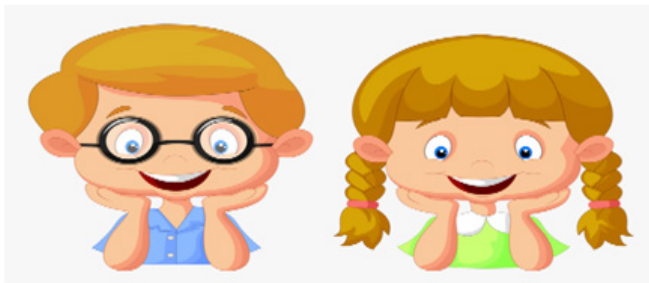
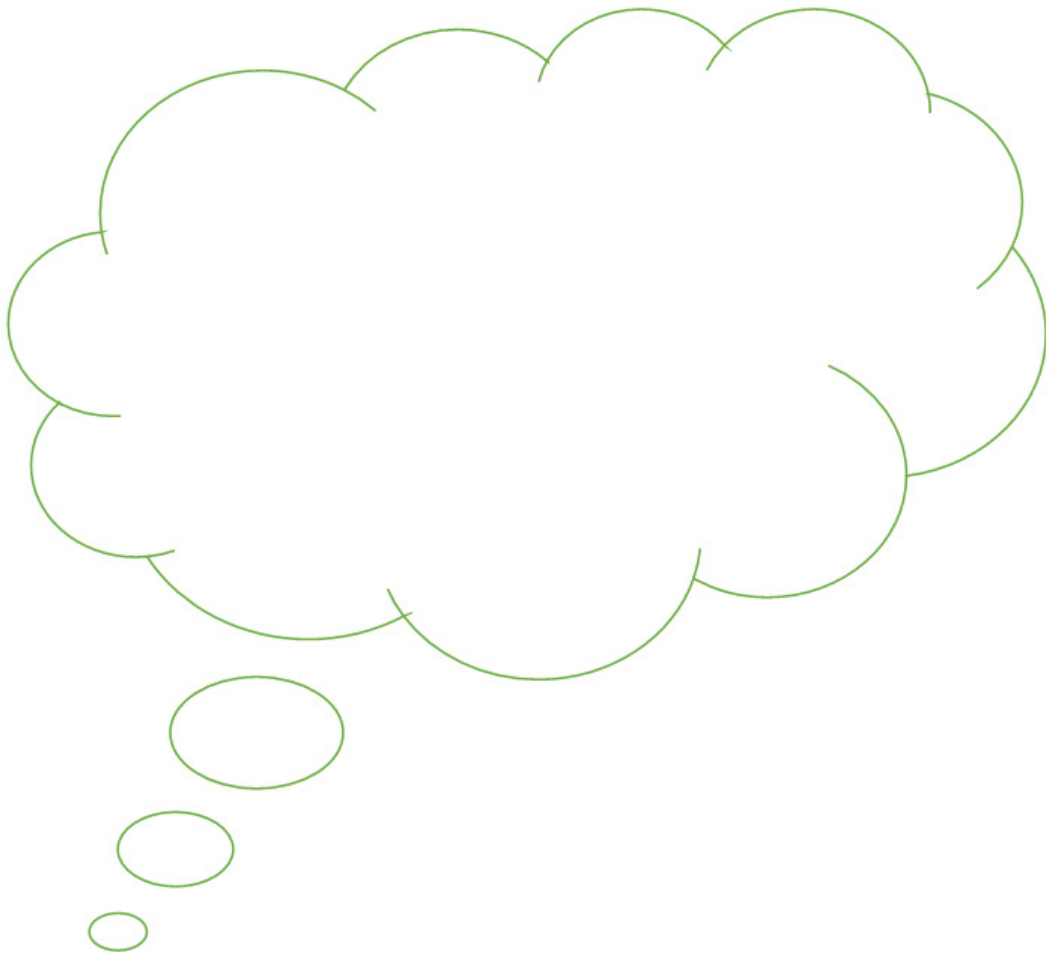
Sources of Information	Example of Information Obtained	Remarks
1. FAMILY	1. Use of " <u>pagtatawas</u> " and " <u>hilot</u> " to cure fever.	1.
2. MEDICAL DOCTOR	2. Doctor's prescription	2.
3. BARANGAY	3. Information drive on the health services offered by the barangay health center.	3.
4. MASS MEDIA	4. Propaganda and advertisement	4.
5. FOOD LABEL	5. Nutrition Facts, date of expiration and brand name.	5.

How many correct answers did you get? \_\_\_\_\_ How did you feel about the result of this activity? \_\_\_\_\_.

# ASSESSMENT

## TAYAHIN

Directions: In your Health notebook, reflect and write down the importance of acquiring reliable health information and health products for the benefit of your family.



# ANSWER KEY

## SUSI SA PAGWAWASTO

### PRE-TEST

Part I.

1. HEALTH INFORMATION
2. CONSUMER
3. HEALTH
4. HEALTH SERVICES
5. HEALTH PROFESSIONAL
6. HOSPITAL
7. HEALTH PRODUCT
8. DENTIST
9. INSURANCE
10. HERBAL MEDICINE

# REFERENCES

## SANGGUNIAN

### Print Materials:

Department of Education (DepEd). K to 12 Curriculum Guide: Health Education. Pasig City, Philippines, 2012.

Department of Education (DepEd). Physical Education and Health-Grade 10 Learners Material, First Edition, Pasig City, Philippines, 2015  
Meeks, L., P. Heit & R. Page. Comprehensive School Health Education (2nd Edition) Blacklick, OH: Meeks Heit Publishing Company, 1996.

### Online Sources:

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.trainingzone.co.uk%2Flead%2Fstrategy%2Fworking-through-coronavirus-reflective-versus-reactive-decision-making-during-a-crisis&psig=AOvVaw0WmexAxZ1PP4PJCd-NrauLz&ust=1624541095489000&source=images&cd=vfe&ved=0CAoQjRxqFwoTCKjCmb3trfECFQAAAAAdAAAAABAE>

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.png-item.com%2Fmiddle%2FhmRRbbJ\\_-school-clipart-borders-and-frames-cartoon-kids%2F&psig=AOvVaw2wxiZrkFXT0Sw80Aa8kdXT&ust=1624979930272000&source=images&cd=vfe&ved=0CAoQjRxqFwoTCLCs15\\_QuvECFQAAAAAdAAAAABAD](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.png-item.com%2Fmiddle%2FhmRRbbJ_-school-clipart-borders-and-frames-cartoon-kids%2F&psig=AOvVaw2wxiZrkFXT0Sw80Aa8kdXT&ust=1624979930272000&source=images&cd=vfe&ved=0CAoQjRxqFwoTCLCs15_QuvECFQAAAAAdAAAAABAD)

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.carousell.ph%2Fp%2Fgibi-black-shoes-236063747%2F&psig=AOvVaw2cg5Wm8gz1r2kNRyaoNGW6&ust=1625020631937000&source=images&cd=vfe&ved=0CAoQjRxqFwoTCICHKYfou\\_ECFQAAAAAdAAAAABAD](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.carousell.ph%2Fp%2Fgibi-black-shoes-236063747%2F&psig=AOvVaw2cg5Wm8gz1r2kNRyaoNGW6&ust=1625020631937000&source=images&cd=vfe&ved=0CAoQjRxqFwoTCICHKYfou_ECFQAAAAAdAAAAABAD)

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0239666>

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.shutterstock.com%2Fsearch%2Fblack%2Bshoes&psig=AOvVaw15Jt4QQnO9\\_X18BI8D-8bEt&ust=1625021126881000&source=images&cd=vfe&ved=0CAoQjRxqFwoTCNIB3ND-pu\\_ECFQAAAAAdAAAAABAE](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.shutterstock.com%2Fsearch%2Fblack%2Bshoes&psig=AOvVaw15Jt4QQnO9_X18BI8D-8bEt&ust=1625021126881000&source=images&cd=vfe&ved=0CAoQjRxqFwoTCNIB3ND-pu_ECFQAAAAAdAAAAABAE)

<https://vikaspedia.in/social-welfare/social-awareness/consumer-education/consumer-rights-and-responsibilities>

<https://www.thoughtco.com/thmb/PsqBebxwCwLJTVWpBMSDXb9ALS4=/735x0/browser-window-975157976-5c4a07654cedfd000175b903.jpg>

비매품/무료

13370



9 791187 819745  
ISBN 979-11-87819-74-5