

3
Grade



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

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Learning Area: Health Education

Grade Level: 3

Quarter: 1st

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

GCED Indicator/s:

D1.1.a Recognize complex situations or problems

D2.1.b Communicate various perspectives through discourses and dialogues

D3.1.a Demonstrate ethical and responsible behavior for a just
and sustainable society

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 personal health issues and concerns

Demonstrates understanding of the importance of health appraisal procedures
and community resources in preventing or managing them to sustain and
promote personal, family and community health and wellness.

Enhanced Performance Standard/s:

Practices self-management skills to prevent and control personal health issues
and concerns to sustain and promote health wellness.

Time Allotment:

40 minutes



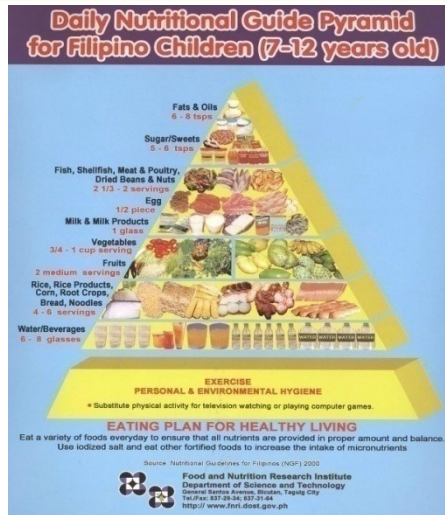
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HEALTHY EATING FOR GOOD NUTRITION



LESSON INTRODUCTION



<https://www.acodeza.com/2019/03/do-you-fall-into-malnutritiontraps.html>

What is your favorite food? I'm sure it is yummy. Do you know that the food you eat affect your health? Come on! Join me to discover more about health and nutrition.

The Food Pyramid Guide of the Food and Nutrition Research Institute (FNRI) and our very own version, the "Pinggang Pinoy", will guide you so that it will be easier for you to learn the good food choices in maintaining a healthy lifestyle.

Get ready to learn. Remember to be healthy, it is important to eat well and live well!

LESSON OBJECTIVE

(WHAT I NEED TO KNOW / ALAMIN)

After going through this lesson you are expected to:

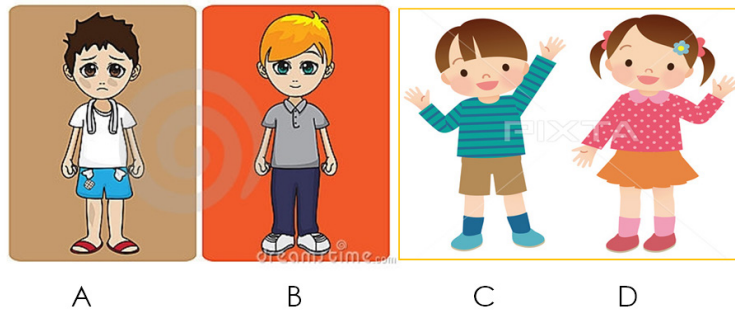
1. Describe the ideal food serving based on Food Pyramid Guide or Pinggang Pinoy.
2. Illustrate Pinggang Pinoy for Breakfast, Lunch or Dinner.
3. Manifest empathy with the poor and hungry.

PRETEST

(WHAT I NEED TO KNOW / SUBUKIN)

Directions: Read each statement carefully. Write your answer on a separate sheet.

1. Underweight, wasting, and stunting are the three most common indicators used to measure nutritional imbalance resulting in under nutrition. Who among these children needs nourishment?

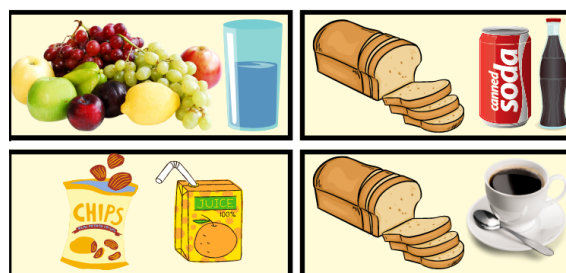


2. Pinggang Pinoy suggests that we eat a well-balanced meal. In the illustration below, identify to which group the food belongs. Write Go, Grow and Glow on the space provided.



3. Which is a healthy snack?

- A. Fruits and water
- B. Bread and soft drinks
- C. Chips and juice
- D. Bread and coffee



PRETEST

(WHAT I NEED TO KNOW / SUBUKIN)

Directions: Read each statement carefully. Write your answer on a separate sheet.

4. Look at the illustration below. What food nutrients do they provide?

- A. Carbohydrates
- B. Fats and oil
- C. Protein
- D. Vitamins and minerals

Vitamin-C Rich Foods



5. Lifestyle-related diseases are the most common in the world today. What do children around the world like you need to do to improve your health and well-being?

- A. eat less, exercise more and don't drink
- B. eat a lot, play a lot and eat plenty of fruits and vegetables
- C. eat healthy diet, exercise and sleep well.
- D. drink 3 glasses of water each day and take more vitamins

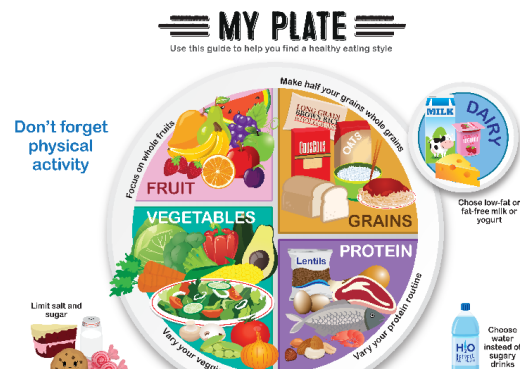
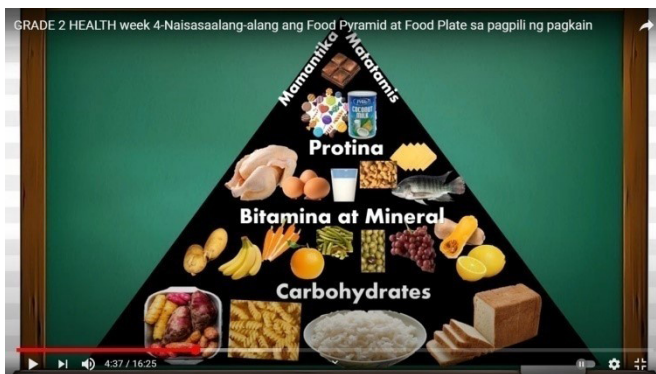
LESSON PROPER

REVIEW (WHAT'S IN/BALIKAN)

Can you still recall your lesson on the right amount of food to eat? Do you know how to use the Food Pyramid Guide for your Pinggang Pinoy? Let's try this. Did you know that we have Filipino Food Pyramid Guide and Pinggang Pinoy? This is to promote healthy eating where half of the plate contains fruits and vegetables and $\frac{1}{4}$ whole grains and $\frac{1}{4}$ protein.

What about other children in some parts of the world or in other countries, do they also prepare in the way we prepare or plan our food?

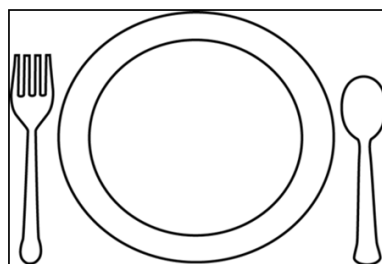
USDA replaces food pyramid with "My Plate" to promote healthier eating



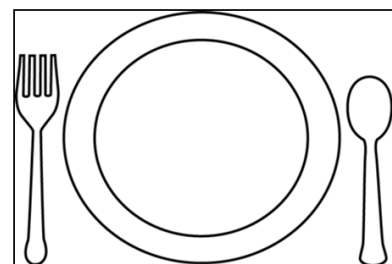
What are your favorite foods for breakfast, lunch and dinner?

Use the food pyramid Guide and the Pinggang Pinoy in planning your task for the group activity and draw it in your plates.

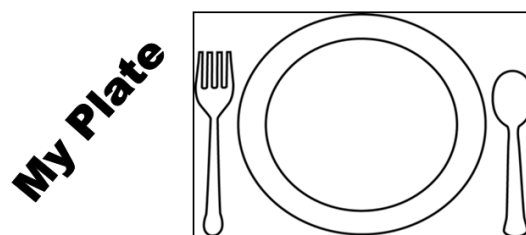
- Group A - Breakfast,
- Group B - Lunch
- Group C - Dinner



Breakfast



Lunch



Dinner

LESSON PROPER

REVIEW (WHAT'S IN/BALIKAN)

Nice work. Are these healthy foods? _____

Why? _____

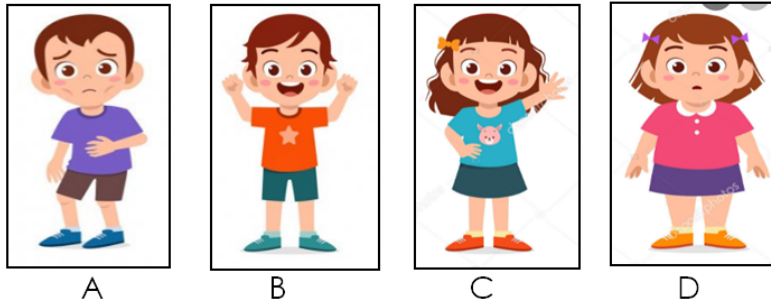
Is it okay to eat too much or too less? _____

Why? _____

LESSON PROPER

ACTIVITY (WHAT'S NEW/TUKLASIN)

Look at the pictures.



Who among the children are healthy? _____ Why? _____

Who are not healthy? _____ Why? _____

Do you know that the first and last children are both malnourished? One is over nourished and the other is under nourished. These are two types of malnourishment. Malnutrition is a condition that results from nutrient deficiency or overconsumption.



Types of malnutrition:

1. Undernutrition- this type results from not getting enough protein, calories and micronutrients. It leads to low weight-for height (wasting), height – for-age (stunting) and weight-for-age (underweight).

2. Overnutrition- over consumption of certain nutrients such as protein, calories or fat, can also lead to malnutrition. This usually results in obesity.



People who are undernourished often have deficiencies in vitamins and minerals, especially iron, zinc, Vitamin A and iodine. You do not want to be either over nourished or under nourished so you need proper nutrition, exercise and enough rest and sleep.

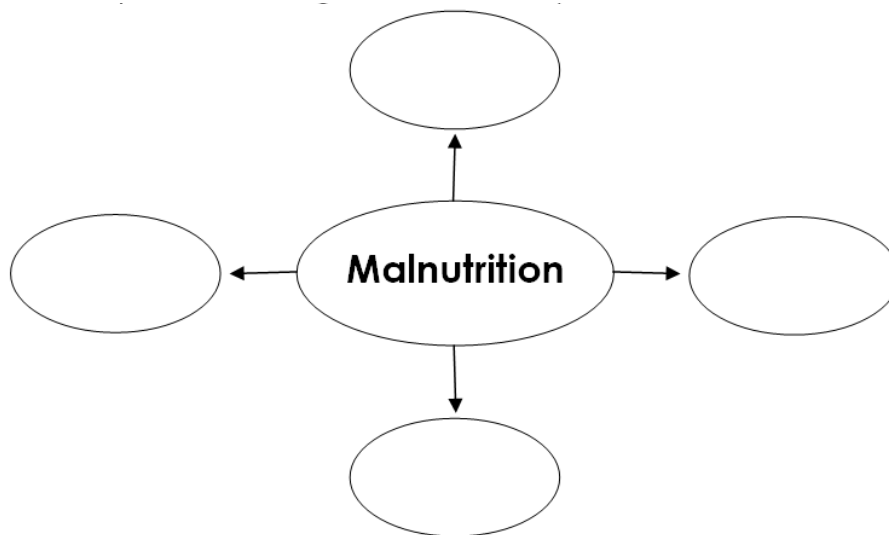
LESSON PROPER

ACTIVITY (WHAT'S NEW/TUKLASIN)

Based from the activity answer the following questions:

1. Are you healthy? _____
2. Which picture depicts your status? _____
3. Describe a healthy person in 3 words: _____, _____, _____
4. What is your idea about malnutrition? How do children become malnourished?

Answer the question using the word map below:



https://commons.m.wikimedia.org/wiki/File:Malnourished_child.jpg

5. How can you show empathy to malnourished children?

What will you do if you see a malnourished like this?

(Empathy is being able to know how someone else is feeling, even when you aren't in the same situation; awareness of the feelings and emotions of other people.)

LESSON PROPER

DISCUSSION (WHAT IS IT/TALAKAYIN)

Malnutrition Is a Global Problem

The lack of food is one of the main causes that makes children malnourished and food is now a critical global issue especially in this time of pandemic.



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fshoppee.ph%2FLaminated-Go-Grow-Glow-Food-Chart-A4>

Now to be a global citizen you have a role to play in fighting malnutrition and other health issues.

DepEd has been advocating the School-based Feeding Program's (SBFP) main objective is to improve nutritional status among pupils. This includes milk feeding program, micro nutrients feeding, health examination, vaccination and deworming. The Gulayan sa Paaralan is a program that aims to "promote food security in schools, at home and communities, through self-help food production activities and appreciation of agriculture as a life support system."

Poverty or people who are poor are more likely to be affected by different forms of malnutrition. The family cannot afford varieties of food such as vegetables and fruits which are essential.

Do you know that Globally in 2020, 149 million children under 5 were estimated to be stunted (too short for age), 45 million were estimated to be wasted (too thin for height), and 38.9 million were overweight or obese. Around 45% of deaths among children under 5 years of age are linked to undernutrition.

9 Jun 2021 Fact sheets - Malnutrition - WHO | World Health Organization <https://www.who.int> > Newsroom > Fact sheets > Detail

LESSON PROPER

DISCUSSION (WHAT IS IT/TALAKAYIN)

According to UNICEF the main causes of childhood malnutrition can be categorized into three main underlying factors which are;



1. Lack of food

Photo: <https://www.opendemocracy.net/en/openglobalrights-openpage/phantom-rights-systemic-marginalization-of-economic-and-social-rights/?hcb=1>



2. Household food insecurity, inadequate care

<https://docs.wfp.org/api/documents/WFP-0000015508/download/>



3. Unhealthy household environment

<https://docs.wfp.org/api/documents/WFP-0000015508/download/>

Well-nourished children are:

1. able to grow and learn better
2. able to participate in the communities
3. resilient in the face of diseases or disaster.

LESSON PROPER

DISCUSSION (WHAT IS IT/TALAKAYIN)



The presence of food on your table does not guarantee your good health. Many school children around the experience a level of malnutrition not because they have no food but because they do not have yet the skill to select the food that they eat. They are still dependent on their parents' choice who might not have enough time to purchase nutritious foods because of their work schedule. This is the reason why they become prey of fast foods, processed foods and instant foods that are easily accessible in the market (Favila, 2021).

Healthy Eating Habits

- Eat a variety of vegetables, especially dark green, red, and orange vegetables (3 or more servings a day).
- Eat a variety of fruits (2 or more servings a day).
- Drink fat-free or low-fat milk and eat low-fat dairy products.
- Restrict or eliminate “junk food” — foods that contain refined white flour, solid fats or trans fats, added sugars, and are high in sodium.
- Use vegetable oils (like olive or canola oil) instead of solid fats.
- Reduce daily intake of salt or sodium. Reduce to less than 1,500 mg. per day if you are older than 50, or have hypertension, diabetes or chronic kidney disease.

LESSON PROPER

GENERALIZATION (WHAT I HAVE LEARNED/ISAISIP)

Fill in the blanks with the missing words/phrases. Choose from the given words/phrases in the box.

healthy	expensive foods	pale, weak & thin	sharing food
nutritious	malnourished	right kind and amount	care for and help

I must eat _____ foods to be healthy. Some children are _____ because they don't eat the _____ of food. They look _____. I can help malnourished children in the community by _____ to them. If people in the community, in the country and the whole world will _____ one another, everyone will be happy and healthy.

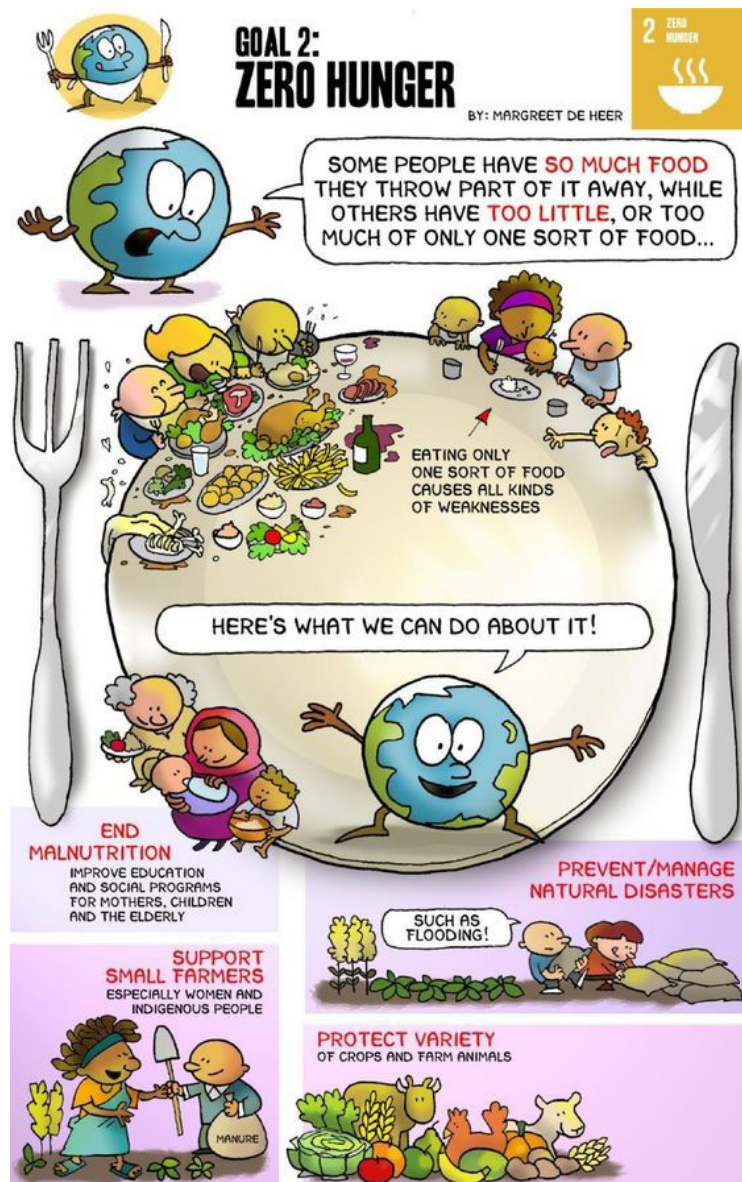
LESSON PROPER

REFLECTION (WHY IS IT MEANINGFUL AND RELEVANT/ISAPUSO)

How will you show empathy with the people who hunger for food in your community?

Direction: Draw a ♥ for the things that you will do and ❌ for those that you will not do.

- _____ I will only eat delicious and expensive food.
- _____ I will buy and eat all the foods that I want.
- _____ I will eat the right kind and amount of food.
- _____ I will share food to the poor and hungry.



LESSON PROPER

APPLICATION (WHAT I CAN DO/ISAGAWA)

MY HEALTHY PROMISE

Make your own healthy promise. Sign at the bottom of your promise. Ask your parent also to sign.



MY HEALTHY PROMISE



To keep my body healthy...

I will _____

I will _____

I will _____

I will _____

As my shared responsibility to myself,
my family and my community.

Name of Pupil

Parent's Signature

ASSESSMENT

TAYAHIN

Choose the letter of the correct answer.

1. Which of the following describes a healthy person?

- A. Loves to sit all the time.
- B. Visits the doctor when sick.
- C. Eats any kind of food on the table
- D. Eats healthy food, do exercise and sleep well

2. Which picture shows an unhealthy habit?



A



B



C



D

3. How do you feel when you see malnourished children?



A



B

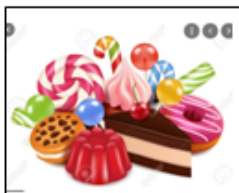


C



D

4. To be healthy I should eat more _____?



A



B



C



D

5. Why do we need to follow the Nutritional Guidelines?

- A. to stay healthy
- B. to look beautiful
- C. to get good grades
- D. to impress other people

ANSWER KEY

SUSI SA PAGWAWASTO

Pre Test:

1. A
2. A. Grow B. Glow C. Go D. Glow
3. A
4. D
5. C

Pingang Pinoy: Answers Vary/Answer Varies

Malnutrition (Word map):

-weak, underweight, obese, overweight, severely wasted, unhealthy, undernourished, undernutrition, with big bellies

Generalization:

1. nutritious
2. malnourished
3. right kind and amount
4. pale, weak and thin
5. sharing food to them
6. care for and help

Reflection:



Assessment:

1. D
2. A
3. B
4. C
5. A

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<https://www.wfp.org./countries/Philippines>

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