

6
Grade



APCEIU

(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: 6

Title: Personal Health Care and Self-Management Skills

Project: Global Citizenship Education Curriculum Development and
Integration in the Philippines

Editorial Board

Writer: Penelope May D. Atip

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, Mary Grace O. Awkit, 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: 979-11-87819-73-8

APCEIU Publication Number: BE-RND-2021-070

Learning Area: Health Education

Grade Level: 6

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



TABLE OF CONTENTS

Lesson Title	2
Lesson Introduction	3
Lesson Objectives (What I Need to Know/ Alamin)	3
Pretest (What I Know / Subukin)	4
Lesson Proper	5
Review (What's In / Balikan)	5-6
Activity (What's New/ Tuklasin)	7
Discussion (What is It / Talakayin)	8-12
Generalization (What I Have Learned/ Isaisip)	13
Reflection (Why is it meaningful and relevant /Isapuso)	14
Application (What I Can Do / Isagawa)	15
Assessment / Tayahin	16
Answer Key / Susi sa Pagwawasto	17
References / Sanggunian	18-21

PERSONAL HEALTH CARE AND SELF MANAGEMENT SKILLS



LESSON INTRODUCTION



The picture above shows some healthy and happy learners. A healthy person according to World Health Organization (WHO, 1948), is in a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

In order to have a good health you should have proper nutrition, proper hygiene, good oral care, do regular physical activity, have enough rest and sleep, good posture and avoid unhealthy habits. Unhealthy habits if not corrected can lead to some health issues and concerns. Personal health issues and concerns may include height and weight, visual acuity, dental problems, condition of the skin, hair and nail and posture to name a few.

In order to avoid these issues and concerns, you must learn, develop and practice self-management skills. These skills were taught in your own home. Your parents and other members of the family practice them to ensure happy and healthy life for everyone. Your communities too, through the health centers have primary health care programs. Have you and your family availed of them?

LESSON OBJECTIVE

(WHAT I NEED TO KNOW / ALAMIN)

After going through this lesson, you are expected to:

1. Describe personal health issues and concerns.
2. Practice self-management skills to prevent and control personal health issues and concerns
to sustain and promote health wellness.

PRETEST

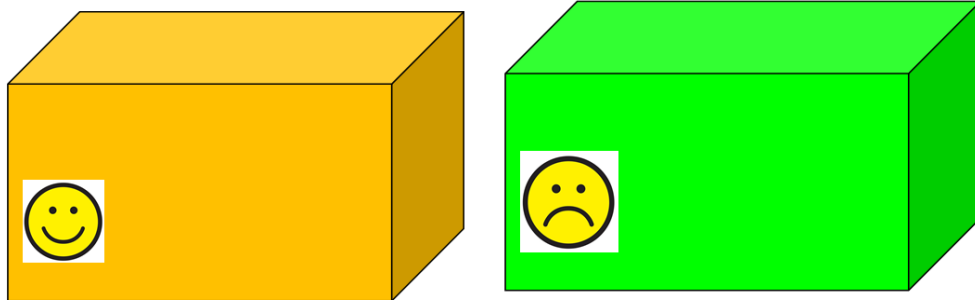
(WHAT I NEED TO KNOW / SUBUKIN)

Part I.

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

As a Grade 6 Learner, you are responsible for your personal health. Recall your daily activities from waking up to bedtime.

Below are two boxes with emoticons. Write inside the happy-faced box the best practices that promote good health. On the sad-faced box, write the activities that do not promote good health.



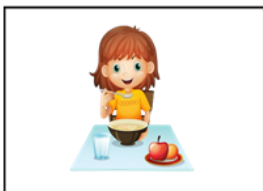
LESSON PROPER

REVIEW (WHAT'S IN/BALIKAN)

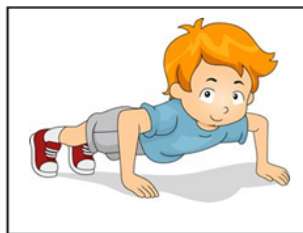


“A HEALTHY PERSON”

When you see the word “Healthy Person”, which of the following pictures come to your mind? Check the small box for the answers.



☐ People eating fruits and vegetables.



☐ Doing regular exercise



☐ and sleep



☐ Avoid Bad habits and pray



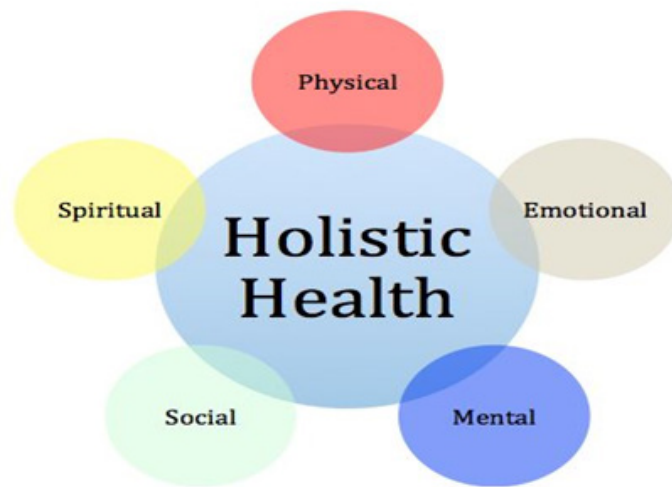
☐ Washing Hands and taking care of teeth

You are correct if you have checked all the boxes! These are some ways to become healthy. Are these included in your happy-faced box?

Being healthy does not mean your physical health only. Remember the other dimensions of health? Yes, to be holistically healthy, you should take care of the other dimensions of your health too.

LESSON PROPER

REVIEW (WHAT'S IN/BALIKAN)



Remember that you are a combination of your physical, emotional, mental, social and spiritual health. Your physical health refers to your body functions and your body image. Your mental health describes your decision-making skills and the ability to deal with stress. Your emotional health allows you to develop your self-esteem, your spiritual health defines your values, and your social health refers to your relationship with other people.

LESSON PROPER

ACTIVITY (WHAT'S NEW/TUKLASIN)

GUESS THE PICTURE

Directions: Identify the personal health issue through the provided illustration. Write your answer inside the box. Choose your answer below.



1.



2.



3.



4.



5.

Sunburn Cavities Scoliosis

Underweight Blurred Vision

- A. What do you think are the causes of the identified health concerns?
- B. How can you prevent those health issues and concerns?
- C. As a Grade 6 student what are the best 3 tips you can share to stay healthy?

LESSON PROPER

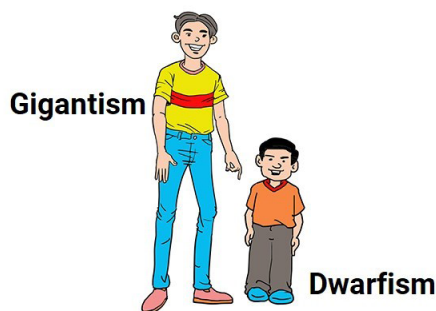
DISCUSSION (WHAT IS IT/TALAKAYIN)

Do you have personal health issues and concerns right now? If there is none, then that is good for you. Others may not be as healthy as you are. They might have any of the following concerns pertaining to:

1. Height and Weight

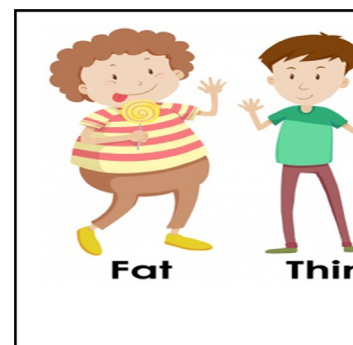


Stunted Growth- lack of height for a child's age as a result of improper nutrition



Gigantism- abnormal growth in children.

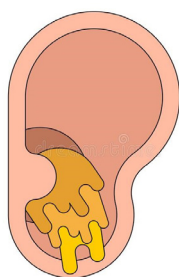
Dwarfism- a condition of short stature.



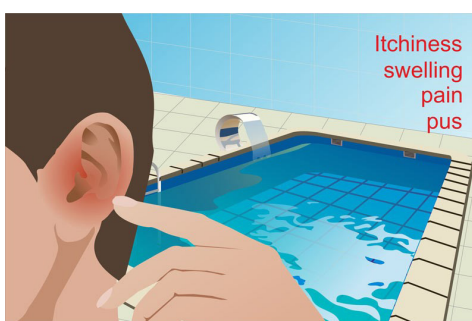
Obese -weighs more than the healthy range.

Underweight-weighs less than the healthy range

2. Hearing



Impacted Cerumen - earwax builds up in the ear and blocks the ear canal and can cause temporary hearing loss and ear pain



Swimmer's ear- known as Otitis externa, is an inflammation of the ear canal.



Otitis media- inflammatory disease of the middle ear

LESSON PROPER

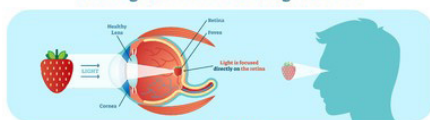
DISCUSSION (WHAT IS IT/TALAKAYIN)

3. Vision

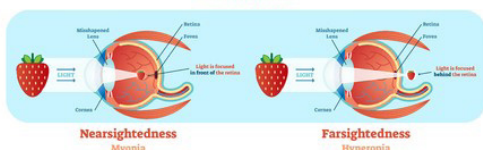


Blurred vision- refers to a lack of sharpness of vision and inability to see.

Nearsightedness and Farsightedness



Normal Vision



Nearsightedness
Myopia

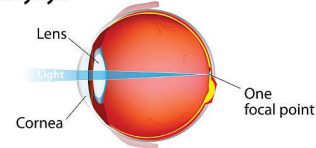
Farsightedness
Hyperopia

Xerophthalmia

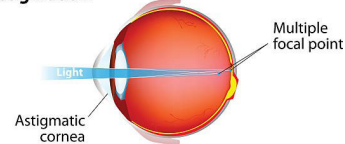


Xerophthalmia- eye fails to produce tears. It may be caused by vitamin A deficiency.

Healthy eye



Astigmatism



Astigmatism- occurs when the front surface of your eye (cornea) or the lens, has mismatched curves. This results in distorted or blurred vision at all distances.

Myopia – Nearsightedness sees near objects clearly, while objects in the distance are blurred.

Hyperopia- Far-sightedness sees faraway objects clearly, while objects that are near are blurred



Strabismus- crossed eyes condition which the eyes do not properly align with each other.

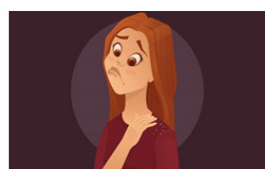
4. Skin and Hair



Sunburn- radiation burn in the skin from an overexposure to ultraviolet radiation from the sun



Blisters- caused by friction, burns and skin reactions, such as an allergic reaction



Dandruff - is a common condition that causes the skin on the scalp to flake

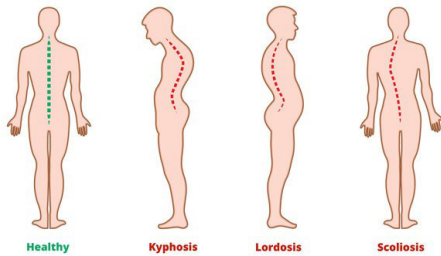


Ingrown toenail -occurs when the edges of the toenails grow into the skin

LESSON PROPER

DISCUSSION (WHAT IS IT/TALAKAYIN)

4. Spine Disorders



Scoliosis – a sideways curvature of the spine

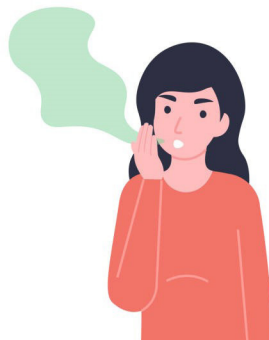
Lordosis – excessive inward curve of the spine

Kyphosis – an exaggerated forward rounding of the back

5. Teeth



Cavities – a hole damage to the structure of a tooth that forms in your teeth



Halitosis - known as bad breath is a symptom in which a noticeably unpleasant odor is present on the breath.



Gingivitis- inflammation of the gum tissue, a non-destructive disease that occurs around the teeth.

LESSON PROPER

DISCUSSION (WHAT IS IT/TALAKAYIN)

Do you know that the above health issues and concerns are also experienced by some children elsewhere in the world? These could be addressed by self- management skills such as the following:



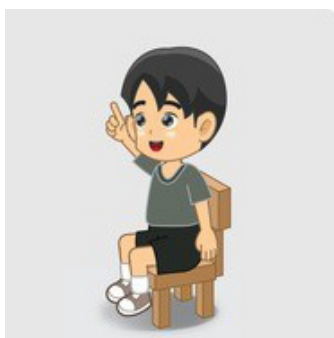
PROPER NUTRITION can be acquired when you eat variety of healthy food to get all nutrients that your body needs in order to grow, develop and function well. It also gives the body the energy for the day and protection against diseases.



GOOD PERSONAL HYGIENE such as bathing and hand washing helps you protect your body from illnesses and boost your self- confidence allowing you to feel good about yourself towards others.



REGULAR PHYSICAL ACTIVITY helps your body combat diseases for it improves muscular and cardiovascular endurance and reduces stress and anxiety. It also builds your bones and muscles.



GOOD POSTURE helps your body to function efficiently for it prevents fatigue, muscular strain and back pain. It also adds to your physical appearance for it projects poise, confidence and dignity.

LESSON PROPER

DISCUSSION (WHAT IS IT/TALAKAYIN)

Do you know that the above health issues and concerns are also experienced by some children elsewhere in the world? These could be addressed by self- management skills such as the following:



ENOUGH REST and SLEEP Sleeping eight to ten hours at night will help you feel refreshed and ready for the next day's activities.



PROPER ORAL CARE gives you confidence especially in dealing with others. It includes brushing teeth and gums daily, undergoing regular dental checkup and getting treatments such as fluoride application, procedures.

LESSON PROPER

GENERALIZATION (WHAT I HAVE LEARNED/ISAISIP)

Puzzle Numbers

Direction: Decode the personal health issues and concerns using the number-letter codes and classify them as Height and Weight, Hearing, Vision, Skin and Hair, Spine Disorder and Teeth.

A=1 B=2 C=3 D=4 E=5 F=6 G=7 H=8 I=9 J=10 K=11 L=12 M=13 N=14 O=15 P=16 Q=17 R=18 S=19 T=20 U=21 V=22 W=23 X=24 Y=25 Z=26
--

PERSONAL HEALTH ISSUES	CATEGORY
1. <u>4</u> <u>1</u> <u>14</u> <u>4</u> <u>18</u> <u>21</u> <u>6</u> <u>6</u> =	
2. <u>15</u> <u>2</u> <u>5</u> <u>19</u> <u>5</u> =	
3. <u>1</u> <u>19</u> <u>20</u> <u>9</u> <u>7</u> <u>13</u> <u>1</u> <u>20</u> <u>9</u> <u>19</u> <u>13</u> =	
4. <u>7</u> <u>9</u> <u>14</u> <u>7</u> <u>9</u> <u>22</u> <u>9</u> <u>20</u> <u>9</u> <u>19</u> =	
5. <u>19</u> <u>3</u> <u>15</u> <u>12</u> <u>9</u> <u>15</u> <u>19</u> <u>9</u> <u>19</u> =	

LESSON PROPER

REFLECTION (WHY IS IT MEANINGFUL AND RELEVANT/ISAPUSO)

HEALTH DIARY REFLECTION



Check the box under each day if you practice the following SELF MANAGEMENT SKILLS and then answer the questions below.

SELF-MANAGEMENT SKILLS	SUN	MON	TUES	WED	THUR	FRI	SAT
Eating healthy Food							
Taking a Bath							
Brushing your teeth							
Regular Physical Activity							
Sitting Properly							
Sleeping at least 8-9 Hours							
Drinking 8-10 Glasses of water							

Answer the following questions using your Health Diary.

1. How many have you checked in a day? Will those habits help you maintain your good health?
2. What message can you give to other children your age who might have health issues and concerns?

LESSON PROPER

APPLICATION (WHAT I CAN DO/ISAGAWA)

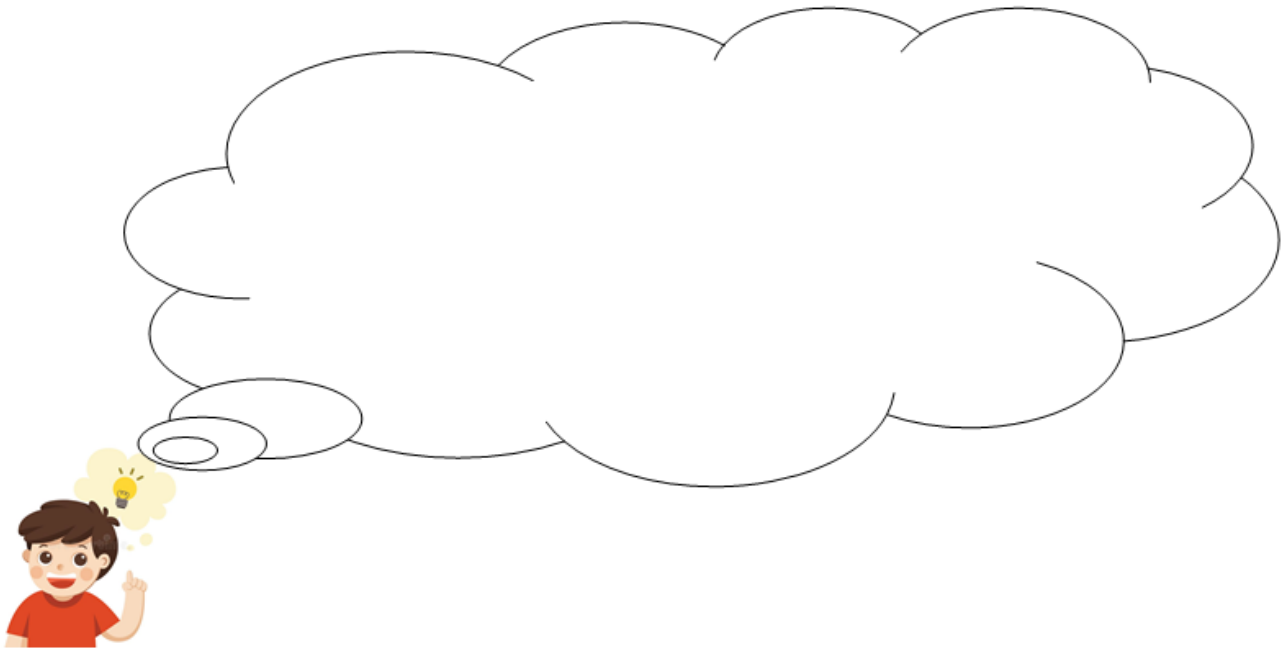
SELF-HAND PRINT CONTRACT

Directions: Having learned that Personal Health Care and Self-Management Skills help you maintain a good health, come up with a self-hand print contract as your commitment to promote and achieve a healthier life. Below, draw your hand and inside your hand make a statement on how you can advocate, promote and achieve a healthier life for yourself, your family and the community.

ASSESSMENT

TAYAHIN

Directions: Reflect on the importance of practicing self-management skills on your health status.



ANSWER KEY

SUSI SA PAGWAWASTO

Pre-Test

1. Underweight
2. Cavities
3. Sunburn
4. Blurred Vision
5. Scoliosis

Puzzle Numbers

1. DANDRUFF
2. OBESE
3. ASTIGMATISM
4. GINGIVITIS
5. SCOLIOSIS

REFERENCES

SANGGUNIAN

<https://www.google.com/search?q=People+eating+fruits+and+vegetable+clipart&tbm=isch&ved=2ahUKEwjGwvPQpbLxAhUZ0JQKHTRFDhUQ2-cCegQIA-BAA#imgsrc=lyqJzhp55Mjj9M>

https://www.google.com/search?q=Doing+regular+exercise+clipart&rlz=1C1BNSD_enPH956PH956&tbm=isch&source=iu&ictx=1&fir=hup3jsP4dNFHTM%252COxsDubw-cepH_LM%252C_&vet=1&usg=AI4_-kSJFDM-l2lq7MyoiXGx0DOmtozQdQ&sa=X-&ved=2ahUKEwjdx7nkpBLxAhWxguYKHfs-BF4Q9QF6BAglEAE#imgsrc=hup3jsP4dN-FHTM&imgdii=fcZWE4XMIWo6cM

https://www.google.com/search?q=Doing+regular+sleep++clipart&tbm=isch&ved=2ahUKEwjHl9iEp7LxAhVD7ZQKHTcGCKoQ2-cCegQIABAA&oq=Doing+regular+sleep++clipart&gs_lcp=CgNpbWcQAID74iJYvOkYKDrImgAcAB4AlABAlgBAJlBA-JgBAKABAaoBC2d3cy13aXotaW1nwAEB&sclient=img&ei=jlvVYMehFMPa0wS3jKDQC-g&rlz=1C1BNSD_enPH956PH956#imgsrc=kigWLo1RQNdlgM

https://www.google.com/search?q=washing+hands+and+toothbrush++clipart&tbm=isch&chips=q:washing+hands+and+toothbrush+clipart,online_chips:brushing+teeth:7zrv9GyOzQ4%3D&hl=en&sa=X&ved=2ahUKEwifisSkqrLxAhVG_5QKHV0uBBo-Q4lYoA3oECAEQIA&biw=1349&bih=600#imgsrc=nRcRwPulPk7S8M

<https://pngimage.net/wp-content/uploads/2018/06/unhealthy-clipart-png-2.png>

https://www.google.com/search?q=kids+thinking&tbm=isch&hl=en&chips=q:kids+thinking,g_l:melonheadz:bEjQTC3HQCA%3D&sa=X&ved=2ahUKEwjSnY-HUr7LxAhVsG6YKHTwPBoQQ4lYoBXoECAEQlw&biw=1349&bih=600#imgsrc=IEDHLU-zQSGzi0M&imgdii=6pjJG1-AuOvF6M

https://www.google.com/search?q=kids+thinking+clipart+&tbm=isch&ved=2ahUKEwjql_TXr7LxAhVENqYKHZapCvcQ2-cCegQIABAA&oq=kids+thinking+clipart+&gs_lcp=CgNpbWcQAziECAAAQzICCAAYAggAMgIIADICCAAYAggAMgIIADIGCAAQBRAe-MgYIABAFEB4yBggAEAUQHID5zARYgdoEYObbBGgAcAB4AlABiWkIAfgJkgEFMC-41LjKYAQCGAQGqAQtnD3Mtd2l6LWltZ8ABAQ&sclient=img&ei=npTVYOqQFcTsmAW-W06q4Dw&bih=600&biw=1349&hl=en#imgsrc=rglpjTsfXJnhCM&imgdii=JHkbl6F_VE9jM

<https://freestoriesforkids.com/children/stories-and-tales/life-wasting-potion>

https://www.google.com/search?q=IMAGE+OF+dimensions+of+health&safe=active&sxsrf=AleKk030dNrzdPHjc9Aa5MbjQFB2H7Ar8w:1624855225233&tbm=isch&source=iu&ictx=1&fir=BVGfK-NqUh2wwM%252CV-oq6l2Ar3x-e_M%252C_&vet=1&usg=AI4_-kQKL60b7CG-p8hRfIQPDmVJQdG4lg&sa=X&ved=2ahUKEwiBkou0wbxhAhUGwosBHW-LCnMQ9QF6BAgMEAE#imgsrc=VLeyKPwcmGSD5M

<http://biz.loudoun.gov/wp-content/uploads/2016/09/health.jpg>

REFERENCES

SANGGUNIAN

https://www.google.com/search?q=balance+image&tbm=isch&ved=2ahUKEwjG-dDvjbrxAhUEAqYKHfQIA3EQ2-cCegQIABAA&oq=balance+image&gs_lcp=CgNpbWc-QAzIECAAQQzICCAAYAggAMgIIADICCAAYAggAMgIIADICCAAYAggAMgIIAFDcFljcFmC-GHGgAcAB4AIAABhAGIAYQBkgEDMC4xmAEAoAEBqgELZ3dzLXdpei1pbWfAAQE&sclient=img&ei=56LZYIbqC4SEmAX0y4yIBw&bih=600&biw=1366&rlz=1C1BNSD_enPH-956PH956&hl=en#imgsrc=P5JdmywY8K-_vM

https://www.google.com/search?q=stunted+growth+clipart+&tbm=isch&ved=2ahUKEwi4iMe4qt3xAhUKB5QKHf_jDjgQ2-cCegQIABAA&oq=stunted+growth+clipart+&gs_lcp=CgNpbWcQAzIECAAQHjoECAAQQzoCCAA6BggAEAUQHjoGCAAQC-BAeUNEPWMEaYlWcaABwAHgAgAF0iAHqBplBAzUuNJgBAKABAaoBC2d3cy13aXo-taW1nwAEB&sclient=img&ei=exrsYPjeCYqO0AT_x7vAAw&bih=657&biw=1366#imgsrc=P-6wYT63pqX4idM

https://www.google.com/search?q=sgigantism+and+dwarfism+clipart+&tbm=isch&ved=2ahUKEwjhsY7Wq93xAhU1z4sBHfcLDEkQ2-cCegQIABAA&oq=sgigantism+and+dwarfism+clipart+&gs_lcp=CgNpbWcQA1C9ClIMFmDyF2gAcAB4AIAbjw-GIAa8HkgEDNC41mAEAoAEBqgELZ3dzLXdpei1pbWfAAQE&sclient=img&ei=xRvsYKKG7I-7Wer7wP95ewyAQ&bih=657&biw=1366#imgsrc=wm4cvWiyJWWWSBM

https://img.freepik.com/free-vector/comparison-boy-body_1308-13528.jpg?size=338&ext=jpg

https://www.google.com/search?q=otitis+media+clipart+&tbm=isch&ved=2ahUKEwiX94-urt3xAhWUy4sBHdECANgQ2-cCegQIABAA&oq=otitis+media+clipart+&gs_lcp=CgNpbWcQAzIECAAQHjoECAAQQzoCCAA6BggAEAUQHjoGCAAQCBAeUO4RWJs-bYlQdaABwAHgAgAGnAYgBkgiSAQMzLjaYAAQCgAAQgqAQtnD3Mtd2l6LWltZ8ABAQ&sclient=img&ei=lx7sYNfPAZSXR7wP0YWAwaA0&bih=657&biw=1366&rlz=1C1BNSD_enPH-956PH956#imgsrc=J8V5KILIA_7e2M

https://www.google.com/search?q=swimmers+ear+clipart+&tbm=isch&ved=2ahUKEwi0h8Ltrd3xAhUPHKYKHVxQB4kQ2-cCegQIABAA&oq=swimmers+ear+clipart+&gs_lcp=CgNpbWcQAzIECAAQHjoCCAA6BAgAEEM6BggAEAgQHjoECAAQG-DoGCAAQChAYUlgLWNMUYLwWaABwAHgAgAF3iAHKBplBAzYuM5gBAKABAao-BC2d3cy13aXotaW1nwAEB&sclient=img&ei=Dx7sYPTDII-4mAXcoJ3ICA&bih=657&biw=1366&rlz=1C1BNSD_enPH956PH956#imgsrc=zwOAhrBeS2y1tM&imgdii=p60wQeN7I-rPjJM

https://www.google.com/search?q=blurry+vision+blurred+vision+clipart&sa=X-&bih=657&biw=1349&rlz=1C1BNSD_enPH956PH956&hl=en&tbm=isch&source=i-u&ictx=1&fir=8DH29GGWQ2AIMM%252CdAGpACkqBTPwGM%252C_&vet=1&us-g=AI4_-kRvrlq53I3p5CZaPvlqDueJfY0yyQ&ved=2ahUKEwin2fjwr93xAhXRDN4KHZKb-C9IQ9QF6BAgLEAE#imgsrc=8DH29GGWQ2AIMM

REFERENCES

SANGGUNIAN

https://www.google.com/search?q=farsighted+and+nearsighted+clipart+&tbm=isch&ved=2ahUKEwjYrYq3sN3xAhUJc5QKHbsiDBkQ2-cCegQIABAA&oq=farsighted+and+nearsighted+clipart+&gs_lcp=CgNpbWcQAzoCCAA6BggAEAU-QHjoECAAQGD0ECAAQHID2N1jqYmCUZGgCcAB4AIABkgGIAYQKkgEDNi-42mAEAoAEBqgELZ3dzLXdpei1pbWewAQDAAQE&sclient=img&ei=wiDsYPHEKYn-m0QS7xbDIAQ&bih=657&biw=1349&rlz=1C1BNSD_enPH956PH956&hl=en#imgsrc=iqolVh-qS8q1r_M

https://www.google.com/search?q=astigmatism+clipart&tbm=isch&hl=en&chips=q:astigmatism+clipart,online_chips:cartoon:65-JxhNaQ0c%3D&rlz=1C1BNSD_enPH956PH956&sa=X&ved=2ahUKEwiH6aPSsd3xAhVJa5QKHbNeAoIQ4IYoAXoECAEQ-FA&biw=1349&bih=657#imgsrc=rB4zCsurOgRvuM

https://www.google.com/search?q=%E2%80%A2%09Strabismus+clipart&tbm=isch&ved=2ahUKEwjHncHGst3xAhVlyZQKHdGpDO4Q2-cCegQIABAA&oq=%E2%80%A2%09Strabismus+clipart&gs_lcp=CgNpbWcQAzoHCAAQsQMQQzoECAAQQzoFCAAQsQM6AggAUIHwBFilnwVgk6MFaABwAHgAgAFviAGaApIBAzluMZg-BAKABAaoBC2d3cy13aXotaW1nwAEB&sclient=img&ei=-yLsYle0N8iS0wTR07LwDg&bih=657&biw=1366&rlz=1C1BNSD_enPH956PH956&hl=en#imgsrc=_KtJ-nGZ84w2RM&imgdii=xsM_O2Yx0MZODM

https://www.google.com/search?q=clip%20art%20sunburn%20cartoon&tbm=isch&hl=en&rlz=1C1BNSD_enPH956PH956&sa=X&ved=0CB0QtI8BKABqFwoTCKCQ5ty-13fECFQAAAAAdAAAAABAh&biw=1349&bih=657#imgsrc=77aa05lsGdL02M

https://www.google.com/search?q=cartoon%20blister%20clip%20art&tbm=isch&hl=en&rlz=1C1BNSD_enPH956PH956&sa=X&ved=0CCAQtI8BKABqFwoTCJCx1fy-23fECFQAAAAAdAAAAABAA&biw=1349&bih=657#imgsrc=2o0koU_UZjLWyM&imgdii=qPqpU5-PUMHP5M

https://www.google.com/search?q=dandruff++clip+art&tbm=isch&ved=2ahUKEw-jr7v6Kt93xAhWKzYsBHfM7Ak8Q2-cCegQIABAA&oq=dandruff++clip+art&gs_lcp=CgNpbWcQAzoCCAA6BggAEAcQHIDNphJYjrMSYPm0EmgAcAB4AIABsAGIAClHkgED-Ni4zmAEAoAEBqgELZ3dzLXdpei1pbWfAAQE&sclient=img&ei=vSfsYKucElqbr7wP8_el-AQ&bih=657&biw=1349&rlz=1C1BNSD_enPH956PH956&hl=en#imgsrc=LIFeMcv-97P5UsM&imgdii=hWO6QrW0nIEXFM

https://www.google.com/search?q=%E2%80%A2%09Ingrown+toenail+clipart&rlz=1C1BNSD_enPH956PH956&tbm=isch&source=iu&ictx=1&fir=4M7hWYtKW-pnRRM%252Cc1JnC_PPbhljM%252C_&vet=1&usg=AI4_-kQLjGk0FXJT50mWDaX-7KnnxCO2o4A&sa=X&ved=2ahUKEwiagdJ4ud3xAhUUfnAKHT0sCPoQ9QF6BAgIE-AE#imgsrc=4M7hWYtKW-pnRRM

REFERENCES

SANGGUNIAN

https://www.google.com/search?q=spine+disorders%E2%80%A2%09Kyphosis+lordosis+&tbm=isch&ved=2ahUKEwial7y4ut3xAhVDAqYKHZlyAXIQ2-cCegQIA-BAA&oq=spine+disorders%E2%80%A2%09Kyphosis+lordosis+&gs_lcp=CgNpbWcQA-1D9PViuSWDnSmgAcAB4AIAB3gGIAC4JkgEFNC41LjGYAQCGAQGqAQtnD3Mtd2l6L-WltZ8ABAQ&sclient=img&ei=QSvsYNryOcOEmAWZ5YWQBw&rlz=1C1BNSD_enPH-956PH956#imgsrc=Mjd0AtJoo2Q2OM

https://www.google.com/search?q=cavities+clipart&tbm=isch&ved=2ahUKEw-jKi_S9ut3xAhUMYZQKHUG7BYQQ2-cCegQIABAA&oq=cavities+clipart&gs_lcp=CgNpbWcQAzICCAAyBggAEAUQHjoECAAQZoFCAAQsQM6CAgAELEDEIMBOgclABCx-AxBDogYIABAIEB5Q15UIWLCzCGDqtAhoAHAAeACAAdoBiAGWD5IBBjMuMTluMZg-BAKABAaoBC2d3cy13aXotaW1nwAEB&sclient=img&ei=TSvsYlqxFYzC0QTB9pag-CA&rlz=1C1BNSD_enPH956PH956#imgsrc=xOlscu_Wyc3PiM&imgdii=8AswfW7zvoARBM

https://www.google.com/search?q=gingivitis++clipart&tbm=isch&ved=2ahUKEwiK-wu_Du93xAhUDA6YKHb8xBBwQ2-cCegQIABAA&oq=gingivitis++clipart&gs_lcp=CgNpbWcQAzIECAAQQ1CealieamDSbWgAcAB4AIABUogBUplBATGYAQCGAQGqAQtnD3Mt-d2l6LWltZ8ABAQ&sclient=img&ei=ZizsYlr3EYOGmAW_45DgAQ&rlz=1C1BNSD_enPH-956PH956#imgsrc=QS2giByvpidaLM

<https://i.pinimg.com/736x/fa/6d/d0/fa6dd02d1e6e32ca88ac649355e922f9--fitness-for-kids-physical-activities.jpg>

https://www.google.com/search?q=kids+praying+clipart&sxsrf=AOae-mvlaglqWt5olLlg60x4v9PttHoFp-A:1631746709910&tbm=isch&source=i-u&ictx=1&fir=H17tVKNzDYm98M%252Cu_mlyq5l-NBkqM%252C_&vet=1&usg=AI4_-kRTRUuhDdSCEAFM3Oyr9z7Qx94T0w&sa=X&ved=2ahUKEwjOg4eYioL-zAhUZylsBHXXCXcQ9QF6BAGREAE&biw=1920&bih=880&dpr=1&safe=active&sui=on#imgsrc=H17tVKNzDYm98M



비매품/무료

13370

9 791187 819738

ISBN 979-11-87819-73-8