

## HEALTH

### Structuring Competencies in a Definitive Budget of Work

**Template 3 : Unpacking of Learning Competencies**

<b>GRADE</b>	Three
<b>Quarter</b>	First
<b>Key Stage</b>	K-3
<b>Key Stage Standards</b>	The learner demonstrates an understanding and observance of healthy habits and practices in achieving wellness.
<b>Domain</b>	
<b>Performance Standard</b>	<ul style="list-style-type: none"> <li>consistently demonstrates good decision making skills in making food choices</li> </ul>
<b>Content Standards</b>	<ul style="list-style-type: none"> <li>demonstrates understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health</li> </ul>

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
	– NUTRITION	1. describes a healthy person	H3N-lab-11	1	
		2. explains the concept of malnutrition	H3N-lab-12	2	
		<ul style="list-style-type: none"> <li>Differentiate under nutrition and over nutrition</li> </ul>			
		3. identifies nutritional problems	H3N-lcd-13	1	
		4. describes the characteristics, signs and symptoms, effect of the various forms of malnutrition	H3N-lef-14	2	
		5. discusses ways of preventing the various forms of malnutrition	H3N-lef-15	2	

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		6. identifies the nutritional guidelines for Filipino	H3N-lgh-16		
		7. discusses the different nutritional guidelines	H3N-li-17		
		8. realizes the importance of following nutritional guidelines	H3N-lj-18	1	
		9. describes ways of maintaining healthy lifestyle	H3N-lj-19	1	
		10. evaluates one's lifestyle	H3N-lj-20	1	
		11. adopts habits for a healthier lifestyle	H3N-lj-21	1	
				12	

#### Template 3 : Unpacking of Learning Competencies

<b>GRADE</b>	Three
<b>Quarter</b>	Second
<b>Key Stage</b>	K-3
<b>Key Stage Standards</b>	The learner demonstrates an understanding and observance of healthy habits and practices in achieving wellness.
<b>Domain</b>	
<b>Performance Standard</b>	<ul style="list-style-type: none"> <li>consistently practices healthy habits to prevent and control diseases</li> </ul>
<b>Content Standards</b>	<ul style="list-style-type: none"> <li>demonstrates an understanding of the nature of and the prevention of diseases</li> </ul>

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Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
	PERSONAL HEALTH / PREVENTION AND CONTROL OF DISEASES AND DISORDERS	12. describes a healthy and an unhealthy person	H3PH-IIa-9	1	
		13. identifies common childhood diseases	H3DD-IIbcd-1	1	
		14. identifies risk factors for diseases	H3DD-IIbcd-2	1	
		15. discusses the different risk factors for diseases	H3DD-IIbcd-3	1	
		16. gives an example of health condition under each risk factor	H3DD-IIbcd-4	2	
		17. explains the effects of common diseases	H3DD-IIbcd-5	1	
		18. explains measures to prevent common diseases	H3DD-IIefg-6		
		19. explains the importance of proper hygiene and building up one's body resistance in the prevention of diseases	H3DD-IIh-7	1	
		20. demonstrates good self-management and good decision making-skills to prevent common diseases	H3DD-IIij-8	2	
		• identifies ways to maintain proper hygiene		10	
		• enumerates ways to help preserve environmental sanitation			

#### Template 3 : Unpacking of Learning Competencies

<b>GRADE</b>	Three
<b>Quarter</b>	Third
<b>Key Stage</b>	K-3
<b>Key Stage</b>	The learner demonstrates an understanding and observance of healthy habits and practices in

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<b>Standards</b>	achieving wellness.
<b>Domain</b>	
<b>Performance Standard</b>	<ul style="list-style-type: none"> <li>demonstrates critical thinking skills as a wise consumer</li> </ul>
<b>Content Standards</b>	<ul style="list-style-type: none"> <li>demonstrates understanding of factors that affect the choice of health information and products</li> </ul>

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
	CONSUMER HEALTH	21. defines a consumer	H3CH-IIIab-1	1	
		22. explain the components of consumer health	H3CH-IIIab-2	1	
		23. identify different factors that influence the choice of goods and services	H3CH-IIIbc-3	1	
		24. discusses the different factors that influence choice of goods and services	H3CH-IIIbc-4	1	
		25. describes the skills of a wise consumer	H3CH-IIIde-5	1	
		26. demonstrates consumer skills for given simple situations	H3CH-IIIde-6	1	
		27. identifies basic consumer rights	H3CH-IIIfg-7	1	
		28. practices basic consumer rights when buying	H3CH-IIIfg-8	1	
		29. identify consumer responsibilities	H3CH-IIIh-9	1	
		30. . discusses consumer responsibilities	H3CH-IIIi-10	1	
		31. health information	H3CH-	1	

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		IIIj-11		
			11	

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<b>GRADE</b>	Three
<b>Quarter</b>	Fourth
<b>Key Stage</b>	K-3
<b>Key Stage Standards</b>	The learner demonstrates an understanding and observance of healthy habits and practices in achieving wellness.
<b>Domain</b>	
<b>Performance Standard</b>	<ul style="list-style-type: none"> <li>demonstrates consistency in following safety rules to road safety and in the community.</li> </ul>
<b>Content Standards</b>	<ul style="list-style-type: none"> <li>demonstrates understanding of risks to ensure road safety and in the community.</li> </ul>

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1-2	INJURY PREVENTION, SAFETY AND FIRST AID	32. explains road safety practices as a pedestrian	H3IS-IVab-1	1	
1-2		33. demonstrates road safety practices for pedestrian	H3IS-IVab-20	1	
3-4		34. explains basic road safety practices as a passenger	H3IS-IVcd-21	1	
3-4		35. demonstrates road safety practices as a passenger	H3IS-IVcd-2	1	
5		36. explains the meaning of traffic signals and road signs	H3IS-IVe-23	1	
6		37. describes dangerous, destructive, and disturbing road	H3IS-	1	

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		situations that need to be reported to authorities	IVf-24		
7		38. displays self-management skills for road safety.	H3IS-IVg-25	1	
8		39. identifies hazards in the community	H3IS-IVh-26	1	
9		40. follows safety rules to avoid accidents in the community	H3IS-IVi-27	1	
10		41. recommends preventive action for a safe community	H3IS-IVj-28	1	
				10	