

Learning Activity Sheet for PE and Health

Quarter 3

Lesson

1

Worksheet for PE and Health Grade 4
Quarter 3: Lesson 1 (Week 1-2)
SY 2024-2025

This material is intended exclusively for the use of teachers participating in the implementation of the MATATAG K to 10 Curriculum during the School Year 2024-2025. It aims to assist in delivering the curriculum content, standards, and lesson competencies. Any unauthorized reproduction, distribution, modification, or utilization of this material beyond the designated scope is strictly prohibited and may result in appropriate legal actions and disciplinary measures.

Borrowed content included in this material are owned by their respective copyright holders. Every effort has been made to locate and obtain permission to use these materials from their respective copyright owners. The publisher and development team do not represent nor claim ownership over them.

Development Team

Writer/s:

- Irma L. Escobia (Philippine Normal University – Manila)

Validator/s:

- Rolly R. Balbutin (Philippine Normal University – Mindanao)

Management Team

Philippine Normal University
Research Institute for Teacher Quality
SiMERR National Research Centre

Every care has been taken to ensure the accuracy of the information provided in this material. For inquiries or feedback, please write or call the Office of the Director of the Bureau of Learning Resources via telephone numbers (02) 8634-1072 and 8631-6922 or by email at blr.od@deped.gov.ph.

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 4	Quarter:	3
Lesson No.:	1	Date:	
Lesson Title/ Topic:	Concept of Safe and Healthy Eating		
Name:		Grade & Section:	4

I. Activity No. 1: Matching Type

II. Objective(s): At the end of the activity the student should be able to identify and understand the concept of safe and healthy eating.

III. Materials Needed: Paper and pen

IV. Instructions:

Matching Type: Match Column A with the corresponding item in Column B. Write the letter of your correct answer on the line after each number.

COLUMN A

____ 1.



____ 2.



____ 3.

**COLUMN B**

A. Tumbang preso

B. Golf

C. Batuhang Bola

D. Archery

E. Darts

COLUMN A

____ 4.



____ 5.



COLUMN B

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 4	Quarter:	3
Lesson No.:	1	Date:	
Lesson Title/ Topic:	Concept of Safe and Healthy Eating		
Name:		Grade & Section:	4

I. Activity No. 2: True or False

II. Objective(s): At the end of the activity the student should be able to identify and understand the concept of safe and healthy eating.

III. Materials Needed: Paper and pen

IV. Instructions:

True or False: Write the word **true** if the sentence is correct and **false** if the sentence is not correct. Put your answer in the space after each sentence.

- _____ 1. Attain normal body weight through proper diet and moderate physical activity to maintain good health and help prevent obesity.
- _____ 2. Eating too much salty, fried, fatty, and sugar-rich food is good to prevent cardiovascular diseases.
- _____ 3. Consume safe and clean food and water is the main cause of having diarrhea and other food and waterborne diseases.
- _____ 4. Eat more fruit and vegetables every day.
- _____ 5. Use iodized salt to prevent iodine-deficiency disorders.

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 4	Quarter:	3
Lesson No.:	1	Date:	
Lesson Title/ Topic:	Concept of Safe and Healthy Eating		
Name:		Grade & Section:	4

I. Activity No. 3: Food Label

II. Objective(s): At the end of the activity the student should be able to identify and understand the concept of safe and healthy eating.

III. Materials Needed: Paper and pen

IV. Instructions:

A. Identification: Identify the following Food Label. Choose the correct answer inside the box. Write your answer beside the number.

Serving Size	Percent Daily Value	Serving per container
Nutrients	Carbohydrate	

1 → 8 servings per container

2 → Serving size 2/3 cup (55g)

3 → Total Fat 8g

4 → Protein 3g

5 → % Daily Value*

Amount per serving	
Calories 230	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 4	Quarter:	3
Lesson No.:	1	Date:	
Lesson Title/ Topic:	Concept of Safe and Healthy Eating		
Name:		Grade & Section:	4

I. Activity No. 4: Assessment - Multiple Choice

II. Objective(s): At the end of the activity the student should be able to identify and understand the concept of safe and healthy eating.

III. Materials Needed: Paper and pen

IV. Instructions

Multiple Choice: Encircle the letter of the correct answer.

- It is the scientific discipline describing the handling, preparation, and storage of food in ways that prevent foodborne diseases.
 - Cross-contamination
 - Foodborne diseases
 - Food safety
 - Clean
- The 4C's in food safety principles are.
 - Clean, cook, chill, contaminate
 - Clean, cook, chill, cross-contamination
 - Cook, chill, cross-contamination, cleanse
 - Cook, clean, cross-contamination, cake
- Keeping leftover foods in a refrigerator to prevent it from rotting is an example of what practice?
 - Cook
 - Chill
 - Cross-contamination
 - Clean
- Chelsea washes her hands before and after eating food to prevent diseases. She also washes fruits and vegetables before eating it. This practice is an example of what food safety principle?
 - Cook
 - Chill
 - Cross-contamination
 - Clean
- It contains information you can use to make informed choices about foods and drinks at the grocery stores or at home.
 - Food labels
 - Brand
 - Food Pyramid
 - Nutrition

V. Synthesis/Extended Practice/Differentiation (if needed):