

Learning Activity Sheet for PE and Health

Quarter 3
Lesson

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

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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



2.



____ 3



COLUMN B

- A. Tumbang preso
- B. Golf
- C. Batuhang Bola
- D. Archery
- E. Darts

COLUMN A

COLUMN B

___ 4.



____ 5



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Name:		Grade & Section:		4

 Activity 	No.	2:	True	or	False
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- **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.

PE and Health Quarter 3

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I. Activity No. 3: Food Label

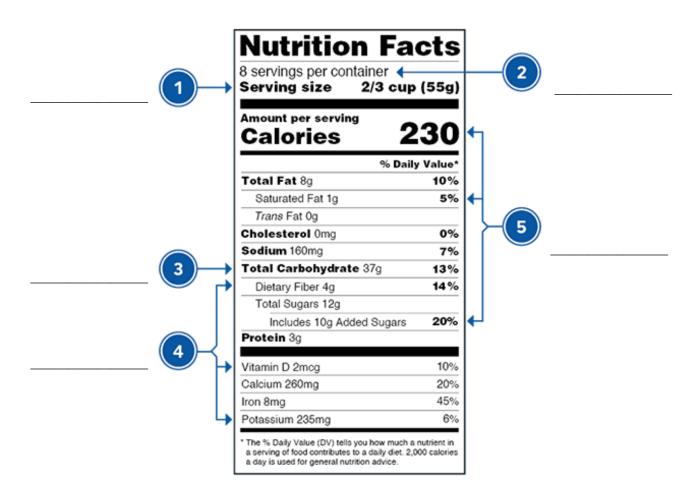
II. Objective(s): At the end of the activity the student should be able to identify and understand the concept of safe and healthy eating.

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	



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- 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.

1. It is the scientific discipline describing the handling, preparation, and storage of food in ways that prevent foodborne diseases.

a. Cross-contamination

c. Food safety

b. Foodborne diseases

d. Clean

- 2. The 4C's in food safety principles are.
 - a. Clean, cook, chill, contaminate
 - b. Clean, cook, chill, cross-contamination
 - c. Cook, chill, cross-contamination, cleanse
 - d. Cook, clean, cross-contamination, cake
- 3. Keeping leftover foods in a refrigerator to prevent it from rotting is an example of what practice?

a. Cook

c. Cross-contamination

b. Chill

d. Clean

4. 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?

a. Cook

c. Cross-contamination

b. Chill

d. Clean

5. It contains information you can use to make informed choices about foods and drinks at the grocery stores or at home.

a. Food labels

c. Food Pyramid

b. Brand

d. Nutrition

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