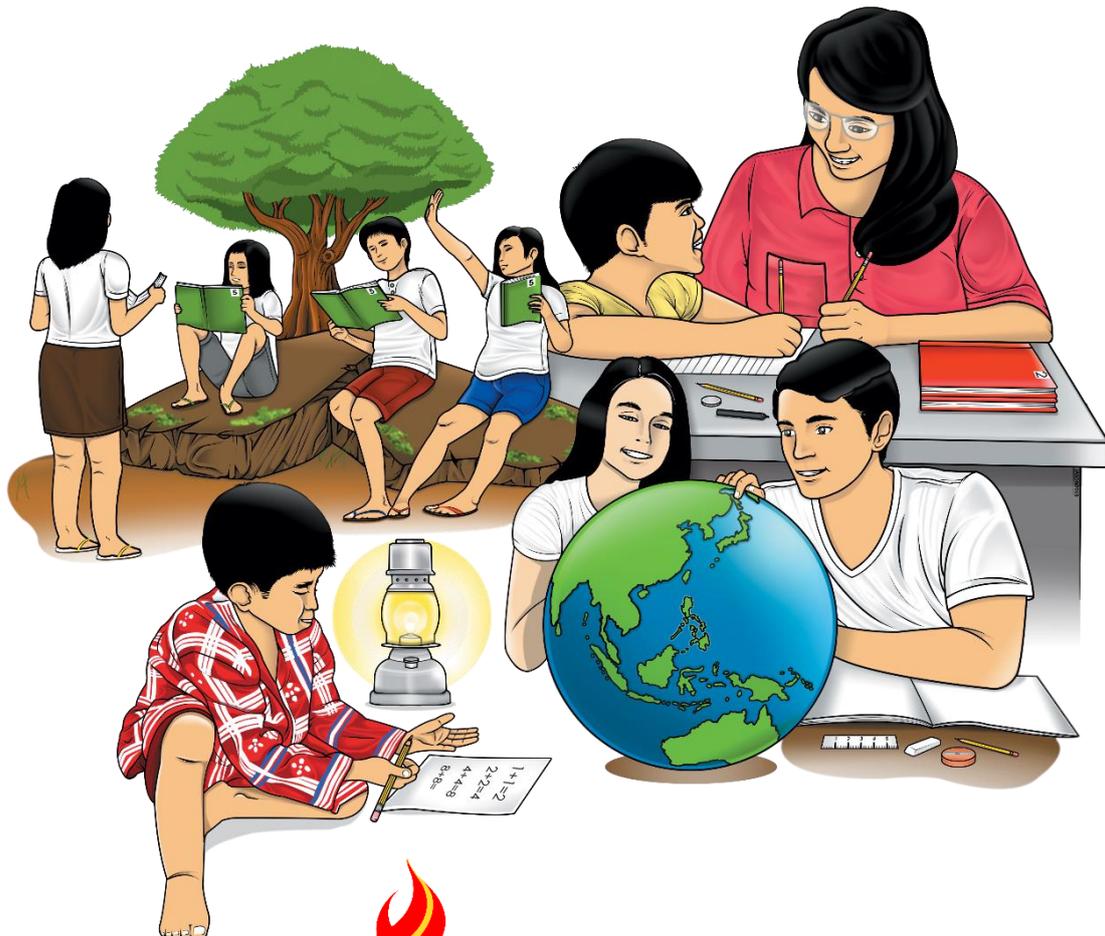


HEALTH

Quarter 2 – Module 12: Grapple with Growth



Health – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 12: Grapple with Growth
First Edition, 2020

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HEALTH

Quarter 2 – Module 12: Grapple with Growth

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module contains:

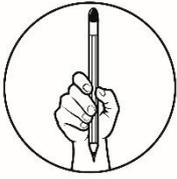
- Lesson 1 – Rapid Growth Population: Cause and Effect

After going through this module, you are expected to:

1. Explain the effect of rapid population growth on the health of the nation

(H8FH-IIg-h-40)

- a. identify effects on health of rapid population growth;
- b. assess cause of rapid population growth;
- c. express through writing the positive and negative effects on health of rapid population growth;
- d. make a roadmap of possible solutions on lessening overpopulation.



What I Know

Multiple Choice

Directions: Choose the letter of the correct answer. Write your answer in your activity notebook.

1. Which of the following terms refers to a large proportion of the world's population growth that occurs in less developed countries?
 - A. Higher life expectancy
 - B. Overpopulation
 - C. Extinction
 - D. Lack of water
2. What is the undesirable condition where the number of existing human association surpasses carrying capacity of the earth?
 - A. Lack of water
 - B. Overpopulation
 - C. Climate change
 - D. Extinction
3. What do you call the termination of a kind of organism or of a group of kinds?
 - A. Faster climate change
 - B. Resource consumption
 - C. Lower life expectancy
 - D. Extinction
4. Which refers to the alteration in global or regional climate patterns?
 - A. Lack of water
 - B. Overpopulation
 - C. Climate change
 - D. Extinction

5. Which of the following terms refer to the quantity of natural resources such as energy, water, and chemical substances?
 - A. Faster climate change
 - B. Resource consumption
 - C. Lower life expectancy
 - D. Extinction

6. Which cause of overpopulation pertains to the permanent transfer of one person to other places?
 - A. Child labor
 - B. Immigration
 - C. Poor contraceptive use
 - D. Poverty

7. What terms refers to the inadequate planning of both parents which oftentimes leads to unexpected pregnancies?

A. Child labor	C. Poor contraceptive use
B. Immigration	D. Poverty

8. Which refers to an occurrence where children are seen as source of income and forced to make a living?

A. Child labor	C. Poor contraceptive use
B. Immigration	D. Poverty

9. What condition is known to be the leading cause of overpopulation?

A. Child labor	C. Poor contraceptive use
B. Immigration	D. Poverty

10. Which effect of overpopulation wherein wildlife species are dying?

A. Child labor	C. Poor contraceptive use
B. Extinction	D. Poverty

11. Which condition is characterized by enhanced fertility treatments which made it possible for more people to have children?

A. Child labor	C. Poor contraceptive use
B. Fertility treatments	D. Reduce mortality rates

12. What do you call the effect of improved medical technology which led to a decreasing number of deaths?

A. Child labor	C. Poor contraceptive use
B. Fertility treatments	D. Reduce mortality rate

13. Which is the ability of parents to respond to the needs and aspirations of the family and children?
- A. Population
 - B. Poverty
 - C. Pregnancy
 - D. Responsible parenthood
14. Which term refers to a group of individuals living and thriving in the same class and given area?
- A. Population
 - B. Poverty
 - C. Pregnancy
 - D. Responsible parenthood
15. Which of the following includes thorough planning and decision-making in building in creating a family?
- A. Population
 - B. Poverty
 - C. Pregnancy
 - D. Responsible parenthood

Lesson

1

Pre-natal and Post-natal Care

A population is defined as a group of people of the same classes living and propagating within a given area. Members of a population often rely on the same resources, are focus to similar environmental limitations, and depend on the availability of other members to persevere over time.

Here, we will cover both causes and effects of overpopulation in order for you to have a more informed view of the risks that come with it.

Observe the figure below to have a concept on how responsible family planning and parenthood is important.



Illustrated by: Mary Joy B. Oliverio

What can be the role of the parents towards the parameter of population?



What's In

In the previous module, you learned that responsible parenthood is the will and ability to respond to the needs and aspirations of the family. The concepts were attained by examining the roles and responsibilities of parents in rearing a child.

This time, let us check if you still remember the concepts from your previous lesson by answering the activity below.

Directions: Match the items in column A to the answer in column B. Write the letter of the correct answer on the space provided before each number.

A	B
<ol style="list-style-type: none">1. Parents should provide their children opportunities to develop and grow their whole person by focusing on their spiritual life.2. Children are encouraged to develop their ability to uphold the law and promote peace and order in the community.3. Children should develop social competence in order to acquire the ability to consider another's perspective concerning a situation and learn from past experiences.4. It is the duty of parents to nurture their children's education so that they will acquire knowledge and develop skills and habits that will guide the way they think and feel.5. The will and ability of parents to respond to the needs and aspirations of the family and children.	<ol style="list-style-type: none">A. Train children to become good citizensB. Responsible parenthoodC. Guide children to grown spirituallyD. Develop social competenceE. Inculcate disciplineF. Provide education



What's New

Activity 1. Picture Analysis

Directions: Look and observe the pictures and answer the questions below.



("OVERPOPULATION IN MANILA | Prospekt | Photographers" 2020)

Questions:	Possible answers:	
1. What do you observe in the picture?	A. Crowded	B. Spacious
2. What do you think caused the situation in the picture?	A. Unplanned pregnancies	B. Responsible family planning
3. Are there ways to prevent the situations to happen?	A. Yes	B. No

4. In your perception as a teenager, what can be done to prevent the rapid growth of population to happen?	A. Plan well	B. Deciding impulsively
5. Why do you think these situations exist?	A. Just for fun	B. Poverty



What is It

Immature parenting and lack of knowledge in family planning may lead to severe difficulties not only personal but global as well.

Overpopulation is viewed to be one of the effects of these situations and it created ripple effects too. Overpopulation can have various effects, most of which are negative as scanned below.

Effects of Overpopulation

Lack of Water

Overpopulation creates greater demand on the world's freshwater supplies. As only roughly 1% of the world's water is fresh and accessible, this creates a serious issue.

Some estimates state that human demand for fresh water will stand at approximately 70% of what is accessible on the planet by 2025. This will place those living in underprivileged areas that already have limited access to such water at great risk.

Lower Life Expectancy

While higher life expectancy is leading to increases in population in industrialized countries, lower life probability may be caused by the booms in population that less developed nations are experiencing.

A large proportion of the world's population growth usually happens in less developed countries. This stretches the resources of these countries resulting in less access to medical care, fresh water, food and jobs, all resulting in a fall in life expectancy.

Extinction

The consequence of overpopulation on the world's wildlife is also a key issue. As demand for land raises, so too does the destruction of natural habitats, such as forests.

Some experts inform that if present trends continue, as many as 50% of the world's wildlife species will be at risk of extinction. Data has been collected to show that there is a direct connection between increase in human population and decrease in the number of species on the planet.

Resource Consumption

As the population grows, the number of resources needed to keep so many people alive rises as well. Food, water and fossil fuels are all being consumed at highest rates, placing greater demands on producers and the planet itself.

Ironically, it is the discovery of these natural resources – particularly fossil fuels – that have contributed to population growth. A study has shown that the world's ecosystem changed more rapidly in the latter-half of the twentieth century than at any other point in history because of increased use of these resources.

Increased Intensive Farming

As population has grown over the years, farming practices have evolved to produce sufficient food to feed greater number of people. However, intensive farming methods also caused damage to local ecosystems and the land, which may bring serious problems in the future.

Furthermore, intensive farming is also considered a major contributor to climate change due to the machineries being utilized. This effect will likely strengthen if the population continues to grow at its current rate.

Faster Climate Change

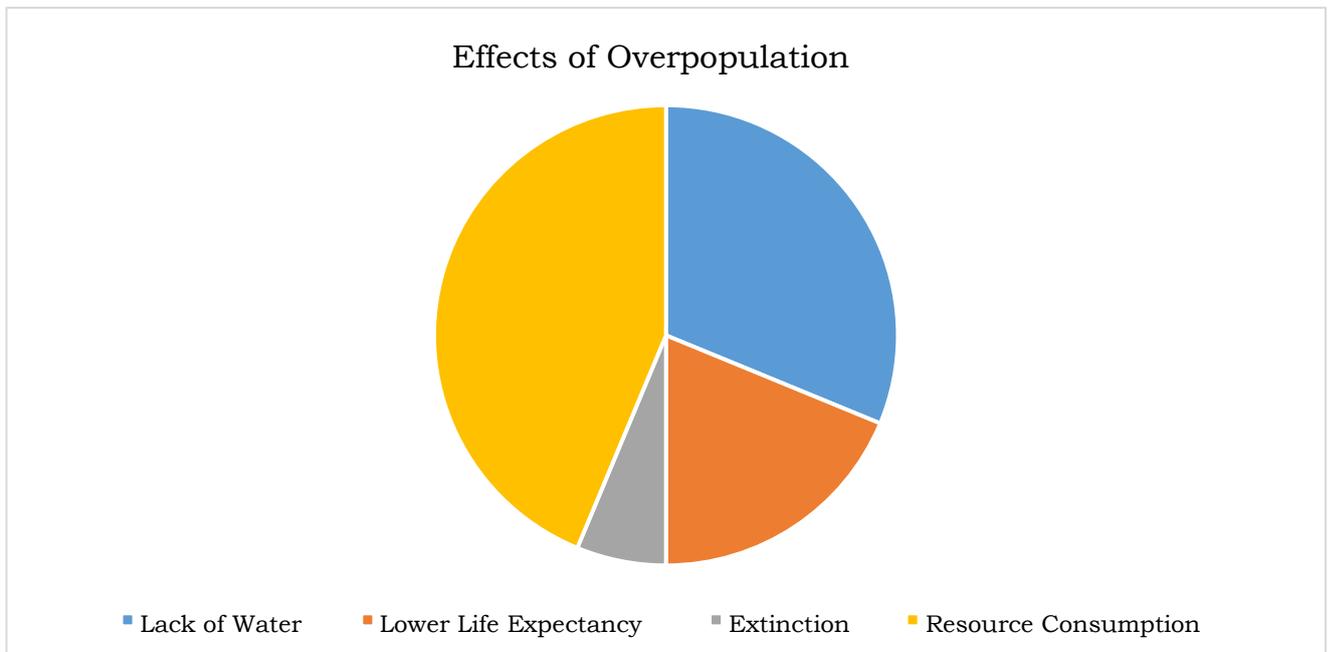
Overpopulation directly links to climate change, particularly as larger nations continue to develop their industrial capacities.

97% of the scientific community agrees that human activities are changing global temperatures. Larger populations may speed these changes up, especially if nothing is prepared to reduce individual carbon footprints on a wide scale.

Activity 1.1 Graphing Time!

Directions: After reading the discussion, create a graph, pie graph or bar graph, on the percentage of the effects of population growth in the Philippines. Label the graph as seen like the effects in lack of water, lower life expectancy, extinction, resource consumption, increased intensive farming, and faster climate change. Add a short interpretation/ analysis in each graph. Do this on your activity notebook.

Example of a pie graph:

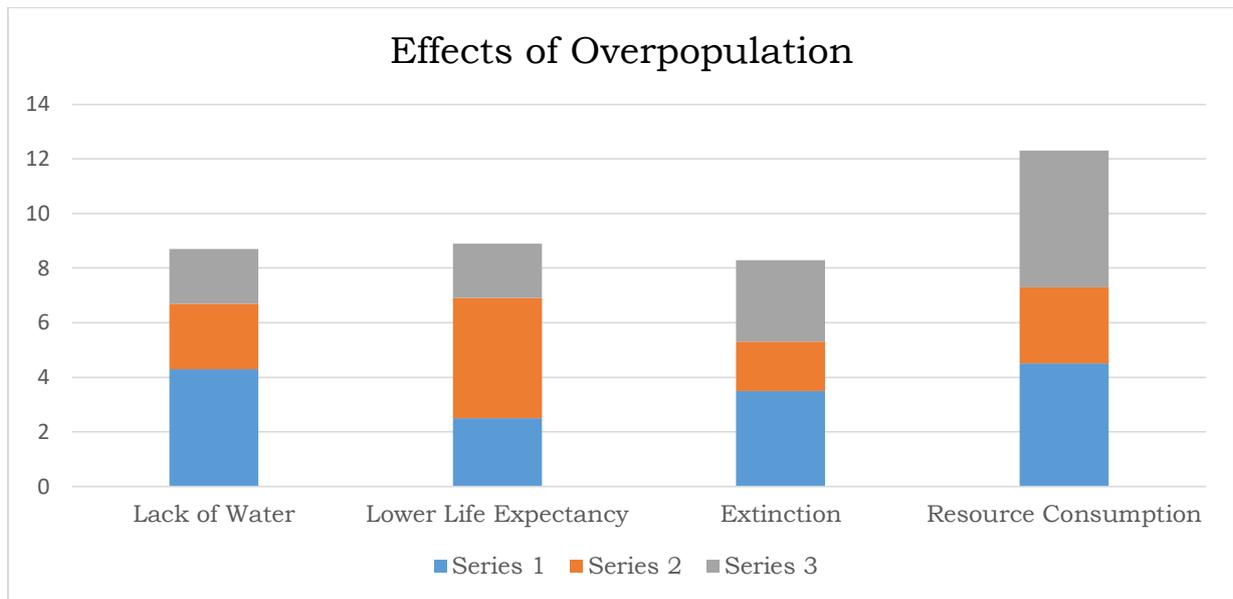


Interpretation:

This graph shows

This graph breakdown to

Example of a bar graph:



Interpretation/Analysis:

This graphs shows

This graph breakdown to

When effects of overpopulation are overwhelming, there are a variety of factors that contribute to it. These are the leading causes of rapid population growth especially in the Philippines. So here’s to name a few:

Causes of Overpopulation

Poverty

Poverty is believed to be the leading cause of overpopulation. A lack of educational resources, together with high death rates leading to higher birth rates, result in disadvantaged parts seeing large booms in population.

Poor Contraceptive Use

Though the accessibility of contraceptives is common in industrialized countries, poor planning on both partners' parts can lead to unexpected pregnancies. Figures have shown that in Great Britain 76% of women aged between 16 and 49 used at least one form of contraceptive, leaving a quarter open to unexpected pregnancies.

This issue is exacerbated in small areas. A study by the World Health Organization (WHO) shows that this custom figure drops to 43% in countries that are destroyed by issues like poverty, which leads to higher birth rates.

Child Labor

As painful as it may be to get, child labor is still used widely in many parts of the world. UNICEF estimates that approximately 150 million children are currently working, primarily in countries that have few child labor laws.

This can effect in children being seen as a source of income by poor families. Furthermore, children who begin to work young also miss the educational opportunities they should be granted, mainly when it comes to birth control.

Reduced Mortality Rates

Improvement in medical technology has led to lower death rates for many serious diseases. Particularly dangerous viruses and illnesses such as polio, smallpox and measles have been practically eradicated by such advances.

While this is positive news in many ways, it also means that people are living longer than ever before. This “delay” in the cycle of life and death has led to birth rates outstripping death rates by over two to one in modern times.

Fertility Treatment

Though it only plays a minor role in comparison to the other causes of overpopulation, improved fertility treatments have made it possible for more people to have children.

The number of women using various fertility treatments has been on the rise since their inception. Now most have the option of conceiving children, even if they may not have been able to do so without such treatments.

Immigration

Unrestricted immigration into countries may lead to overpopulation to the point where those countries no longer have the required resources for their population. This is particularly difficult in countries where immigration numbers far exceed emigration numbers.

In some cases, immigrants may be trying to escape overpopulation in their own countries, only to contribute to the same issues in the countries they move in.

Questions to Process:

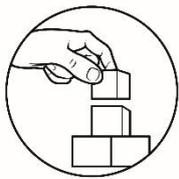
1. What would it mean for a population double?
2. What would be needed to provide for all those people?
3. If a population grows too quickly and infrastructure (like water and energy supply, sanitation systems, and housing availability) can't keep up, what might be the consequences?

Responsible Parenthood and Population

Responsible Parenthood is the will and ability of parents to respond to the needs and aspirations of the family and children. It is a shared responsibility of the husband and the wife to determine and achieve the

desired number, spacing, and timing of their children according to their own family life aspirations, taking into account psychological preparedness, health status, socio-cultural, and economic concerns.

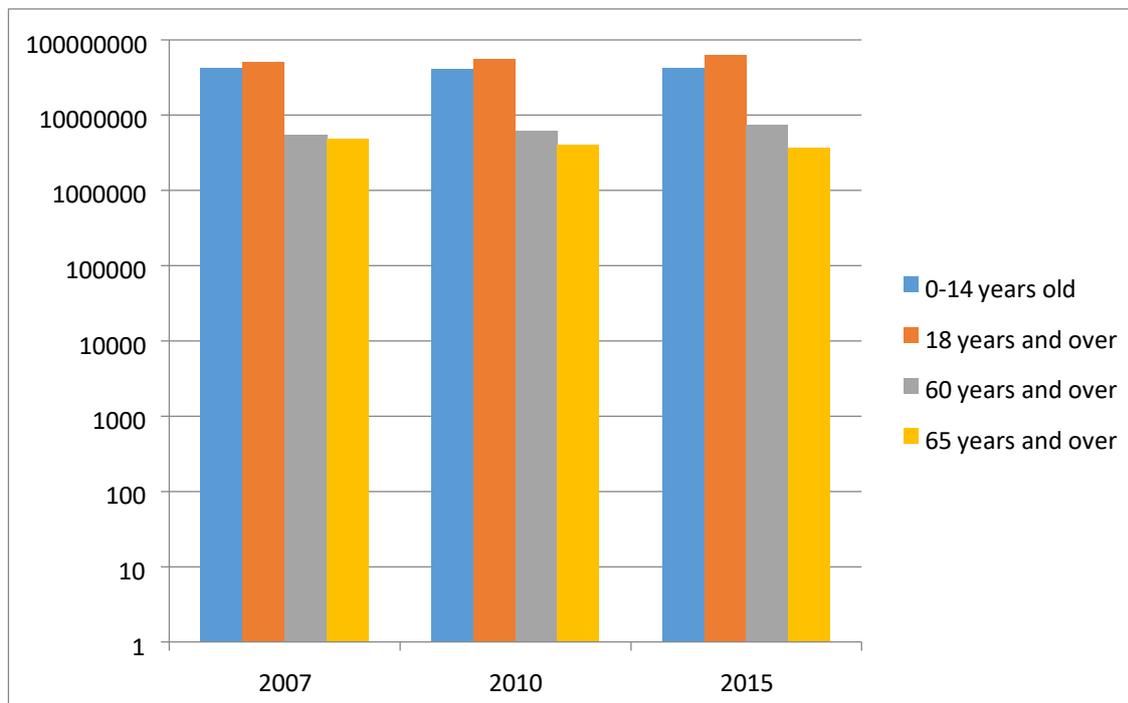
Being a responsible parent means having the economic means to provide for the needs of a family. It is better for young people to consider waiting until they have a good occupation before marrying. Young people should also discuss their ideas regarding work.



What's More

Activity 1

Directions: Interpret the graph of the 2015 population statistics of the Philippine Statistics Authority (PSA) in the Philippines and answer the questions comprehensively.



Questions:

1. Which year has the highest number of population?

2. In what age group has the slowest growth rate for the past years?

3. Is the number of population in the Philippines decreasing or increasing? _____

Activity 2

Directions: Read the discussion again, identify whether the effects of rapid population growth are positive or negative. Defend your answer by providing an explanation on why you chose to classify it a positive or a negative.

Positive	Negative
Example: Intensive farming	Extinction

Explanation (Positive):

_____.

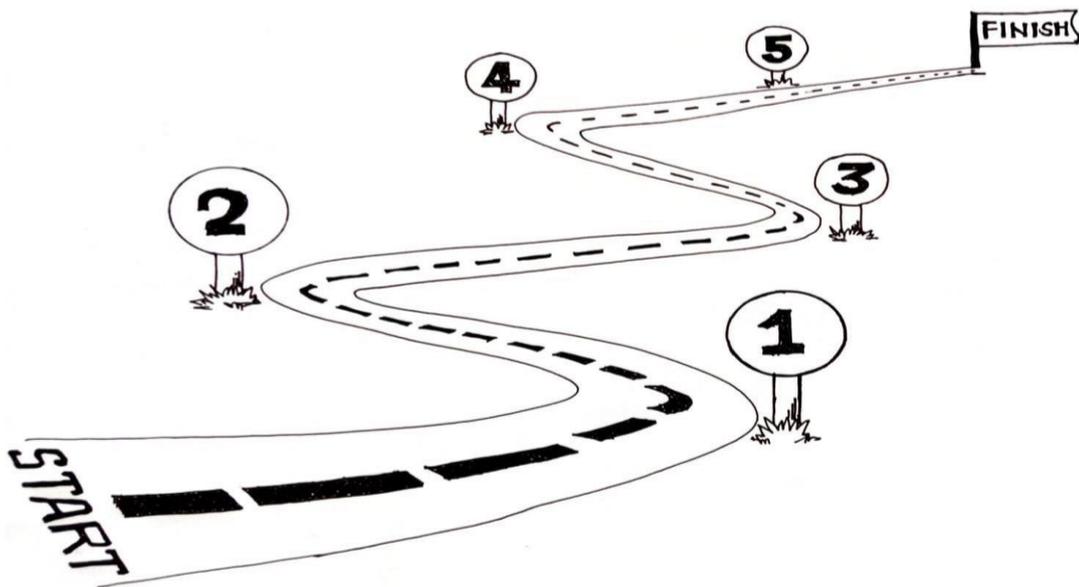
Explanation (Negative):

_____.

Activity 3. Roadmap to Responsible Parenthood

Directions: Recall the “Responsible Parenthood, Reproductive Health and Population and Development Act of 2011”.

- As a teenager, relate the importance of responsible parenthood to the effects of rapid population growth in the Philippines.
- Draw a roadmap-like illustration to present your suggested potential solutions to hamper the effects of rapid growth population. You may choose from the possible solutions below.



Illustrated by: Mary Joy B. Oliverio

- Empower Women
- Promote Family Planning
- Make education entertaining
- Government-incentives
- One-child policy
- Reduce Personal Consumption
- Improve health care

CHOICES

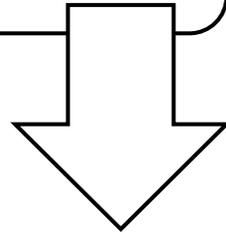


What I Have Learned

Write your takeaway of learning in 1, 2, 3...

What something new did you learn from the lesson?

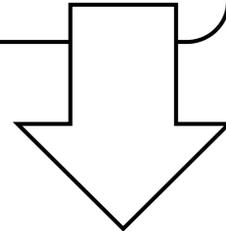
1.



As a young learner, what 2 things will you do to help in the control of overpopulation in the Philippines?

1.

2.

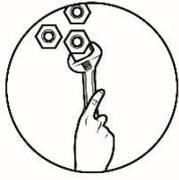


Give three words that describe the effects of rapid population growth in the Philippines.

1.

2.

3.



What I Can Do

Directions: Research on the last three years' population survey of the Philippines. You are going to create population demographics. Supply the table below with the data needed and answer the question below.

Year	PH Population	Birth Rate	Death rate	Annual Growth Rate
2018				
2019				
2020				

Asia's doubling time is 64 years. If we returned in 64 years and did this exercise again, would we be able to fit twice as many people into Asia's space? Explain your answer.



Assessment

I. Directions: Read the statements and choose the correct answer.

1. One of the causes of overpopulation which pertains to the permanent transfer of one person to other places.
A. Child labor
B. Immigration
C. Poor contraceptive use
D. Poverty
2. It is characterized by poor planning on both parents which leads to unexpected pregnancies.
A. Child labor
B. Immigration
C. Poor contraceptive use
D. Poverty
3. Children are seen as source of income and forced to make a living.
A. Child labor
B. Immigration
C. Poor contraceptive use
D. Poverty
4. This condition is known to be the leading cause of overpopulation.
A. Child labor
B. Immigration
C. Poor contraceptive use
D. Poverty
5. An effect of overpopulation where wildlife species are dying.
A. Child labor
B. Extinction
C. Poor contraceptive use
D. Poverty
6. It is characterized by improved fertility treatments which made it possible for more people to have children.
A. Child labor
B. Fertility treatments
C. Poor Contraceptive use
D. Reduced Mortality rates
7. An effect due to the improved medical technology which led to a decreasing number of deaths.
A. Child labor
B. Fertility treatments
C. Poor contraceptive use
D. Reduce mortality rates

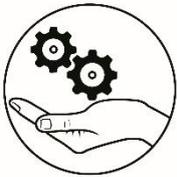
8. It is the ability of parents to respond to the needs and aspirations of the family and children.
- A. Population
 - B. Poverty
 - C. Pregnancy
 - D. Responsible parenthood
9. A large proportion of the world's population growth occurs in less developed countries.
- A. Higher life expectancy
 - B. Overpopulation
 - C. Extinction
 - D. Lack of water
10. It is an undesirable condition where the number of existing human affiliation exceeds carrying capacity of earth.
- A. Lack of water
 - B. Overpopulation
 - C. Climate change
 - D. Extinction

II. Directions: Identify the effects of rapid population growth being described in each scenario. Choose the answer from the box below. Write your answer after each statement.

Increased Intensive Farming
Faster Climate Change
Resource Consumption
Extinction
Lower Life Expectancy

- _____ 1. Birds are already migrating to other habitats because their natural habitat are being destructed because of overpopulation.

- _____ 2. Barangay Maligaya’s chieftain is encouraging its people to plant vegetable to produce enough food in the future.
- _____ 3. Johnny cannot provide for his family’s needs like food because he lost his job.
- _____ 4. Diane has less access to medical care.
- _____ 5. Jana kept on drinking cold water due to increase in the earth’s temperature.



Additional Activities

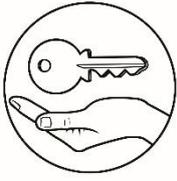
Activity 1

General Instruction: Write an essay or create a vlog about your stand on the statement below.

For essay- Show your opinion by writing at least 3-4 paragraphs about the statement.

For vlog- Express your stand by creating a video blog about your stand on the statement.

“All high schools should be prohibited from distributing contraceptives to students under age 18.”



Answer Key

What I know

1. A
2. B
3. D
4. C
5. B
6. B
7. C
8. A
9. D
10. B
11. B
12. D
13. D

What's In

- A. C
- B. A
- C. D
- D. F
- E. B

What's New

- A. A
- B. A
- C. A
- D. A
- E. B

What is It

- A. Population double means that the number of people in an area increases.
- B. People should be provided with basic and essential needs for them to survive.
- C. An effect can be death or extinction of

What's More

- Activity 1
A. 2015
- B. 65 years and over
- C. Increasing

Activity 2
Positive
Increased Intensive Farming

What's More

Activity 2
Negative
Extinction
Lack of water
Lower Life Expectancy
Climate Change
Resource consumption

What's More
Activity 3

1. Empower women
2. Provide sufficient education
3. Government-incentives
4. Improve health care
5. Promote family planning

What I have Learned

- a. Overpopulation damages our planet.
- b. Promote family planning, study harder
- c. Challenge, Disheartening

Assessment

1. B
2. C
3. A
4. D
5. B
6. B
7. D
8. D
9. A
10. B

Assessment

1.
 - a. Extinction
 - b. Intensive Farming
 - c. Resource Consumption
 - d. Lower Life Expectancy
 - e. Climate Change

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