

# UNIFIED SUPPLEMENTARY LEARNING MATERIALS

## Grade 6 - HEALTH

**Week  
3**

### Medicines as Health Products: Over-the-Counter Drugs

#### Expectation

*At the end of the lesson, the learner...*

- differentiates over-the-counter drugs from prescription medicines.

#### Looking Back

**Direction:** Write True if the statement is correct and False if it is not.

- \_\_\_\_\_ 1. Health information, health products and health services are the three major components of consumer health.
- \_\_\_\_\_ 2. Health professionals, health units, health care plans and programs are examples of health services.
- \_\_\_\_\_ 3. Health products are defined as those substances which gives energy or makes the person healthy.
- \_\_\_\_\_ 4. Health information can be drawn from neighborhood, quack doctors, health fraud and others.
- \_\_\_\_\_ 5. A nutritionist is a person who advises on matters of food and nutrition impacts of health.

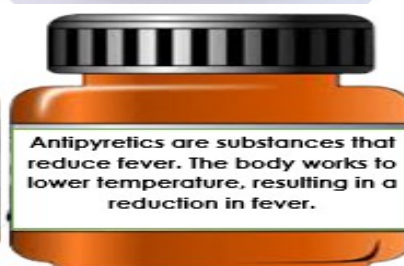
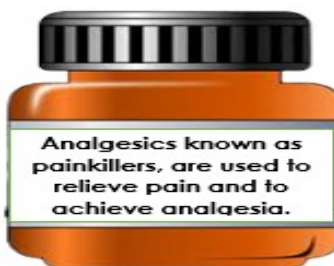
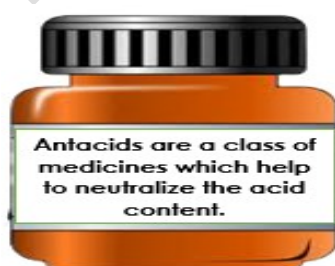
#### Brief Introduction

Medicines and health products are important for addressing health problems and improve quality of lives. They form an indispensable component of health systems in the prevention, diagnosis, and treatment of disease and in alleviating disability and functional deficiency.

#### TYPES and USES of MEDICINES

**Over-the-Counter (OTC) drugs** are medicines sold directly to a customer without a prescription from a healthcare professional.

**Examples of OTC drugs and their uses.**



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### Activity

Direction: Identify the following type of medicine. Write OTC if it is over-the-counter medicine and PM if it is prescription medicine.



### References

DepEd Teacher's Guide Health 6  
The 21st Century MAPEH in ACTION, Ligaya Bautista Garcia-Quinitio Et.Al. pp.300-302  
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### Answer Key

#### Looking Back

1. True
2. True
3. True
4. False
5. True

#### Activity

1. PM
2. OTC
3. PM
4. OTC
5. PM