

UNIFIED SUPPLEMENTARY LEARNING MATERIALS

GRADE 7- HEALTH

**Week
4**

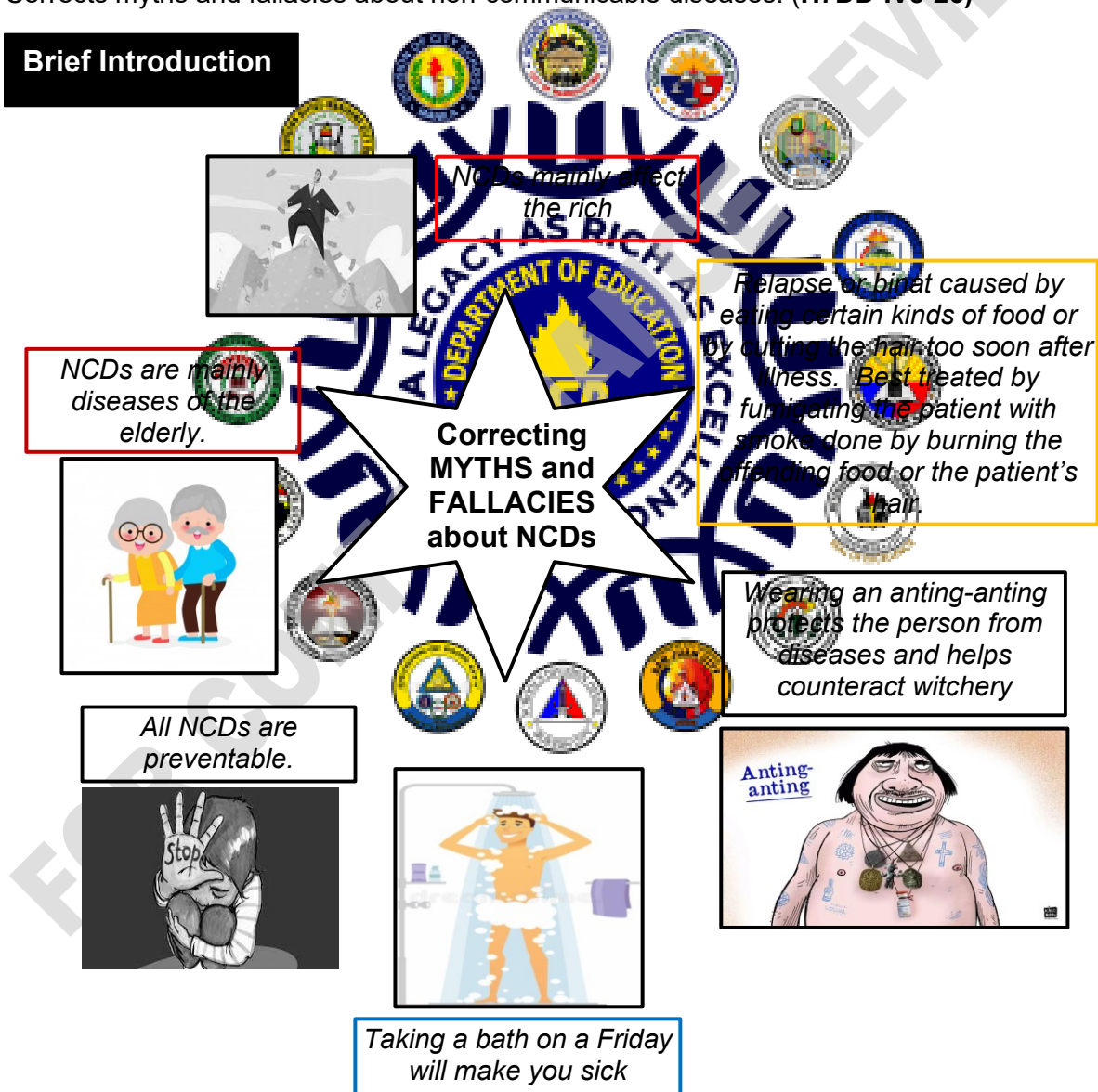
Correct Myths and Fallacies about Non-Communicable Diseases

Expectation

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

Corrects myths and fallacies about non-communicable diseases. (H7DD-IVe-26)

Brief Introduction



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Activity

Direction: Write the letter of the correct answer on the space provided before the number.

- _____ 1. How many percent of deaths happen every year because of non-communicable diseases which includes cancer, chronic respiratory diseases, and diabetes?
A. 49% B. 63% C. 80% D. 79%
- _____ 2. Which of the following activity kills nearly 6 million people a year?
A. over eating C. tobacco Use
B. alcohol use D. physical inactivity
- _____ 3. What countries produces an 80% of death due to non-communicable diseases?
A. rich countries C. high-and-low income countries
B. low-and-middle income countries D. middle-to-high-income countries
- _____ 4. What are the common effects of NCDs to an individual aside from having health problems?
A. Leads them to poverty due to high cost of treatment.
B. Make the people experience a happy life.
C. Brings good fortune.
D. Gives them a lot of friends.
- _____ 5. Which of the following is **TRUE** about non-communicable diseases?
A. All NCDs are preventable.
B. NCDs are mainly diseases of the elderly.
C. NCDs are leading cause of death globally.
D. Taking a bath on a Friday will make you sick and develop NCD.

References

Physical Education and Health Learner's Material
<https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases#>
https://www.who.int/features/factfiles/noncommunicable_diseases/en/
<https://www.tnmgrmu.ac.in/images/E-health-Education/ehealthnoncom.pdf>
<https://globalhealth.org/five-myths-about-ncds/>

Answer Key

Activity: Multiple Choice

1. B
2. C
3. B
4. A
5. C