

Health I
Budget of Work
First Quarter

CONTENT STANDARDS/ PERFORMANCE STANDARDS	(Learning Competencies)	Code	Week No.	No. of Days
The learner... understands the importance of good eating habits and behavior	1. distinguishes healthful from less healthful foods	H1N-Ia-b-1	1	2
	2. tells the consequences of eating less healthful foods	H1N-Ic-d-2	2	2
	3. practices good decision-making skill in food choices	H1N-Ie-f-3	3	2
	4. practices good eating habits that can help one become healthy	H1N-Ig-j-4	4	2
TOTAL	4			8

Health I
Budget of Work
Second Quarter

CONTENT STANDARDS/ PERFORMANCE STANDARDS	(Learning Competencies)	Code	Week No.	No. of Days
The learner... demonstrates understanding of the proper ways of taking care of one's health	1. identifies proper behavior during mealtime	H1PH-IIa-b-	1	2
	2. demonstrates proper hand washing	H1PH-IIc-d-2	2	2
	3. realizes the importance of washing hands	H1PH-IIe-3	3	2
	4. practices habits of keeping the body clean & healthy	H1PH-IIf-i-4	4	2
	5. realizes the importance of practicing good health habits	H1PH-IIj-5	5	2
TOTAL	5			8

Health I
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Third Quarter

CONTENT STANDARDS/ PERFORMANCE STANDARDS	(Learning Competencies)	Code	Week No.	No. of Days
The learner... understands the importance of keeping the home environment healthful.	1. describes the characteristics of a healthful home environment	H1FH-IIIa-1	1	1
	2. discusses the effect of clean water on one's health	H1FH-IIIb-2	2	1
	3. discusses how to keep water at home clean	H1FH-IIIc-3	3	1
	4. practices water conservation	H1FH-IIIde-4	4	1
	5. explains the effect of indoor air on one's health	H1FH-IIIfg-5	5	1
	6. identifies sources of indoor air pollution	H1FH-IIIfg-6	6	1
	7. practices ways to keep indoor air clean	H1FH-IIIfg-7	7	1
	8. explains the effect of a home environment to the health of the people living in it	H1FH-IIIhi-8	8	1
	9. describes ways on how family members can share household chores in keeping a healthful home environment	H1FH-IIIhi-9	9	1
	10. demonstrates how to keep the home environment healthful	H1FH-IIIj-10	10	1
TOTAL	10		10 weeks	10

Health I
Budget of Work
Fourth Quarter

CONTENT STANDARDS/ PERFORMANCE STANDARDS	(Learning Competencies)	Code	Week No.	No. of Days
demonstrates understanding of safe and responsible behavior to lessen risk and prevent injuries in day-to-day living	1. identifies situations when it is appropriate to ask for assistance from strangers	H11S-IVa-1	1	1
	2. gives personal information, such as name and address to appropriate persons	H11S-IVb-2	2	1
	3. identifies appropriate persons to ask for assistance	H11S-IVc-3	3	1
	4. demonstrates ways to ask for help	H11S-IVc-4	4	1
	5. follows rules at home and in school.	H11S-IVd-5	5	1
	6. follows rules during fire and other disaster drills	H11S-IVe-6	6	1
	7. observes safety rules with stray or strange animals	H11S-IVf-7	7	1
	8. describes what may happen if safety rules are not followed	H11S-IVg-8	8	1
	9. describes ways people can be intentionally helpful or harmful to one another	H11S-IVh-9	8	1
	10. distinguishes between good and bad touch	H11S-IVi-10	9	
	11. practices ways to protect oneself against violent or unwanted behaviors of others	H11S-IVj-11	9	1
TOTAL	11		10 weeks	10