# 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
# Budget of Work
## 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 | **H1IS-IVa-1** | 1 | 1 |
| | 2. gives personal information, such as name and address to appropriate persons | **H1IS-IVb-2** | 2 | 1 |
| | 3. identifies appropriate persons to ask for assistance | **H1IS-IVc-3** | **3** | **1** |
| | 4. demonstrates ways to ask for help | **H1IS-IVc-4** | 4 | 1 |
| | 5. follows rules at home and in school. | **H1IS-IVd-5** | **5** | **1** |
| | 6. follows rules during fire and other disaster drills | **H1IS-IVe-6** | **6** | **1** |
| | 7. observes safety rules with stray or strange animals | **H1IS-IVf-7** | **7** | **1** |
| | 8. describes what may happen if safety rules are not followed | **H1IS-IVg-8** | **8** | **1** |
| | 9. describes ways people can be intentionally helpful or harmful to one another | **H1IS-IVh-9** | **8** | **1** |
| | 10. distinguishes between good and bad touch | **H1IS-IVi-10** | **9** | |
| | 11. practices ways to protect oneself against violent or unwanted behaviors of others | **H1IS-IVj-11** | **9** | **1** |
| **TOTAL** | **11** | | **10 weeks** | **10** |