



**GRADES 1 to 12
DAILY LESSON LOG**

School: DepEdClub.com

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Teaching Dates and Time: OCTOBER 23 – 27, 2023 (WEEK 9)

Grade Level: III

Learning Area: MAPEH

Quarter: 1ST QUARTER

I.OBJECTIVES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.Content Standards	Demonstrates understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health	Demonstrates understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health	Demonstrates understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health	Demonstrates understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health	Demonstrates understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health
B.Performance Standards	Consistently demonstrates good decision-making skills in making food choices	Consistently demonstrates good decision-making skills in making food choices	Consistently demonstrates good decision-making skills in making food choices	Consistently demonstrates good decision-making skills in making food choices	Consistently demonstrates good decision-making skills in making food choices
C.Learning Competencies/Objectives Write the LC code for each	H3N-II-17 Discuss the different nutrition guidelines	H3N-Ij-18 Realizes the importance of following nutritional guidelines	H3N-Ij-19 Describes ways of maintaining healthy lifestyle	H3N-Ij-20 Evaluates ones's lifestyle	H3N-Ij-21 Adopts habits for a healthier lifestyle
II.CONTENT	Identify nutritional problems-overnutrition Form of malnutrition	Identify the nutritional guidelines 1 and 4 for Filipinos	Identify the different guidelines 3,5,7 and 8 for Filipinos	Discuss ways on how to keep food safe and clean	Adopt habits for healthy lifestyle
III.LEARNING RESOURCES					
A.References					
1.Teacher's Guide pages	Pp 367-368	Pp 369-371	Pp 372-374	Pp 375-376	Pp 377-378
2.Learner's materials pages	Pp 423-424	Pp 425-426	Pp 427-430	Pp 431-434	Pp 435-438
3.Textbook pages					
4.Additional Materials from learning resources(LR)portal	powerpoint	chart	powerpoint	Chart Show board	
B.Other Learning Resources	Chart/picture	Real pictures of foods	Charts/pictures	flashcards	
IV.PROCEDURES					
A.Reviewing previous lesson or presenting the new lesson	What is obesity?	What is your favorite food?	Let us sing a song Row,row.row your boat	What are the examples of nutritious foods?	POST TEST
B.Establishing a purpose for the lesson	Read a letter aloud	Show the illustration	Instruct the pupils to turn to LM	Sing a song	
C.Presenting examples/Instances of the new lesson	Answer the questions orally after each story	What is your favorite food for breakfast,lunch and dinner?	Look for nutritious foods found in the puzzle	What is the message of the song? Original File Submitted and Formatted by DepEd Club Member - visit depedclub.com for more	
D.Discussing new concepts ang practicing new skills # 1	Activity 2:Getapiece of paper and draw..	Draw your favorite dishes on each plate	Identify your food that you found?	Turn to activity 1 on LM	
E.Discussing new concepts and practicing new skills #2	Is it okay to eat food as much as we want?	Are your favorite meals healthy?	What kinds of foods are these?	Observe the pictures	

F.Developing mastery (Leads to formative assessment 3)	What will happen if we eat food more than the right amount?	Recall about forms of malnutrition	What do they give the body?	What's wrong with the things in the picture?	
G.Finding practical applications of concepts and skills in daily living	Do you think it was the reason why the friend in the letter became fat?	Draw a big pyramid on the board...	Why do we need to eat more vegetables,fruits,and root crops?	What can we get from eating in dirty places?	
H.Making generalizations and abstractions about the lesson	Answer Let's Remember on LM	Why do we need to follow the food pyramid?	Complete the sentence...	What are the ways to have clean and safe food?	
I.Evaluating learning	Answer Let's Check o LM	Answer Let's Check on LM	Answer Let's Check on LM	Answer activity.Let's Check! On LM	
J.Additional activities for application or remediation	Answer the ff. questions	Create your own menu	Draw different nutritious foods	Why do we need to eat clean and safe food?	