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|  <b>GRADES 1 to 12</b><br><b>DAILY LESSON LOG</b> | <b>School:</b>                  |                                    | <b>Grade Level:</b>   | <b>V</b>                      |
|                                                                                                                                   | <b>Teacher:</b>                 |                                    | <b>Learning Area:</b> | <b>EPP</b>                    |
|                                                                                                                                   | <b>Teaching Dates and Time:</b> | <b>DECEMBER 5-9, 2022 (WEEK 5)</b> | <b>Quarter:</b>       | <b>2<sup>ND</sup> QUARTER</b> |

|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <b>I.LAYUNIN</b>                                            |                                                                                                                                                                                     |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                        |                       |                                                                                                                                                                                                                                                                                                                                                                   |
| <b>A.Pamantayang Pangnilalaman</b>                          |                                                                                                                                                                                     |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                        |                       |                                                                                                                                                                                                                                                                                                                                                                   |
| <b>B.Pamantayan sa Pagganap</b>                             |                                                                                                                                                                                     |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                        |                       |                                                                                                                                                                                                                                                                                                                                                                   |
| <b>C.Mga Kasanayan sa Pagkatuto</b>                         | 1. Nakikilala at naalis ang mantsa sa tamang paraan<br>2. Naisasagawa ang pag-aalis ng mantsa sa tamang paraan<br>3. Napapahalagahan ang pag-aalis ng mantas<br>EPP5HE-Oc-7 (1.7.2) | 1. Naiisa-isa ang batayan ng tamang pamamalantsa.<br>2. Nasusunod ang batayan ng tamang pamamalantsa.<br>3. Naipamamalas ang kawilihan sa pagsunod sa batayan ng tamang pamamalantsa<br>EPP5 HE 1.8.1-Od-8 | 1. Natatalakay ang wastong paraan ng pamamalantsa at paggamit ng plantsa.<br>2. Naipakikita ang wastong paraan ng pamamalantsa at paggamit ng plantsa.<br>3. Napahalagahan ang kaalaman sa wastong paraan ng pamamalantsa at paggamit ng plantsa<br>EPP5 HE 1.8.2-Od-8 | Lingguhang Pagsusulit | 1. Nasasabi ang kahalagahan ng pagkain ng masusustansyang pagkain, pag-iwas sa sakit at di-mabuting gawain sa kalusugan.<br>2.Nasusunod ang pamantayan/panuntunan sa pagkain ng masusustansyang pagkain, pag-iwas sa sakit<br>3. Naisasagali ang pagkain ng masusustansyang pagkain, pag-iwas sa sakit at di-mabuting gawain sa kalusugan<br>EPPHE5-Od-9 ( 1.9.2) |
| <b>II.NILALAMAN</b>                                         | Pagkilala at pag-aalis ng mantsa sa tamang paraan                                                                                                                                   | Batayan ng Tamang Pamamalantsa                                                                                                                                                                             | Pagpapakita ng Wastong Paraan ng Pagmamalantsa at Wastong Paggamit ng Plantsa                                                                                                                                                                                          |                       | Masustansyang Pagkain Gabay sa Kalusugan                                                                                                                                                                                                                                                                                                                          |
| <b>A.Sanggunian</b>                                         |                                                                                                                                                                                     |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                        |                       |                                                                                                                                                                                                                                                                                                                                                                   |
| 1.Mga pahina sa Gabay ng Guro                               | CG p.22                                                                                                                                                                             | CG p.22                                                                                                                                                                                                    | CG p.22                                                                                                                                                                                                                                                                |                       | CG p.22                                                                                                                                                                                                                                                                                                                                                           |
| 2.Mga pahina sa kagamitang pang-mag-aaral                   |                                                                                                                                                                                     |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                        |                       |                                                                                                                                                                                                                                                                                                                                                                   |
| 3.Mga pahina sa teksbuk                                     | Makabuluhang Gawaing Pantahanan at Pangkabuhayan V                                                                                                                                  | Makabuluhang Gawaing Pantahanan at Pangkabuhayan 5 pp.28-30                                                                                                                                                | Makabuluhang Gawaing Pantahanan at Pangkabuhayan V pp. 28-30                                                                                                                                                                                                           |                       | Makabuluhang Gawaing Pantahanan at Pangkabuhayan 5 pp. 71-75                                                                                                                                                                                                                                                                                                      |
| 4.Karagdagang kagamitan mula sa portal ng Learning Resource |                                                                                                                                                                                     |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                        |                       |                                                                                                                                                                                                                                                                                                                                                                   |
| B.Iba pang kagamitang panturo                               | damit na may mga mantsa tulad ng dugo, kalawang, tsokolate at tsiklet                                                                                                               | plantsa, plantsahan/kabayo, tubig at malinis na basahan                                                                                                                                                    | plantsa, plantsahan/kabayo,tubig at malinis na basahan                                                                                                                                                                                                                 |                       | tsart ng tatlong pangkat ng pagkain, larawan ng pagkain                                                                                                                                                                                                                                                                                                           |

| IV.PROCEDURES                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| A.Balik-aral sa nakaraang aralin at/o pagsisimula ng bagong aralin | <p>Hanapin ang mga salitang nasa ibaba. Maaaring ito ay nakasulat ng pahalang o patayo.</p> <p>tsokolate<br/>dugo<br/>kalawang<br/>grasa<br/>tsiklet<br/>putik</p> <p>Piliin sa loob ng kahon ang mantsa na tinutukoy sa mga dapat gawin upang ito'y matanggal na nakasaad sa mga sumusunod na pangungusap.</p> <p>1. Kuskusin ng yelo hanggang tumigas.Kayurin ng kutisilyo.Lagyan ng langis at kayurin.</p> <p>2. Paghaluin ang apat na sangkap, ipahid sa mantsa at ibilad sa araw.Labhan.</p> <p>3. Ilubog ang bahaging may mantsa na tubig. Labhan sa tubig na mainit na may sabon</p> <p>Kakaw o tsokolate<br/>Tsiklet<br/>Kalawang<br/>Dugo<br/>Dagta</p> | <p>1. Balik-aral<br/>Ano ano ang wastong paraan ng paglalaba?</p> <p>2. Panimulang Pagtatasa:<br/>Itanong sa mag-aaral ang sumusunod.</p> <p>a. Ano-ano ang dapat nating gawin upang maging mas maganda at maayos ang ating kasuotan pagkatapos malabhan ?</p>                                           | <p>1.Pag-awit ng awiting “ Si Juan at Ang Plantsa sa himig ng Are You Sleeping<br/>Si Juan at ang Plantsa</p> <p>Namamalantsa , Namamalantsa<br/>Si Juan , si Juan<br/>Atin ng tulungan<br/>Atin ng tulungan<br/>Oras na Oras na</p> <p>2. Panimulang Pagtatasa<br/>Ipasagot sa mga mag-aaral ang sumusunod na tanong.</p> <p>2.1. Sa pamamalantsa ng damit/ kasuotan, alin sa mga sumusunod na kagamitan ang hindi kabilang?<br/>A. Plantsahan/kabayo C. Plantsa<br/>B. Planggana D. Tubig</p> <p>2.2.Ano-ano ang mga kagamitang ginagamit sa pamamalantsa ng damit?</p> |  | <p>Pagsasanay (Pahulaaan)<br/>May lima akong katanungan.<br/>Hulaan ninyo kung anong sustansya ang nakukuha sa pagkaing aking sasabihin. Ang pinakamaraming sagot magkakaroon ng premyo.</p> <p>a. Nagbibigay ng lakas at enerhiya sa katawan</p> <p>b. Pinalulusog ang katawan upang makaiwas sa sakit at impeksyon.</p> <p>c. Nagpapakula ng dugo na tinatawag na hemoglobin.</p> <p>d. Gumagawa at nag-aayos ng tisyu na nangangalaga ng kalusugan ng katawan.</p> <p>e. Ito ay tinatawag na ascorbic acid at mahalaga sa paggawa ng mga selula ng katawan.</p> <p>2. Panimulang Pagtatasa ( Pasalita)<br/>Sagutin ang mga sumusunod na tanong.</p> <p>a. Ano- ano ang mga uri ng pagkaing mayaman sa bitamina?</p> <p>b. Ano ang paborito ninyong pagkain at ibigay ang sustansyang nakukuha dito.</p> |
| B.Paghahabi sa layunin ng aralin                                   | <p>Pagpapakita ng kasuotan na may mantsa. Pagtatanong ukol dito</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>Ipakita ang dalawang damit, ang isa ay plantsado at ang isa ay gusot.Itanong ito pagkatapos.</p> <p>a. Ano ang masasabi ninyo sa mga damit na ito?</p> <p>b. Alin ang mas maayos at malinis tingnan? Bakit ?</p> <p>c. Bukod sa paglalaba at pagsusulsi ng mga damit,ano pa ang damit gawin upang</p> | <p>Ganyakin ang mga bata sa pamamagitan ng isang likhang awit<br/>ng guro, sa himig ng Awitin Mo at Isasayaw Ko<br/>Oh,Oh,Oh, plantsahin mo,<br/>Ang gusot na damit ko, Oh,ho,ho</p>                                                                                                                                                                                                                                                                                                                                                                                      |  | <p>Ipaawit ang awiting “Bahay Kubo”<br/>Ano-ano ang mga halamang gulay ang nabanggit sa awit?<br/>Ano-anong sustansya ang nakukuha natin sa mga nabanggit na halamang gulay?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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|                                                                      |                                                                                                                                                                                                                                                                                                                                                                 | mapangalagaan at mapanatili ang kaayusan ng mga damit?                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| C.Pag-uugnay ng mga halimbawa sa bagong ralin                        | 1.Gawain ( Pangkatan) (Collaborative)<br>Pangkat 1 ( Pagbuo ng Rap)<br>Gagawa ng rap tungkol sa tamang paraan ng pag-aalis ng mantsa sa damit.<br>Pangkat 2 ( Tulain Mo Ako)<br>Hahabi ng simpleng tula ukol sa tamang paraan ng pag-aalis ng mantsa sa damit.<br>Pangkat 3 (Jingle)<br>Bumuo ng isang jingle ng tamang paraan ng pag-aalis ng mantsa ng damit. | 1.Gawain (Pangkat) ( Collaborative Approach )<br>Pagpili n glider at scribe/ tagasulat ng pangkat<br>Pangkat 1- Sa pamamagitan ng newscasting o pag-uulat ay tatalakayin ng mga mag-aaral ang batayan ng tamang pamamalantsa.<br>Pangkat II- Ipakita ang mga batayan sa tamang pamamalantsa sa pamamagitan ng flowchart<br>Pangkat III- Gumawa ng concept map ukol sa mga batayan sa tamang pamamalantsa ng mga damit | Pangkat ang klase sa apat. Pumili ng lider at tagasulat ang bawat pangkat.<br>Gawain 1-“ Maglaro Tayo “<br>Ipangkat ang mga kagamitan na dapat gamitin sa pamamalantsa ng damit at di dapat gamitin.<br>Gawain 2- Sa masining na pamamaraan ipakita ang wastong paraan ng pamamalantsa at wastong paggamit ng plantsa.<br>Gawain 3- Pagpakitang gawa ng wastong paraan ng pamamalantsa at wastong paggamit ng plantsa.<br>Gawain 4- Bumuo ng isang usapan tungkol sa paraan ng pamamalantsa at wastong paggamit ng plantsa |  | Gawain (Pangkat)<br>Collaborative Approach<br>Pamantayan: Ano-ano ang mga pamantayan sa pagsasagawa ng pangkatang gawain.<br>Gawain 1- Bugtungan<br>Pagbibigay ng guro ng mga bugtong tungkol sa mga uri ng prutas. Sasagutin ng bawat bata ang tinutukoy sa bugtong.<br>Gawain 2 Laro ( Pinoy Henyo )<br>Unahang makatukoy ng uri ng pagkain sa pamamagitan ng laro<br>Gawain 3 Diyologo<br>Bumuo ng isang usapan/dayalogo batay sa larawan ng tatlong pangkat ng pagkain batay sa ipinakitang video.. Ipakita ito sa klase.<br><br>Gawain 4 Awit<br>Bumuo ng isang awit batay sa pangkat ng pagkaing nasa larawan.<br>Are you healthy 2x<br>Go, Grow, Glow 2x<br>Let us eat together 2x<br>Go, Grow, Glow. |
| D.Pagtalakay ng bagong konspto at paglalahad ng bagong kasanayan #1  | PAg-uulat ng pangkat                                                                                                                                                                                                                                                                                                                                            | PAg-uulat ng pangkat                                                                                                                                                                                                                                                                                                                                                                                                  | PAg-uulat ng pangkat                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  | PAg-uulat ng pangkat                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| E.Pagtalakay ng bagong konsepto at paglalahad ng bagong kasanayan #2 | A. Ano ang iyong naramdaman habang isinasagawa ang pangkatang gawain?<br>B. Ano ano ang iba’t ibang uri ng mantsa?<br>C. Ano ano ang tamang paraan ng pag-aalis ng mantsa?<br>D. Paano ito isinasagawa?                                                                                                                                                         | a. Ano ang naramdaman ninyo habang ginagawa ang bawat aktibiti?<br>b. Ano-ano ang mga kagamitan sa pamamalantsa?<br>c. Ano-ano ang mga hakbang na dapat sundin sa pamamalantsa?                                                                                                                                                                                                                                       | a. Ano ang naramdaman ninyo habang ginagawa ang bawat aktibiti?<br>b. Ano ang mga kagamitang ginagamit sa pamamalantsa ng kasuotan?<br>c. Ano-ano ang wastong paraan ng pamamalantsa ng kasuotan?                                                                                                                                                                                                                                                                                                                          |  | a. Ano ang naramdaman ninyo habang isinasagawa ang inyong pangkatang gawain?<br>b. Ano-ano ang tatlong pangkat ng pagkain?<br>c. Ano-ano ang mga sustansiyang ibinibigay ng Go food ? Grow food? Glow food?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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|                           | E. Bilang isang mag-aaral, anong kabutihang dulot ng kaalamang ito para sa iyo?                                                                                                                                      | d. Bakit kailangang plantsahin ang mga damit?<br>e. Paano ninyo isasagawa ang pamamalatsa?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | d. Bakit kailangang maging maingat sa pamamalantsa ng kasuotan?<br>e. Paano ninyo maipakikita ang wastong paraan ng pamamalantsa?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | d. Bakit kailangan ng isang mag-anak ang masustansiyang pagkain?<br>e. Sa inyong palagay, ano ang kahalagahang naidudulot ng pagkain ng masusustanyang pagkain sa atin?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| F.Paglinang na Kabihasaan | Ang pag-aalis ng mantsa ay kailangang gawin hangga't ito'y bago pa. Hindi na maaalis ang mantsa kapag inuna ang paglalaba bago ito tanggalin. Gamitin ang wastong paraan at mga kagamitan sa pag-aalis ng mga mantsa | Ang pamamalantsa ay isang paraan ng pag-aalis sa mga lukot 79<br><br>sa damit na dulot ng paglalaba upang bumalik ito sa dating hugis at anyo .Kailangang plantsahin ang damit bago ito isuot upang maging malinis at maayos tingnan.<br>Sa gulang mo ngayon, kailangang matuto ka nang magplantsa at huwag mong iaasa pa sa iyong ina o nakatatandang kapatid. Maaring simulan mo ito sa pagpapplantsa ng maliit na piraso ng iyong damit at kasuotang pansarili kagaya ng panyo at kasuotang panloob. Ang pagsunod sa tamang paraan at kagamitan sa pagpapplantsa ay nakatutulong sa pagsasagawa ng isang mahusay at maayos na pagpapplantsa | Ang mga damit ay kailangan plantsahin upang maging maayos tingnan. Ang taong maayos manamit ay kagalang-galang at kaaya-ayang tingnan at nagbibigay tiwala sa sarili saanman o kaninuman makikisalamuha. Para maging maayos at matagumpay ang pagpapalantsa, kailangang ihanda muna ang mga bagay na kakailanganin. Narito ang mga kagamitang kakailanganin sa pamamalantsa ng damit.<br><br>Wastong Hakbang sa Pamamalantsa<br>1. Ihanda ang lahat ng kailangan. Plantsa, plantsahan o kabayo na may makapal at malambot na sapin, pangwisik, mga sabitan o hanger at malinis na basahan na pambasa.<br>2. Ihanda ang paplantsahin. Bukod-bukod rin ito- blusa at polo, pantalon, palda, mga panloob, panyo. Hindi na ito kailangang wisikan o basaing sabay-sabay kung may pandilig ang plantsa. Kung wala naman, |  | Mahalagang malaman ang mga masustansyang pagkain upang matamo ng mag- anak ang wastong kalusugan sa pamamagitan ng wastong pagpili ng pagkain. Mahalagang malaman ng bawat isa ang tatlong pangkat ng pagkain upang masuguro na bawat miyembro ng pamilya ay may angkop na nutrisyon. Sa pagpapalano ng kumpletong pagkain,tiyakin ang bawat isa sa mga pagkain sa tatlong pangunahin pangkat ay kasama. Upang makatiyak maaaring gamitin ang balangkas ng pagkain bilang gabay na susundin. Ang mga nasa ibaba ay balangkas ng pagkain para sa agahan, tanghalian at hapunan.<br>☛ Almusal/Agahan<br><br>☛ Ulam,(mineral o Protina)<br><br>☛ Kanin o Tinapay (carbohydrate)<br><br>☛ Prutas<br><br>☛ Inumin<br><br>☛Tanghalian/Hapunan<br><br>☛ Inumin(katas ng prutas) |

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|  |  | <p>mainam na gamitin ang sprayer o pangwisik.</p> <p>3. Subukin ang init ng plantsa sa isang basahan, hindi sa plantsahan at lalong hindi sa damit. Ang iba ay gumagamit ng dahon ng saging para dumulas ang plantsa.</p> <p>4. Maingat na plantsahin ang mga bahagi ng damit ayon sa pagkakasunod-sunod. Maaring maiba ito ayon sa yari ng damit at sa pangangailangan.</p> <p>a. Blusa o polo – unahin plantsahin ang kuwelyo, isunod ang manggas, bahagi ng balikat sa likuran at unahan ng blusa o polo, harapan at ang ibang bahagi.</p> <p>b. Palda- unahing plantsahin ang bulsa, bahagi ng baywang o sinturera, at zipper. Unatin ang buong palda at plantsahin ang mga pleats.</p> <p>c. Short/Pantalon- Unahing plantsahin ang mga bulsa at isunod ang bahagi ng tahi sa zipper, isunod ang bahagi ng baywang at sinturera patungo sa balakang at hita ng pantalon.Iwasan ang dobleng piston.</p> <p>May kasuotang sa kabaligtaran pinaplantsa tulad ng mga may burda, may disenyo na maaring manikit. Ginagawa rin ito sa mga lace. Nakababawas sa pangungupas ang ganitong</p> |  | <p>🍽️ Ulam- manok/isda/baka(protina o mineral) tagapagbuo ng katawan</p> <p>🍌 Prutas (saging, pinya, mangga) mga nagsasaayos ng katawan.</p> |
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| G.Paglalatap ng aralin sa pangaraw-araw na buhay | <p>Bubuo ang bawat pangkat ng isang patalastas tungkol sa tamang paraan ng pag-aalis ng mantsa</p>                                                                                             | <p>Pangkatin ang mga bata sa apat. Ipakita ang batayan ng tamang pamamalantsa ng mga sumusunod.</p> <p>Pangkat I - ( Jingle ) Mga batayan ng tamang pamamalantsa</p> <p>Pangkat II – (Pantomime) Mga batayan ng pamamalantsa</p> <p>Pangkat III –(Roll Play) Tungkol sa kabutihang pagsunod sa batayan ng tamang pamamalantsa</p> <p>Pangkat IV- ( Pagguhit) Pagguhit sa mga kagamitan sa pamamalantsa</p> | <p>Ipakitang gawa ang mga susmusunod.</p> <p>a. pagpapplantsa ng blusa/polong uniporme</p> <p>b. pagpapplantsa ng palda/pantalón</p> <p>c. pagpapplantsa ng kamiseta</p> <p>d. pagpapplantsa ng bestida</p>                                           |  |  <p>Batay sa mga pangkat ng larawan ng masustansyang pagkain.</p> <p>Kumatha ng isang tula/ jingle tungkol dito. Iparinig ito sa klase</p> |
| H.Paglalathat ng aralin                          | <p>Ano ano ang mga paraan ng pag-aalis ng mantsa?</p> <p>Ano ano ang kabutihang dulot ng pag-aalis ng mantsa sa damit?</p> <p>Bakit mahalagang panatiliing maayos at malinis ang kasuotan?</p> | <p>a. Ano ano ang mga batayan ng tamang pamamalantsa?</p> <p>b. Bakit mahalagang matutong mamalantsa ng damit o kasuotan?</p>                                                                                                                                                                                                                                                                              | <p>a. Ano-ano ang wastong paraan ng pamamalantsa at wastong paggamit ng plantsa?</p> <p>b. Paano natin pahahalagahan ang kasanayan sa wastong paraan ng pamamalantsa?</p> <p>( Ang konsepto ay ipauunawa sa mga bata sa pamamagitan ng pagrarak )</p> |  | <p>a. Ano-ano ang tatlong pangkat ng pagkain?</p> <p>b. Bakit mahalaga ang pagkain ng masusustansiyang pagkain?</p>                                                                                                           |
| I.Pagtataya ng aralin                            | <p>Panuto:Pagtapat-tapat in ang mga mantsa ng damit sa Hanay A sa mga kailangan upang matanggal ito sa Hanay B.</p>                                                                            | <p>Pagsagot sa rubrics: ( Constructivism Approach )</p> <p>Pagsasagawa ng apat na pangkat ng pamamalantsa ng polo/blouse.</p>                                                                                                                                                                                                                                                                              | <p>Panuto: Pagsunud-sunurin ang mga tamang hakbang sa pamamalantsa</p> <p>Lagyan ng bilang 1-5 ang puwang.</p>                                                                                                                                        |  | <p>Panuto: Hanapin sa Hanay B ang halimbawa ng mga pagkain ibinigay na sustansyang nasa Hanay A. Isulat ang titik ng tamang sagot.</p>                                                                                        |

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|                                                                                | <p>Isulat ang titik ng tamang sagot sa puwang</p> <p>Hanay A                      Hanay B</p> <p>____ 1. Putik    A. mainit na tubig</p> <p>____ 2. Dugo    B. mainit na tubig na may sabon</p> <p>____ 3. Kendi    C. asin at kalamansi,sabon, tubig</p> <p>____ 4. Tsokolate                      D.maligamgam na tubig at sabon</p> <p>____ 5. Tinta                      E. sipilyo at sabon</p> <p>                                                 F. yelo, kutsilyo at langis</p> |                                                                                                                                                                                                                                                                                                                                                                           | <p>_____ a. Isabit ang damit sa hanger o kaya ay tiklupin.</p> <p>_____ b. Painitin ang plantsa at ihagod sa tuyong dahon ng saging.</p> <p>_____ c. Unahing plantsahin ang dugtong na baywang, bulsa, at zipper.</p> <p>_____ d. Baliktarin at plantsahin muli, itiklop ang kalahating haba ng pantaloon at plantsahin ang isang haba.</p> <p>_____ e. Wisikan ang mga damit at ihanda ang plantsahan</p> |                                                                                                                                                                                                                                                                                                                                                                           | <p>A                      B</p> <p>____ 1. protina</p> <p>A. gulay at prutas</p> <p>____ 2 .carbohydrates</p> <p>B. dilis</p> <p>____ 3. Mineral</p> <p>C . kamote</p> <p>____ 4. bitamina D. karne ng baboy</p> <p>____ 5. Iodine</p> <p>                                                 E. tahong</p>                                                                  |
| J.Karagdagang Gawain para sa takdang aralin at remediation                     | Magsaliksik gamit ang internet ng iba pang uri ng mantsa at tamang paraan ng pag-aalis nito                                                                                                                                                                                                                                                                                                                                                                                              | Ipagawa ang pamamalantsa ng sariling uniporme. Sumangguni sa nanay o nakatatandang kapatid sa simula upang makuha ang kanilang tiwala sa inyong kakayahan.                                                                                                                                                                                                                | Magtanong kung ano-ano ang paraan upang mapadali ang pamamalantsa                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                           | Gumawa ng scrapbook ng mga masustansyang pagkain. Isulat ang uri ng sustansyang taglay ng bawat isa                                                                                                                                                                                                                                                                       |
| V.MGA TALA                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                           |
| VI.PAGNINILAY                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                           |
| A.Bilang ng mag-aaral na nakauha ng 80% sa pagtatayao.                         | ___Lesson carried. Move on to the next objective.<br>___Lesson not carried.<br>_____% of the pupils got 80% mastery                                                                                                                                                                                                                                                                                                                                                                      | ___Lesson carried. Move on to the next objective.<br>___Lesson not carried.<br>_____% of the pupils got 80% mastery                                                                                                                                                                                                                                                       | ___Lesson carried. Move on to the next objective.<br>___Lesson not carried.<br>_____% of the pupils got 80% mastery                                                                                                                                                                                                                                                                                        | ___Lesson carried. Move on to the next objective.<br>___Lesson not carried.<br>_____% of the pupils got 80% mastery                                                                                                                                                                                                                                                       | ___Lesson carried. Move on to the next objective.<br>___Lesson not carried.<br>_____% of the pupils got 80% mastery                                                                                                                                                                                                                                                       |
| B.Bilang ng mag-aaralna nangangailangan ng iba pang Gawain para sa remediation | ___Pupils did not find difficulties in answering their lesson.<br>___Pupils found difficulties in answering their lesson.<br>___Pupils did not enjoy the lesson because of lack of knowledge, skills and interest about the lesson.<br>___Pupils were interested on the lesson, despite of some difficulties encountered in answering the questions asked by the teacher.                                                                                                                | ___Pupils did not find difficulties in answering their lesson.<br>___Pupils found difficulties in answering their lesson.<br>___Pupils did not enjoy the lesson because of lack of knowledge, skills and interest about the lesson.<br>___Pupils were interested on the lesson, despite of some difficulties encountered in answering the questions asked by the teacher. | ___Pupils did not find difficulties in answering their lesson.<br>___Pupils found difficulties in answering their lesson.<br>___Pupils did not enjoy the lesson because of lack of knowledge, skills and interest about the lesson.<br>___Pupils were interested on the lesson, despite of some difficulties encountered in answering the questions asked by the teacher.                                  | ___Pupils did not find difficulties in answering their lesson.<br>___Pupils found difficulties in answering their lesson.<br>___Pupils did not enjoy the lesson because of lack of knowledge, skills and interest about the lesson.<br>___Pupils were interested on the lesson, despite of some difficulties encountered in answering the questions asked by the teacher. | ___Pupils did not find difficulties in answering their lesson.<br>___Pupils found difficulties in answering their lesson.<br>___Pupils did not enjoy the lesson because of lack of knowledge, skills and interest about the lesson.<br>___Pupils were interested on the lesson, despite of some difficulties encountered in answering the questions asked by the teacher. |

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|                                                                                                  | ___ Pupils mastered the lesson despite of limited resources used by the teacher.<br>___ Majority of the pupils finished their work on time.<br>___ Some pupils did not finish their work on time due to unnecessary behavior.                                                                                                                                                                                     | ___ Pupils mastered the lesson despite of limited resources used by the teacher.<br>___ Majority of the pupils finished their work on time.<br>___ Some pupils did not finish their work on time due to unnecessary behavior.                                                                                                                                                                                     | ___ Pupils mastered the lesson despite of limited resources used by the teacher.<br>___ Majority of the pupils finished their work on time.<br>___ Some pupils did not finish their work on time due to unnecessary behavior.                                                                                                                                                                                     | ___ Pupils mastered the lesson despite of limited resources used by the teacher.<br>___ Majority of the pupils finished their work on time.<br>___ Some pupils did not finish their work on time due to unnecessary behavior.                                                                                                                                                                                     | ___ Pupils mastered the lesson despite of limited resources used by the teacher.<br>___ Majority of the pupils finished their work on time.<br>___ Some pupils did not finish their work on time due to unnecessary behavior.                                                                                                                                                                                                                                     |
| C.Nakatulong ba ang remedial? Bilang ng mag-aaral na nakaunawa sa aralin.                        | ___ of Learners who earned 80% above                                                                                                                                                                                                                                                                                                                                                                              | ___ of Learners who earned 80% above                                                                                                                                                                                                                                                                                                                                                                              | ___ of Learners who earned 80% above                                                                                                                                                                                                                                                                                                                                                                              | ___ of Learners who earned 80% above                                                                                                                                                                                                                                                                                                                                                                              | ___ of Learners who earned 80% above                                                                                                                                                                                                                                                                                                                                                                                                                              |
| D.Bilang ng mag-aaral na magpapatuloy sa remediation                                             | ___ of Learners who require additional activities for remediation                                                                                                                                                                                                                                                                                                                                                 | ___ of Learners who require additional activities for remediation                                                                                                                                                                                                                                                                                                                                                 | ___ of Learners who require additional activities for remediation                                                                                                                                                                                                                                                                                                                                                 | ___ of Learners who require additional activities for remediation                                                                                                                                                                                                                                                                                                                                                 | ___ of Learners who require additional activities for remediation                                                                                                                                                                                                                                                                                                                                                                                                 |
| E.Alin sa mga estratehiyang pagtuturo ang nakatulong ng lubos?Paano ito nakatulong?              | ___Yes ___No<br>___ of Learners who caught up the lesson                                                                                                                                                                                                                                                                                                                                                          | ___Yes ___No<br>___ of Learners who caught up the lesson                                                                                                                                                                                                                                                                                                                                                          | ___Yes ___No<br>___ of Learners who caught up the lesson                                                                                                                                                                                                                                                                                                                                                          | ___Yes ___No<br>___ of Learners who caught up the lesson                                                                                                                                                                                                                                                                                                                                                          | ___Yes ___No<br>___ of Learners who caught up the lesson                                                                                                                                                                                                                                                                                                                                                                                                          |
| F.Anong sulioranin ang aking naranasan na solusyunansa tulong ng aking punungguro at superbisor? | ___ of Learners who continue to require remediation                                                                                                                                                                                                                                                                                                                                                               | ___ of Learners who continue to require remediation                                                                                                                                                                                                                                                                                                                                                               | ___ of Learners who continue to require remediation                                                                                                                                                                                                                                                                                                                                                               | ___ of Learners who continue to require remediation                                                                                                                                                                                                                                                                                                                                                               | ___ of Learners who continue to require remediation                                                                                                                                                                                                                                                                                                                                                                                                               |
| G.Anong kagamitang panturo ang aking nadibuho nanais kong ibahagi sa kapwa ko guro?              | <i>Strategies used that work well:</i><br><b>___Metacognitive Development:</b> Examples: Self assessments, note taking and studying techniques, and vocabulary assignments.<br><b>___Bridging:</b> Examples: Think-pair-share, quick-writes, and anticipatory charts.<br><b>___Schema-Building:</b> Examples: Compare and contrast, jigsaw learning, peer teaching, and projects.<br><b>___Contextualization:</b> | <i>Strategies used that work well:</i><br><b>___Metacognitive Development:</b> Examples: Self assessments, note taking and studying techniques, and vocabulary assignments.<br><b>___Bridging:</b> Examples: Think-pair-share, quick-writes, and anticipatory charts.<br><b>___Schema-Building:</b> Examples: Compare and contrast, jigsaw learning, peer teaching, and projects.<br><b>___Contextualization:</b> | <i>Strategies used that work well:</i><br><b>___Metacognitive Development:</b> Examples: Self assessments, note taking and studying techniques, and vocabulary assignments.<br><b>___Bridging:</b> Examples: Think-pair-share, quick-writes, and anticipatory charts.<br><b>___Schema-Building:</b> Examples: Compare and contrast, jigsaw learning, peer teaching, and projects.<br><b>___Contextualization:</b> | <i>Strategies used that work well:</i><br><b>___Metacognitive Development:</b> Examples: Self assessments, note taking and studying techniques, and vocabulary assignments.<br><b>___Bridging:</b> Examples: Think-pair-share, quick-writes, and anticipatory charts.<br><b>___Schema-Building:</b> Examples: Compare and contrast, jigsaw learning, peer teaching, and projects.<br><b>___Contextualization:</b> | <i>Strategies used that work well:</i><br><b>___Metacognitive Development:</b> Examples: Self assessments, note taking and studying techniques, and vocabulary assignments.<br><b>___Bridging:</b> Examples: Think-pair-share, quick-writes, and anticipatory charts.<br><b>___Schema-Building:</b> Examples: Compare and contrast, jigsaw learning, peer teaching, and projects.<br><b>___Contextualization:</b> Examples: Demonstrations, media, manipulatives, |

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|  | <p><b>Examples:</b> Demonstrations, media, manipulatives, repetition, and local opportunities.</p> <p>___ <b>Text Representation:</b></p> <p><b>Examples:</b> Student created drawings, videos, and games.</p> <p>___ <b>Modeling: Examples:</b></p> <p>Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.</p> <p><b>Other Techniques and Strategies used:</b></p> <p>___ <i>Explicit Teaching</i></p> <p>___ Group collaboration</p> <p>___ Gamification/Learning through play</p> <p>___ Answering preliminary activities/exercises</p> <p>___ Carousel</p> <p>___ Diads</p> <p>___ Differentiated Instruction</p> <p>___ Role Playing/Drama</p> <p>___ Discovery Method</p> <p>___ Lecture Method</p> <p><b>Why?</b></p> <p>___ Complete IMs</p> <p>___ Availability of Materials</p> <p>___ Pupils' eagerness to learn</p> <p>___ Group member's collaboration/cooperation in doing their tasks</p> <p>___ Audio Visual Presentation of the lesson</p> | <p><b>Examples:</b> Demonstrations, media, manipulatives, repetition, and local opportunities.</p> <p>___ <b>Text Representation:</b></p> <p><b>Examples:</b> Student created drawings, videos, and games.</p> <p>___ <b>Modeling: Examples:</b></p> <p>Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.</p> <p><b>Other Techniques and Strategies used:</b></p> <p>___ <i>Explicit Teaching</i></p> <p>___ Group collaboration</p> <p>___ Gamification/Learning through play</p> <p>___ Answering preliminary activities/exercises</p> <p>___ Carousel</p> <p>___ Diads</p> <p>___ Differentiated Instruction</p> <p>___ Role Playing/Drama</p> <p>___ Discovery Method</p> <p>___ Lecture Method</p> <p><b>Why?</b></p> <p>___ Complete IMs</p> <p>___ Availability of Materials</p> <p>___ Pupils' eagerness to learn</p> <p>___ Group member's collaboration/cooperation in doing their tasks</p> <p>___ Audio Visual Presentation of the lesson</p> | <p><b>Examples:</b> Demonstrations, media, manipulatives, repetition, and local opportunities.</p> <p>___ <b>Text Representation:</b></p> <p><b>Examples:</b> Student created drawings, videos, and games.</p> <p>___ <b>Modeling: Examples:</b></p> <p>Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.</p> <p><b>Other Techniques and Strategies used:</b></p> <p>___ <i>Explicit Teaching</i></p> <p>___ Group collaboration</p> <p>___ Gamification/Learning through play</p> <p>___ Answering preliminary activities/exercises</p> <p>___ Carousel</p> <p>___ Diads</p> <p>___ Differentiated Instruction</p> <p>___ Role Playing/Drama</p> <p>___ Discovery Method</p> <p>___ Lecture Method</p> <p><b>Why?</b></p> <p>___ Complete IMs</p> <p>___ Availability of Materials</p> <p>___ Pupils' eagerness to learn</p> <p>___ Group member's collaboration/cooperation in doing their tasks</p> <p>___ Audio Visual Presentation of the lesson</p> | <p><b>Examples:</b> Demonstrations, media, manipulatives, repetition, and local opportunities.</p> <p>___ <b>Text Representation:</b></p> <p><b>Examples:</b> Student created drawings, videos, and games.</p> <p>___ <b>Modeling: Examples:</b></p> <p>Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.</p> <p><b>Other Techniques and Strategies used:</b></p> <p>___ <i>Explicit Teaching</i></p> <p>___ Group collaboration</p> <p>___ Gamification/Learning through play</p> <p>___ Answering preliminary activities/exercises</p> <p>___ Carousel</p> <p>___ Diads</p> <p>___ Differentiated Instruction</p> <p>___ Role Playing/Drama</p> <p>___ Discovery Method</p> <p>___ Lecture Method</p> <p><b>Why?</b></p> <p>___ Complete IMs</p> <p>___ Availability of Materials</p> <p>___ Pupils' eagerness to learn</p> <p>___ Group member's collaboration/cooperation in doing their tasks</p> <p>___ Audio Visual Presentation of the lesson</p> | <p>repetition, and local opportunities.</p> <p>___ <b>Text Representation:</b></p> <p><b>Examples:</b> Student created drawings, videos, and games.</p> <p>___ <b>Modeling: Examples:</b></p> <p>Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.</p> <p><b>Other Techniques and Strategies used:</b></p> <p>___ <i>Explicit Teaching</i></p> <p>___ Group collaboration</p> <p>___ Gamification/Learning through play</p> <p>___ Answering preliminary activities/exercises</p> <p>___ Carousel</p> <p>___ Diads</p> <p>___ Differentiated Instruction</p> <p>___ Role Playing/Drama</p> <p>___ Discovery Method</p> <p>___ Lecture Method</p> <p><b>Why?</b></p> <p>___ Complete IMs</p> <p>___ Availability of Materials</p> <p>___ Pupils' eagerness to learn</p> <p>___ Group member's collaboration/cooperation in doing their tasks</p> <p>___ Audio Visual Presentation of the lesson</p> |
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