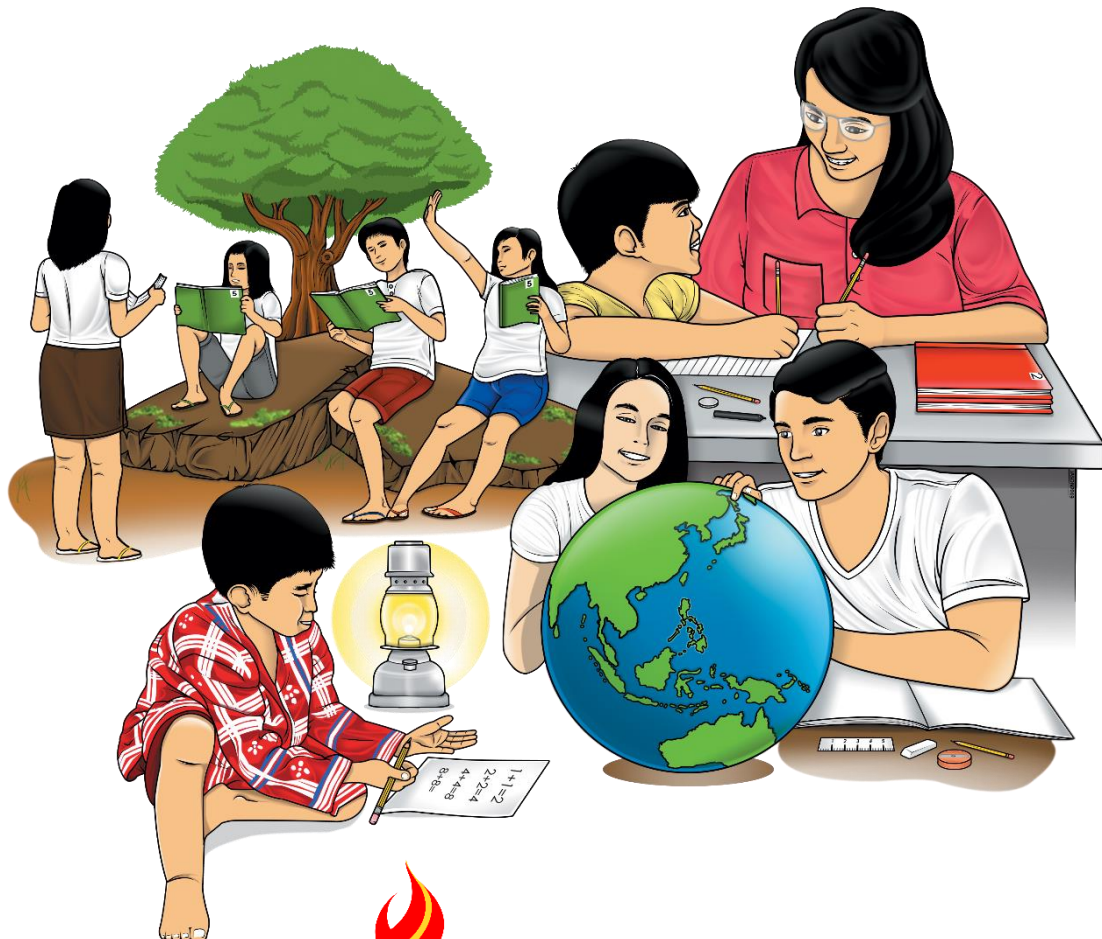


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Health

Quarter 1 – Module 1: Dimension of Holistic Health



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Health – Grade 7
Alternative Delivery Mode
Quarter 1 – Module 1: Dimension of Holistic Health
First Edition, 2020

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Health

Quarter 1 – Module 1: Dimension of Holistic Health

Introductory Message

This Self-Learning Module (SLM) has been prepared for you so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

This SLM is composed of different parts. Each part will guide you step-by-step as you discover and understand the lesson prepared for you.

In this SLM, a pretest is provided to measure your prior knowledge on the lessons in it. The result of it will tell you if you need to proceed on completing the activities in it or if you need to ask your facilitator or your teacher's assistance for better understanding of the lessons in it. At the end of this SLM, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

Please use this SLM with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any question in using this SLM or any difficulty in answering the activities in it, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

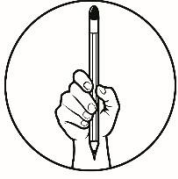
This module was designed and written with what you have in mind. It will help you master the Dimensions of holistic health. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module discusses about:

Lesson 1: Dimensions of Holistic Health:

After going through this module, you are expected to:

- explain the dimensions of holistic health (physical, mental/intellectual, emotional, social and moral-spiritual);
(H7GD-Ib-13)



What I Know

The result of your pre-test will check your present knowledge, understanding and skills about dimensions of holistic health.

Pre-Assessment

Directions: Read the questions carefully. Write the letter of your answer in a sheet of paper.

- ___ 1. It refers to the state of complete physical, mental or intellectual, emotional, social, moral- spiritual and environmental well-being.
 - A. Health
 - B. Physical Health
 - C. Social Health
 - D. Emotional Health

- ___ 2. It refers to the well-being of an individual.
 - A. Physical Health
 - B. Mental Health
 - C. Moral Health
 - D. Emotional Health

- ___ 3. It refers to the ability of an individual to rationalize things.
 - A. Physical Health
 - B. Mental Health
 - C. Moral Health
 - D. Emotional Health

- ___ 4. It refers to the ability of an individual to accept failure, to understand and to like oneself.
 - A. Mental Health
 - B. Physical Health
 - C. Moral Health
 - D. Emotional Health

- ___ 5. It refers to the effect or hazard brought by the contaminated products to human being.
 - A. Moral Health
 - B. Mental Health
 - C. Environmental Health
 - D. Emotional Health

- ___6. It means to lessen the amount of waste materials.
- A. Reuse
 - B. Recycle
 - C. Refuse
 - D. Reduce
- ___7. It is the process by which the object is transformed into alternative value and use.
- A. Reuse
 - B. Reduce
 - C. Repurpose
 - D. Recycle
- ___8. It refers to one's beliefs and values.
- A. Moral- spiritual Health
 - B. Social Health
 - C. Emotional Health
 - D. Physical Health
- ___9. It refers to building relationship with your community.
- A. Physical Health
 - B. Holistic Health
 - C. Social Health
 - D. Moral Health
- ___10. It refers to connection of mind, body and spirit.
- A. Physical health
 - B. Health
 - C. Holistic Health
 - D. Economic Health
- ___11. It refers to mostly decomposable food waste.
- A. Rubbish
 - B. Garbage
 - C. Hazardous material
 - D. Food poison
- ___12. It is not included in the dimension of holistic health.
- A. Physical Health
 - B. Emotional Health
 - C. Environmental Health
 - D. Economic Health

- ___13. It is the best way to improve your mental well-being.
- A. Tell yourself something positive
 - B. Eat junk foods
 - C. Sleep late at night
 - D. Be secretive
- ___14. It is an example of emotional health.
- A. Saying "I Love You" to your parents
 - B. Attending to Sunday Mass
 - C. Going out with friends
 - D. Throwing garbage into the trash bin
- ___15. It is an aspect of spending quality time with family on weekend.
- A. Social
 - B. Mental
 - C. Emotional
 - D. Environmental

Lesson

1

Dimension of Holistic Health

Holistic health is an approach to life. Rather than focusing on illness or specific parts of the body, this approach to health considers the whole person, and how he or she interacts with his or her environment. It emphasizes the connection of mind, body and spirit.

Health focuses on wellness. Being healthy means having a balance of all the dimensions of health: physical, mental, emotional, social, and moral-spiritual.



What's In

Activity 1: Blast from the past!

Do you still remember your lessons in Grade 6 about the personal health issues? Let's check if you still remember them by answering the following questions.

Directions: Choose your answer from the box that best describes each personal health issues. Write your answer in your notebook.

Otitis media	Scoliosis	Vision	Underweight
Stunted growth	Blister	Obesity	

- _____ 1. It is a medical condition in which a person's spine has a sideways curve.
- _____ 2. It is a reduced growth rate in human development.
- _____ 3. It is a small pocket of body fluid (lymph, serum, plasma, blood or pus) within the upper layers of the skin.
- _____ 4. It is defined as the abnormal or excessive fat accumulation that presents a risk to health.
- _____ 5. It refers to eye movement and eye coordination.



What's New

Activity 1: Health Check

Health is a state of complete physical, mental or intellectual, emotional, social, moral-spiritual and environmental well-being. It is not merely the absence of disease or infirmity.

Health is the most important factor in our life. Live healthy in order to have a happy life. As they say health is wealth. Health is important than having a million dollars in your bank account. Your health is more than enough for you to be considered a millionaire. Let's find out how healthy you are.

Directions: List down practices and habits that show healthy living.

Example: Eat vegetable on a regular basis



What is It

In the Health Check activity, you have listed down practices and habits that may help you live healthy. Which of the following activities you listed will help you develop healthy living?

As an adolescent, you must be responsible with what you should be eating and doing. Your health must be your priority. Being healthy means dealing with what we are doing daily without getting tired easily and not suffering from undue fatigue.

Lets' read and learn the dimensions of holistic health.

A. Physical Health

- It refers to the well-being of an individual.
Example: Dorai performs simple physical exercises every day to keep herself healthy.
- It means that you can do your daily task without getting tired and undue fatigued.
Example: Jane still has the energy to play/bond with her friends after washing her clothes the whole morning.

B. Mental or Intellectual Health

- It refers to the ability of an individual to think and improve his quality skills in life.
Example: Go out and make new friends, keep yourself busy with school activities.
- It is the ability to rationalize things.
Example: Find good reason in your failures. Think that everything happened for a good reason.

C. Emotional Health

- It is the ability to accept failures, cope with your environment and consider the feeling of others.
Example: If a family member has left to work in other place, you can easily accept the reality of being away from your love ones.
- Understanding and liking oneself
Example: Self-love means finding peace and resting comfortably in our own home.

D. Social Health

- It is how well you build relationship with your community, and how you interact with the people that surround you.
Example: As a teenager you easily mingle and develop friendship with the neighborhood.
- Social acceptance means to interact with different types of people, accept and understand different norms and values.
Example: Be who you are and be like what is dictated by your values and norms. It is the fact that most people act in order to be accepted by any group and be like them.

E. Moral-Spiritual Health

- It refers to one's faith, belief and values, and knowing the meanings and purposes in life.
Example: Respect everybody's faith; it is looking deeply within oneself and belief.

F. Environmental Health

- Understand the effect of the air, the water and the land that surrounds our health.
Example: Observe proper waste disposal to avoid contamination of our environment.
- Recognize the impact of environment and man-made hazards.
Examples: Remember the five R's of waste management:
 1. Refuse- It includes garbage and rubbish.
Garbage is mostly decomposable food waste.
Rubbish is mostly dry material such as glass, paper, cloth, or wood.

2. Reduce – It is to help cut down the amount of waste we throw away.
3. Reuse –It is learning to reuse items or re-purpose them, like turning old jars and pots into ornaments and shipping containers into homes and offices.
4. Repurpose- It refers to the process by which an object with one use value is transformed or redeployed as an object with an alternative use value.
5. Recycle- It is to use recycled paper for printing, handicraft or ornaments.



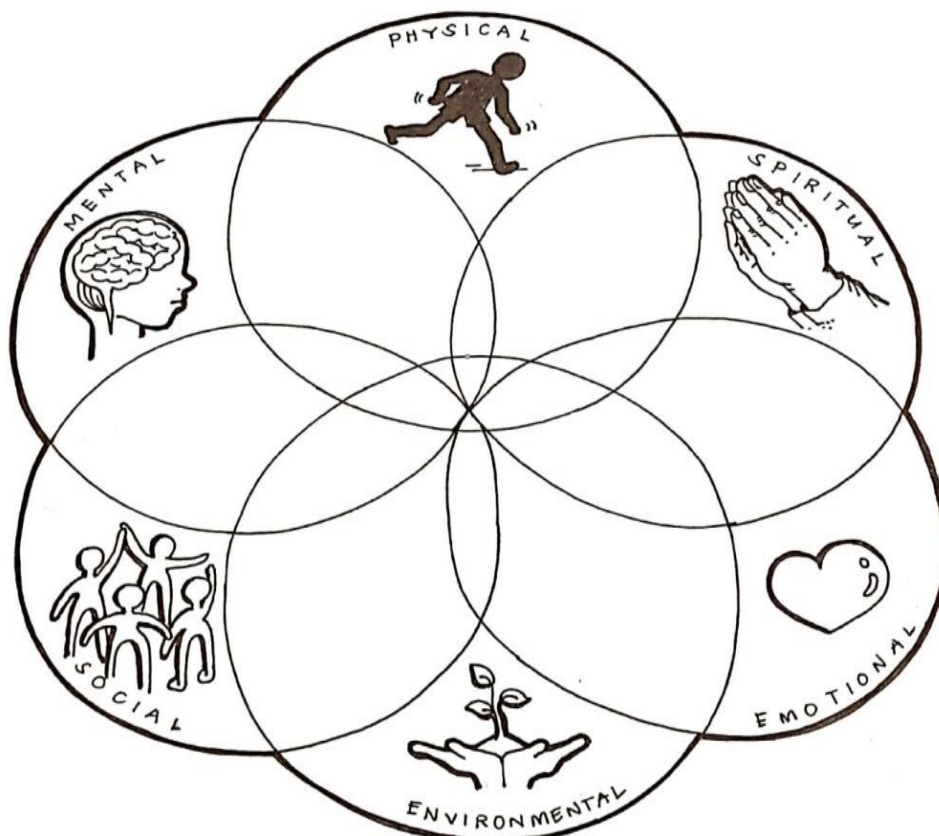
What's More

Activity 1: Holi Dream

Holistic health and wellness is a way of living that focuses on the interdependence and cooperation of all aspects of an individual – body, mind, and soul. It is a lifestyle that focuses on the whole person. Hence, the term holistic is derived.

Dimensions of Holistic Health

Good health and wellness is interdependent on six dimensions.



Concept of Holistic Health:

1. Based on the diagram shown above, enumerate the dimensions of holistic health.
2. Enumerate why a person should be healthy on each of the following dimensions:
 - a. Physical
 - b. Spiritual
 - c. Mental
 - d. Social
 - e. Environmental
 - f. Emotional
3. Why do you think it is important to be holistically healthy?

Activity 2: Fit me in

Directions: Classify the following activities into physical, social, moral/spiritual, emotional, mental, and environmental health by writing them on their proper column.

- Walking around the plaza
- Chatting with friends
- Going out with family and relatives
- Exercising on a regular basis
- Eating fruits and vegetables
- Drinking plenty of water
- Throwing garbage into the trash bin
- Showing love and affection to love ones
- Picking pieces of papers on the corridors
- Playing scrabbles and word hunt
- Reading educational materials
- Writing letters to someone

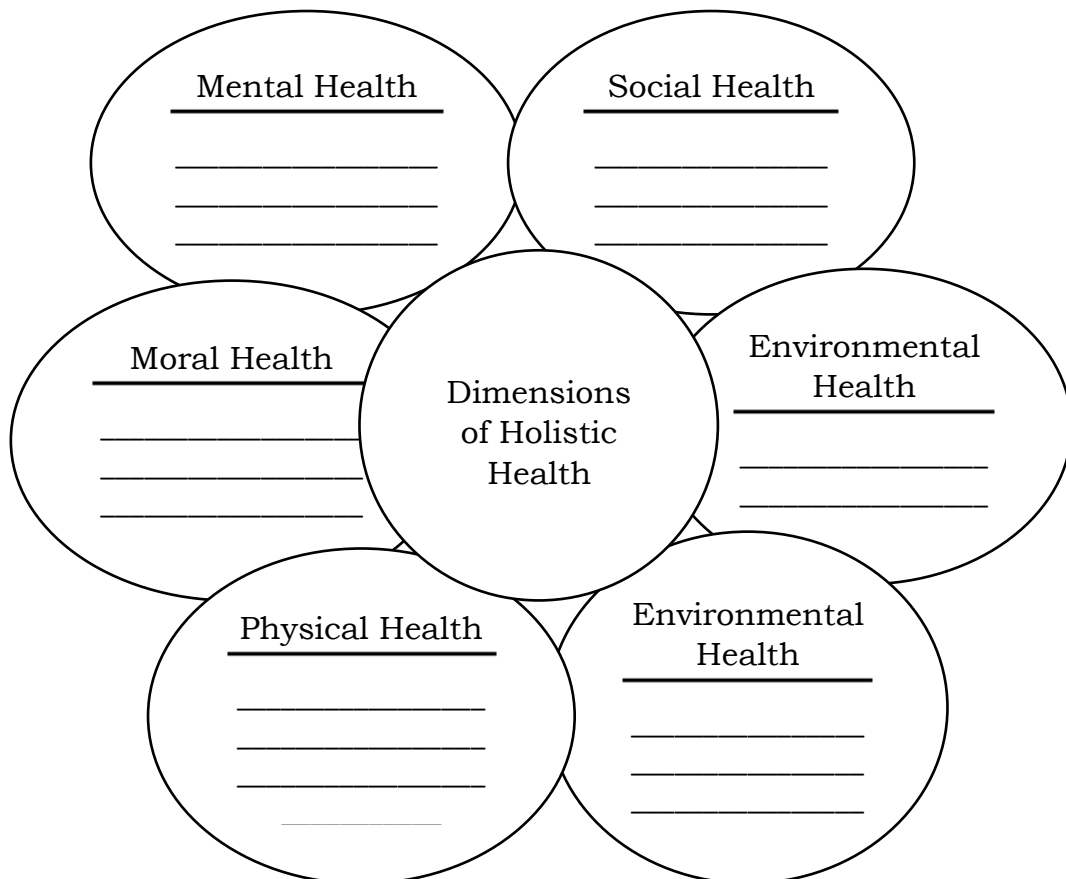
Physical Health	Social Health	Moral/ Spiritual Health	Emotional Health	Mental Health	Environmental Health

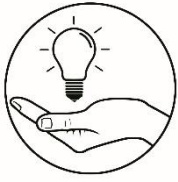
Below is a rubric that will guide you to interpret your score.

Score	Description	Indicators
10-12	Strong	You really have the knowledge and fully understand the dimensions of holistic health
7-8	Moderate	You need to perform more healthy activities to satisfy the dimensions
4-5	Improving	You need to learn and to practice more healthy activities to satisfy the dimensions
1-2	Developing	There is still much room to learn about the concept of holistic health.

Activity 3: Wheel of Change

Directions: Write your personal suggestions on how you can attain holistic health inside the circle.





What I Have Learned

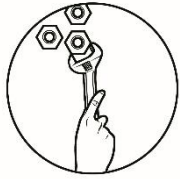
Directions: Analyze and reflect on the quotation and illustrations below in a paragraph composed of 3-5 sentences. Do this in your activity notebook.

“The greatest Wealth is Health”



Evaluation of your output will be based on the following criteria:

- | | |
|-------------------------------|-----------------|
| 1. Clarity of Message | 7 points |
| 2. Legitimacy of principles | 5 points |
| 3. Justification of new ideas | <u>3 points</u> |
| Total = | 15 points |



What I Can Do

Activity 1: Match me up

Health focuses on wellness. It is an approach that includes all the dimensions of health: physical, mental, emotional, social and moral/spiritual.

Directions: Match column A with Column B. Write only the letter of your answer in your notebook.

Column A

- _____ 1. Revitalize your mental energy
- _____ 2. Celebrate your body
- _____ 3. Nourish your soul
- _____ 4. Boost your positive emotions
- _____ 5. Treat yourself with a good company

Column B

- a. social
- b. spiritual
- c. mental
- d. physical
- e. environmental
- f. emotional



Assessment

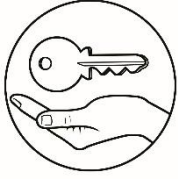
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 - C. Going out with friends
 - D. Throwing garbage into the garbage bin



Answer Key

Assessment	Pre-Test/Post Test
1. A	1. A
2. A	2. A
3. B	3. B
4. D	4. D
5. A	5. C
6. B	6. B
7. C	7. C
8. A	8. A
9. C	9. C
10. C	10. C
11. C	11. B
12. D	12. D
13. A	13. A
14. B	14. A
15. A	15. A

What's In	What I can do
1. Scoliosis	1. C
2. Stunted growth	2. D
3. Blister	3. B
4. Obesity	4. F
5. Vision	5. A

References

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