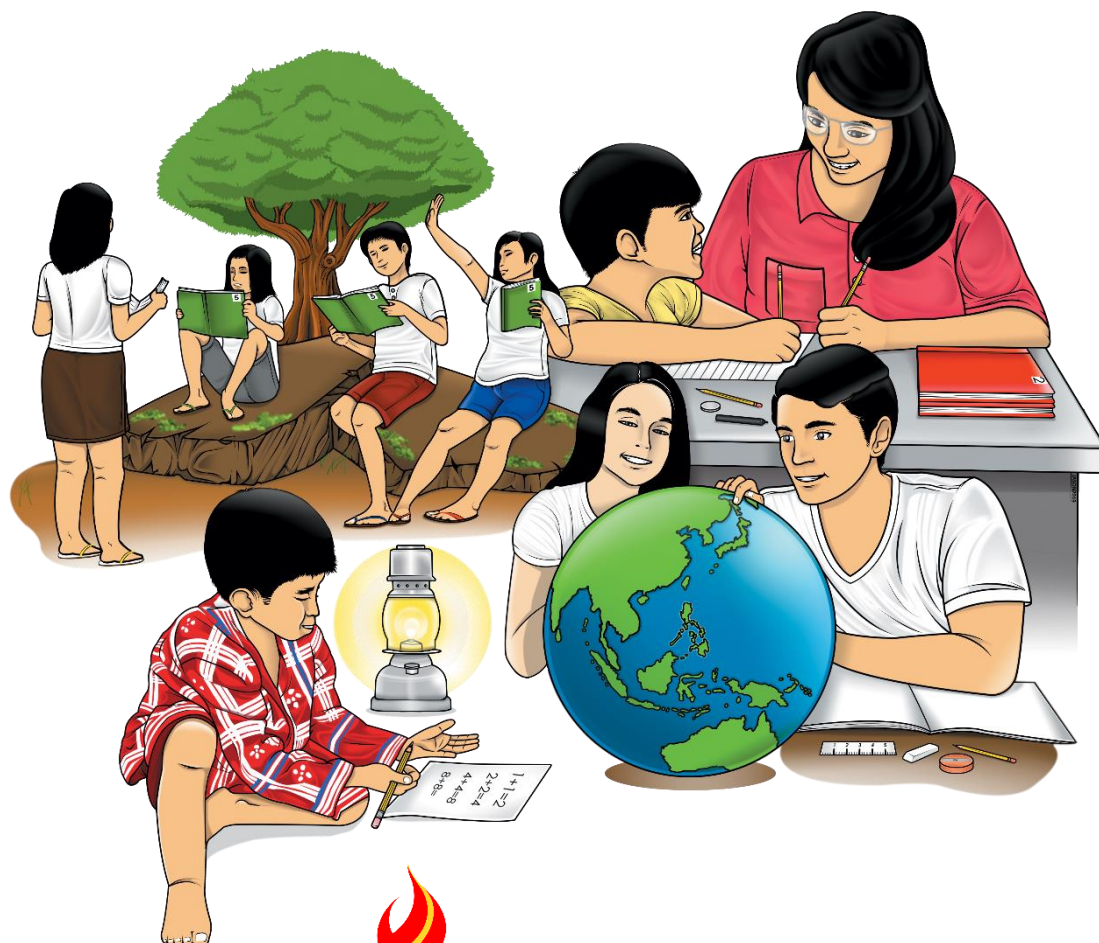


# HEALTH

## Quarter 2 – Module 5: Mother Knows Best



**Health – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 5: Mother Knows Best**  
**First Edition, 2020**

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# HEALTH

## Quarter 2 – Module 5: Mother Knows Best

## **Introductory Message**

This Self-Learning Module (SLM) is prepared 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.

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

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, 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.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module 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 questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

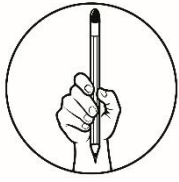
This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow 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 contains:

- Lesson 1 – Maternal Nutrition

After going through this module, you are expected to:

1. explain the importance of maternal nutrition during pregnancy (H8FH-IIe-f-31)
  - a. identify foods that pregnant woman should eat;
  - b. classify the foods needed by the pregnant woman using the daily nutritional guide pyramid for Filipinos;
  - c. write a dietary meal plan for a pregnant woman based on the daily nutritional guide pyramid for Filipinos.



## ***What I Know***

In this activity you will be tested of the prior knowledge you have about the topic in this module.

**Directions:** Read the questions and choose the letter of the correct answer. Write the letter of the correct answer on your notebook.

1. What food group that gives pregnant woman nutrients for growth?
  - A. Body-Building Food
  - B. Body Regulating-Food
  - C. Energy-Giving Food
  - D. Water
  
2. What food group gives us nutrients enriched with vitamins?
  - A. Body-Building Food
  - B. Body Regulating-Food
  - C. Energy-Giving Food
  - D. Water
  
3. Which of the following food groups that gives us nutrients enriched with carbohydrates?
  - A. Body-Building Food
  - B. Body Regulating-Food
  - C. Energy-Giving Food
  - D. Water
  
4. Which of the following food is an example of an energy-giving food?
  - A. fish
  - B. meat
  - C. rice
  - D. vegetables
  
5. How many teaspoons of fats and oils does a pregnant woman need according to the Daily Nutritional Guide for Filipino Pregnant Women?
  - A. 4
  - B. 5
  - C. 6
  - D. 7

6. According to the Daily Nutritional Guide for Filipino Pregnant Women, what food requires 3-4 serving?
  - A. fish
  - B. fruits
  - C. shellfish
  - D. vegetables
  
7. Which of the following food is needed for a pregnant woman?
  - A. egg
  - B. fast foods
  - C. junk foods
  - D. soft drinks
  
8. During the first trimester of a pregnant woman, what does she experience?
  - A. start to look pregnant
  - B. missed menstrual period
  - C. begin to wear maternity clothes
  - D. some discomfort as their belly gets bigger
  
9. What does a pregnant woman usually experienced when reaching the third trimester of her pregnancy?
  - A. start to look pregnant
  - B. missed menstrual period
  - C. begin to wear maternity clothes
  - D. some discomfort as their belly gets bigger
  
10. When making a daily dietary plan for pregnant woman, how many cups of cooked rice does she need?
  - A. 3 cups
  - B. 4 cups
  - C. 5 cups
  - D. 6 cups
  
11. What food should be placed at the bottom of the pyramid if you will be asked to make a daily nutritional guide pyramid for Filipino pregnant woman?
  - A. fats and oils
  - B. fruits
  - C. vegetables
  - D. water

12. How many glasses of milk is required for a pregnant woman to drink in a day?
- A. 1 glass
  - B. 2 glasses
  - C. 3 glasses
  - D. 4 glasses
13. Which of the following is an example of food under body building food?
- A. fruits
  - B. meat
  - C. sugar
  - D. vegetables
14. Eggs, meat, fish and poultry are examples of what food group?
- A. Body-Building Food
  - B. Body Regulating-Food
  - C. Energy-Giving Food
  - D. Water
15. Which of the following food is an example of body-regulating food?
- A. egg
  - B. fruit
  - C. root crops
  - D. sugar



## Lesson

# 1

## Maternal Nutrition



### *What's In*

In this activity, you will be tested about your observation with regards to pregnancy-related concerns.

**Directions:** Put check (✓) if the statement or word is a pregnancy-related concern and cross (X) if the statement or word is not a pregnancy-related concern.

\_\_\_\_\_ 1. Morning sickness

\_\_\_\_\_ 2. Changes in voice

\_\_\_\_\_ 3. Restlessness

\_\_\_\_\_ 4. Feeling clumsy or  
uncomfortable

\_\_\_\_\_ 5. Fatigue

\_\_\_\_\_ 6. Pimples

\_\_\_\_\_ 7. Stretch marks

\_\_\_\_\_ 8. Leg cramps

\_\_\_\_\_ 9. Changes in vaginal  
discharge

\_\_\_\_\_ 10. Breast become small



## ***What's New***

### **Activity 1**

In this activity, you will describe what you have observed in the picture and explain their differences.

**Directions:** Look at the pictures and spot their differences. Be guided by the questions below.



Skinny pregnant woman



Healthy pregnant woman

Illustrated by: Glycerio C. Dano

- Describe the pictures. Are they different?
- Why do you think they differ? Explain your answer.



## ***What Is It***

Pregnant women ought to be mindful of what they are eating. A baby in its womb consumes all the nutrients that a mom takes in.

### **Importance of Maternal Nutrition**

Maternal nutritional status significantly affects the baby's health development during early embryogenesis, pregnancy, birth, and lactation, and thereafter determines health during growth and even during adulthood. Maternal nutrition's importance reaches into the time prior to conception: the nutritional status of pre-conception not only affects fertility, but also embryogenesis and life-long health. Intrauterine adaptations to fetal malnutrition may cause predisposition for coronary heart disease, type-2 diabetes mellitus and hypertension. Therefore, it can be concluded that improving nutrition for women during their reproductive cycle would have a significant effect on the next generation's

11 1 .

### **Daily Dietary Plan during Pregnancy**

#### **Body-Building Foods:**

fish, meat, poultry	4 matchbox-sizes
milk and milk products	2/3 cup whole
eggs	3 – 4 pcs/week
dried beans and nuts	1/2 cup cooked

#### **Energy-Giving Foods:**

enriched rice	5 cups cooked
root crops	1 pc small or ½ cup sliced
sugar	6 teaspoons
fat	7 teaspoons

#### **Body-Regulating Foods:**

green leafy and yellow vegetables	3/4 cooked
vitamin C-rich foods	2 pcs medium or 2 slices big fruit
other fruits and vegetables	2 pcs medium fruits
	2/3 cup cooked vegetables

## Daily Nutritional Guide Pyramid for Filipino Pregnant Women



Source: <https://www.fnri.dost.gov.ph/images/images/nutristat/pregnantbody.jpg>

### Activity 1: What Shall I eat?

In this activity, you will discuss the importance of maternal nutrition during pregnancy.

Answer the following questions. Write your answer on the space provided.

1. What are the examples of food needed by a pregnant woman? Cite some examples.

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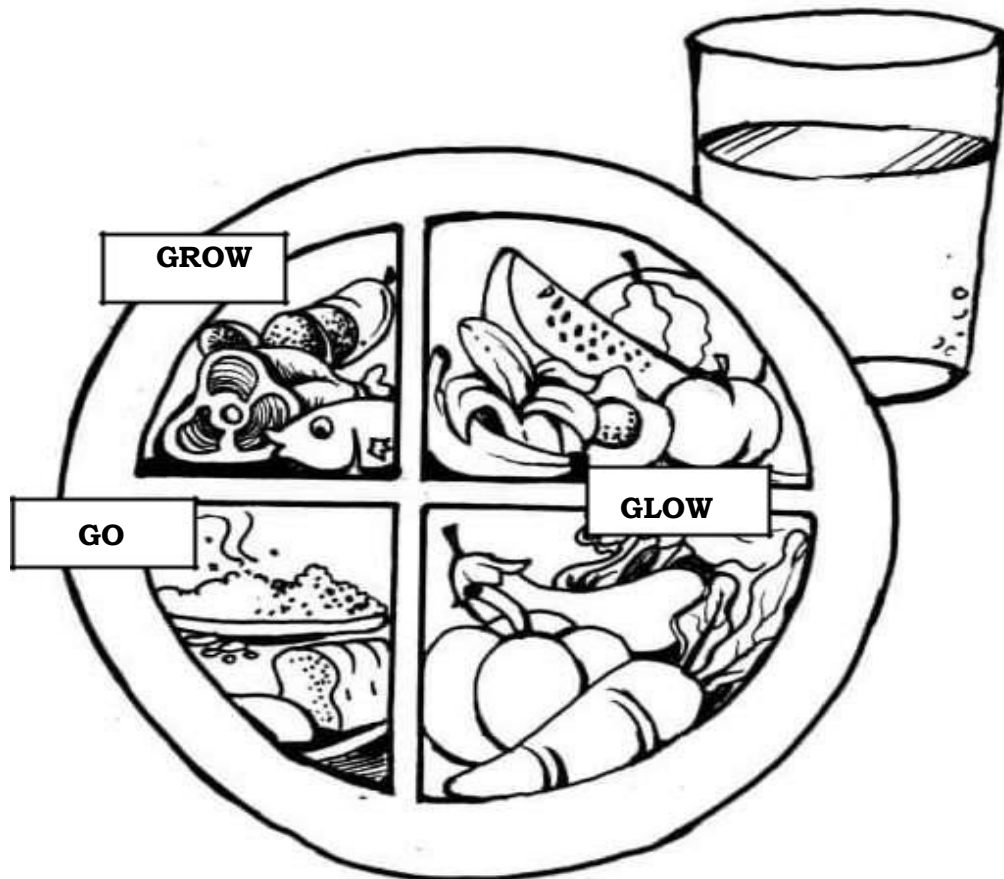
2. Why is it important to know the maternal nutrition during pregnancy?

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**DEPARTMENT OF HEALTH'S  
PINGGANG PINOY FOR PREGNANT AND LACTATING**



Illustrated by: Glecerio C. Dano

Pinggang Pinoy for Pregnant and Lactating food guide that uses food plate model to show the recommended amount of food group in every meal for pregnant women.

**Go (Energy-Giving)**

Go for rice, bread, pasta, root crops and other foods rich in carbohydrates that provide energy to support bodily functions and physical activity.

Take whole grains like brown rice, corn, whole wheat bread, and oatmeal which contain more fiber and nutrients than refined grains and are linked to lower risk of heart diseases, diabetes and other health problems.

### **Grow (Body-Building)**

This food group includes eating fish, lean meat, eggs, etc. that provides building of the mother's muscle and baby's tissue. Enough animal based protein food for iron. Eat also fatty fish to provide essential fatty acids for the children's brain development. Drink milk products or other calcium-rich food for healthier teeth and bones.

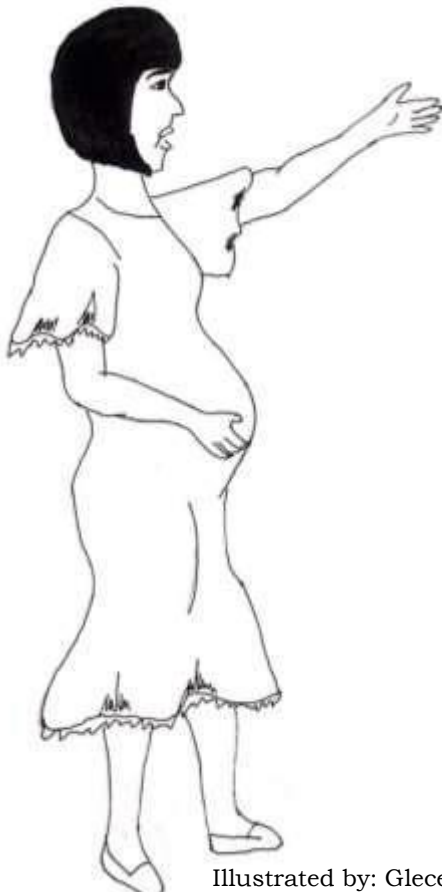
### **Glow (Body-Regulating)**

Eat different varieties of fruits and vegetables enriched with vitamins, minerals and fiber that is needed of regulation process of the body. Eat also green leafy vegetables enriched with high iron and foliate content.

### **Water**

Drink lots of water daily to supply the water need of the body and for adequate hydration. Limit the sugar-sweetened beverages to reduce the risk of obesity and tooth decay.

Pregnant women need to be aware of the food they eat. A baby in their womb absorbs all the nutrients a mother takes in.



Illustrated by: Glycerio C. Dano

#### **Daily Dietary Plan during Pregnancy**

##### **Body-Building Foods:**

Fish, meat, poultry	4 matchbox-sizes
Milk and milk products	2/3 cup whole
Eggs	3 – 4 pcs/week
Dried beans and nuts	½ cup cooked

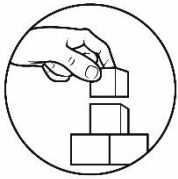
##### **Energy-Giving Foods:**

Enriched rice	5 cups cooked
Root crops	1 pc small or ½ cup sliced
Sugar	6 teaspoons
Fat	7 teaspoons

##### **Body-Regulating Foods:**

Green/yellow leafy vegetables	¾ cooked
Vitamin C-rich foods	2 pcs medium or 2slices big fruit
Other fruits and vegetables	2 pcs medium fruits 2/3 cup cooked vegetables

1. The first trimester of pregnancy lasts from week 1 to week 12. Your first sign of pregnancy can be a missed menstrual period.
2. The second trimester of pregnancy (from week 13 to week 27) is the time when most women start to look pregnant and may begin to wear maternity clothes. By 16 weeks, the top of your uterus, called the fundus, will be about halfway between your pubic bone and your navel.
3. The third trimester lasts from week 28 to birth. Most of the women have some discomfort during this time as their belly gets bigger. Sleep problems are common during this period.



## ***What's More***

### **Activity 2: Healthy Options**

In this activity, you will identify the foods needed by a pregnant woman.

**Directions:** Put a check mark (/) on the foods needed by a pregnant woman. Leave it blank if not.

- |                       |                      |
|-----------------------|----------------------|
| _____ 1. bread        | _____ 6. soft drinks |
| _____ 2. junk foods   | _____ 7. malunggay   |
| _____ 3. milk         | _____ 8. mangoes     |
| _____ 4. sweet potato | _____ 9. egg         |
| _____ 5. squash       | _____ 10. fast food  |

**Activity 3: Draw the Food**

In this activity, you will draw the foods needed by a pregnant woman according to the food group where they belong.

**Directions:** Draw 4 healthy foods in every food group where they that gives nutrients for a pregnant woman.

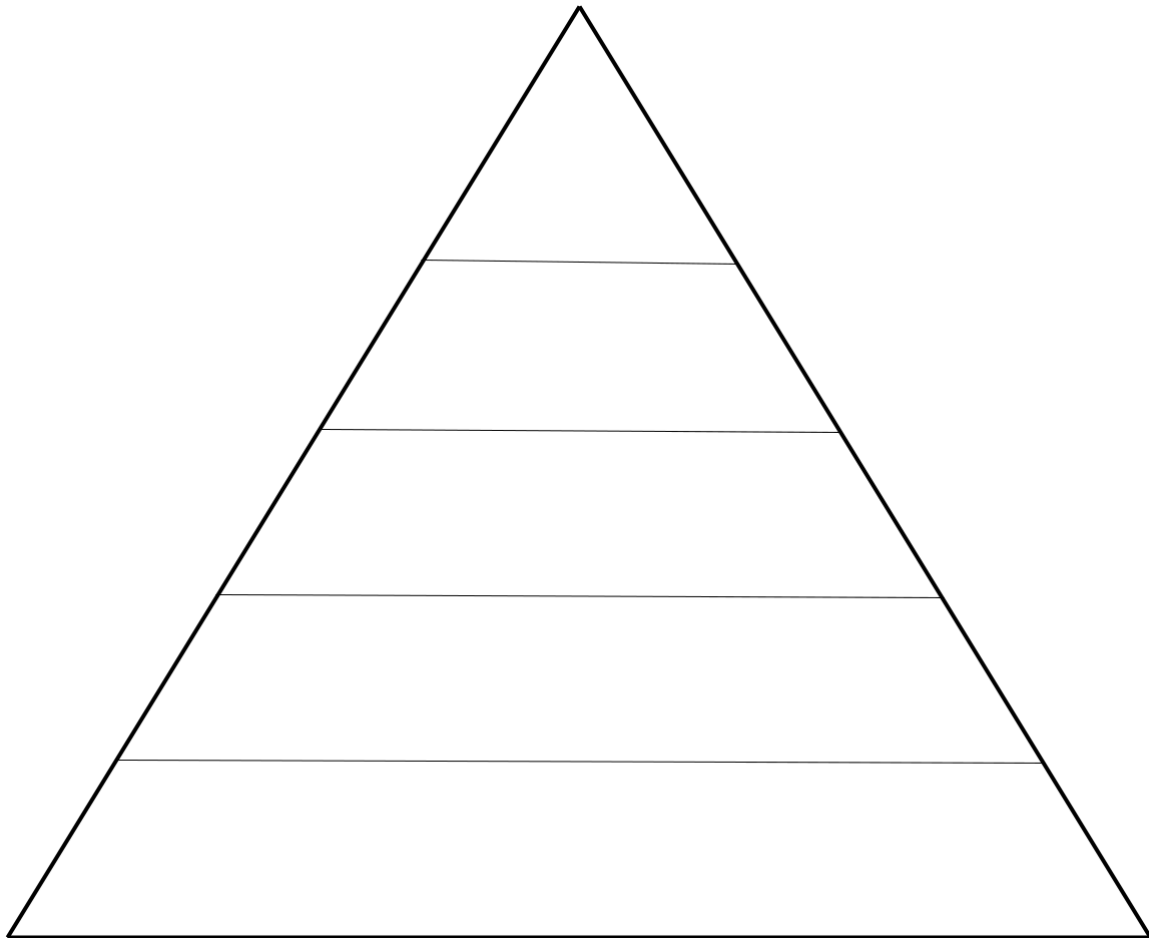
GO	GROW	GLOW



#### Activity 4: Food for the Baby

In this activity, you will classify the food according to their level of importance using the food pyramid for pregnant woman.

**Directions:** Classify or group the following foods written on the box or word pool below which are needed by a pregnant woman using a Food Pyramid. Write it on the Food Pyramid

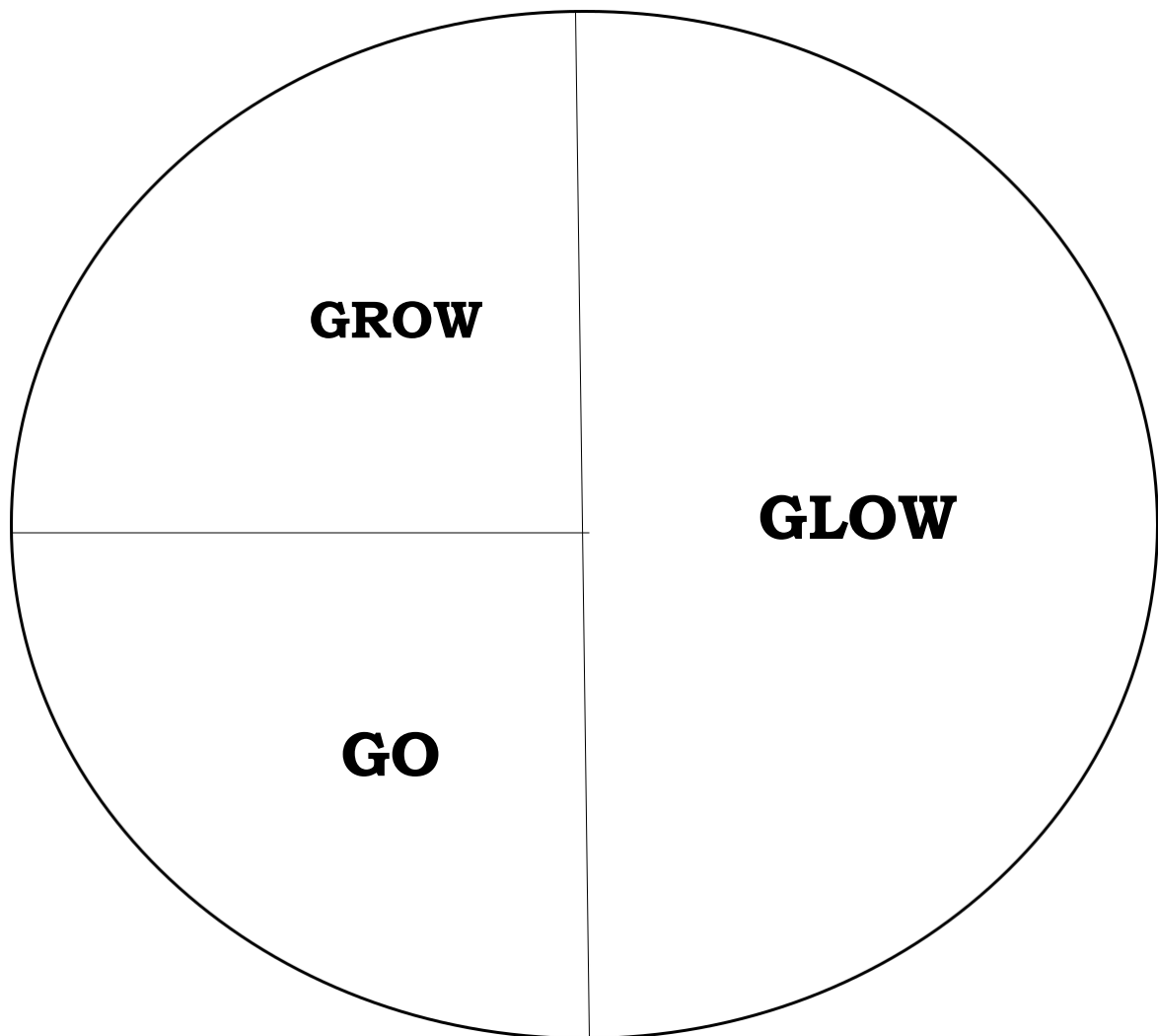


water	bread	banana	sugar	fats	fish
milk	squash	cassava	egg	rice	guyabano
juices	meat	shellfish	eggplant	beans	mangoes

**Activity 5: My Pinggang Pinoy**

In this activity, you will make your own plan using the Pinggang Pinoy model using the available food in your locality.

**Directions:** Make your own Pinggang Pinoy for Pregnant and Lactating women using the foods available in your locality. Write the food and its amount on the diagram below.



**Activity 6: Reflect what you have learned**

In this activity, you will reflect what you have learned about the dietary needs of a pregnant woman.

**Directions:** Read and reflect on the following questions. Write your answers in your activity notebook.

1. Why do pregnant women need to guard their diet?

---

---

2. Give and explain the importance of maternal nutrition during pregnancy.

---

---

3. What foods are recommended for pregnant woman?

---

---



## ***What I Have Learned***

### **Activity 7: Where Do I Belong?**

In this activity, you will classify the foods on what food group they belong.

**Directions:** Classify the foods written in the box as to what food group they belong.

rice	egg	malunggay	bread	milk
banana	lanzones	fish	squash	cassava
meat	eggplant	potatoes	poultry	sweet potatoes

<b>GO</b>	<b>GROW</b>	<b>GLOW</b>

### **Activity 8: What am I**

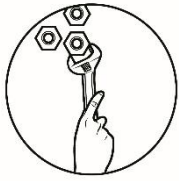
In this activity, you will identify the food group of the following foods.

**Directions:** Identify the following food on what food group they belong to. Write only **Body Building-Food**, **Energy Giving Food**, or **Body-Regulating Food**. Write your answer on the space provided before the number.

\_\_\_\_\_ 1. meat

\_\_\_\_\_ 2. enriched rice

- \_\_\_\_\_ 3. malunggay
- \_\_\_\_\_ 4. banana
- \_\_\_\_\_ 5. cassava
- \_\_\_\_\_ 6. egg
- \_\_\_\_\_ 7. nuts
- \_\_\_\_\_ 8. cake
- \_\_\_\_\_ 9. eggplant
- \_\_\_\_\_ 10. noodles
- \_\_\_\_\_ 11. beans
- \_\_\_\_\_ 12. milk
- \_\_\_\_\_ 13. sweet potato
- \_\_\_\_\_ 14. mango
- \_\_\_\_\_ 15. Fish



## ***What I Can Do***

In this activity, you will make your own dietary plan for pregnant woman using the table.

**Directions:** Make your own plan of a dietary need of a pregnant woman that is good for one week. Follow the format.

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Dinner</b>					



## **Assessment**

In this activity you will be tested of the prior knowledge you have about the topic in this module.

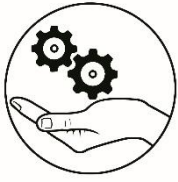
**Directions:** Read the questions and choose the letter of the correct answer. Write the letter of the correct answer on your notebook.

1. Which of the following food is needed for a pregnant woman?
  - A. egg
  - B. fast foods
  - C. junk foods
  - D. soft drinks
  
2. Which of the following food groups that gives us nutrients enriched with carbohydrates?
  - A. Body-Building Food
  - B. Body Regulating-Food
  - C. Energy-Giving Food
  - D. Water
  
3. Which of the following is an example of food under body building food?
  - A. fruits
  - B. meat
  - C. sugar
  - D. vegetables
  
4. Eggs, meat, fish and poultry are examples of what food group?
  - A. Body-Building Food
  - B. Body Regulating-Food
  - C. Energy-Giving Food
  - D. water
  
5. Which of the following food is an example of an energy-giving food?
  - A. fish
  - B. meat
  - C. rice
  - D. vegetables

6. What food group that gives pregnant woman nutrients for growth?
  - A. Body-Building Food
  - B. Body Regulating-Food
  - C. Energy-Giving Food
  - D. Water
  
7. Which of the following food is an example of body-regulating food?
  - A. egg
  - B. fruit
  - C. root crops
  - D. sugar
  
8. What food group gives us nutrients enriched with vitamins?
  - A. Body-Building Food
  - B. Body Regulating-Food
  - C. Energy-Giving Food
  - D. Water
  
9. When making a daily dietary plan for pregnant woman, how many cups of cooked rice does she need?
  - A. 3 cups
  - B. 4 cups
  - C. 5 cups
  - D. 6 cups
  
10. How many glasses of milk is required for a pregnant woman to drink in a day?
  - A. 1 glass
  - B. 2 glasses
  - C. 3 glasses
  - D. 4 glasses
  
11. According to the Daily Nutritional Guide for Filipino Pregnant Women, what food requires 3-4 serving?
  - A. fish
  - B. fruits
  - C. shellfish
  - D. vegetables



12. What food should be placed at the bottom of the pyramid if you will be asked to make a daily nutritional guide pyramid for Filipino pregnant woman?
- A. fats and oils
  - B. fruits
  - C. vegetables
  - D. water
13. How many teaspoons of fats and oils does a pregnant woman need according to the Daily Nutritional Guide for Filipino Pregnant Women?
- A. 4
  - B. 5
  - C. 6
  - D. 7
14. During the first trimester of a pregnant woman, what does she experience?
- A. start to look pregnant
  - B. missed menstrual period
  - C. begin to wear maternity clothes
  - D. some discomfort as their belly gets bigger
15. What does a pregnant woman usually experienced when reaching the third trimester of her pregnancy?
- A. start to look pregnant
  - B. missed menstrual period
  - C. begin to wear maternity clothes
  - D. some discomfort as their belly gets bigger



## ***Additional Activities***

### **Activity 1: Describe It**

In this activity, you will describe the experiences of the pregnant woman in every trimester of their pregnancy.

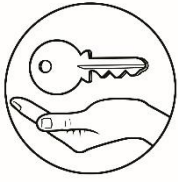
**Directions:** Give the description of every trimester for pregnant women.

<b>First Trimester</b>	<b>Second Trimester</b>	<b>Third Trimester</b>

### **Activity 2: Paper plate**

In this activity, you will make a plate of foods needed for pregnancy using the cut-out pictures.

**Directions:** Cut out pictures of different foods and paste them on a paper plate. Remember that these foods are what a woman should be eating during pregnancy.



# Answer Key

**What I Know**

1. A  
2. B  
3. C  
4. C  
5. D  
6. D  
7. A  
8. B  
9. D  
10. C  
11. D  
12. A  
13. B  
14. A  
15. B

**What's In**

1. /  
2. X  
3. /  
4. /  
5. /  
6. X  
7. /  
8. /  
9. /  
10. X

**What's More**

1. /  
2.  
3. /  
4. /  
5. /  
6.  
7. /  
8. /  
9. /  
10.

**What I Have Learned Activity 7**

GO – rice, bread, sweet  
potato, cassava, pota  
toes  
GROW-  
egg, milk, fish, meat, po  
ulity  
GLOW-  
malunggay, banana, s  
quash, eggplant, lanzo  
nes

**What I Have Learned Activity 8**

1. Body Building Food  
2. Energy Giving Food  
3. Body-Regulating Food  
4. Body-Regulating Food  
5. Energy Giving Food  
6. Body-Regulating Food  
7. Body-Regulating Food  
8. Energy Giving Food  
9. Body-Regulating Food  
10. Energy Giving Food  
11. Body-Regulating Food  
12. Body-Regulating Food  
13. Energy Giving Food  
14. Body-Regulating Food  
15. Body-Regulating Food

**Assessment**

1. A  
2. C  
3. B  
4. A  
5. C  
6. A  
7. B  
8. B  
9. C  
10. A  
11. D  
12. D  
13. D  
14. B  
15. D

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2016. <https://www.fnri.dost.gov.ph/images/sources/PinggangPinoy-Pregnant-and-Lactating-Women.pdf>

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