

# Health

## Quarter 2 – Module 1: Nutrition During Adolescence



**Health – Grade 7**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 1: Nutrition during Adolescence**  
**First Edition, 2020**

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**Development Team of the Module**

**Writer:** Kathleen Rivera-Osano

**Editors:** Orly A. Orsos, Ma. Rubynita T. Del Rosario, Raizza Marie R. Buñag, Elizabeth T. Delas Alas, Ferdinand J. Gotoy, Maria Salvacion P. Villanueva

**Reviewer:** Laarni G. Palasigue

**Learning Resource Evaluators:**

**Content Evaluators:** Jennifer L. Oliver, Jayne Cerise G. Ical

**Language Evaluators:** Baby Joy O. Atienza, Darwin A. Muleta

**Design Evaluator:** Mark Angelo A. Dacayanan, Marvy R. Villamor

**Illustrator:** Danne Robin M. Ramos, Joyet G. Agar, June R. Laureta, Lyka Mie Amor E. Arimbay

**Layout Artist:** Ma. Rubynita T. Del Rosario, Roel S. Palmaira

**Management Team:** Benjamin D. Paragas

Mariflor B. Musa

Freddie Rey R. Ramirez

Danilo C. Padilla

Raquel P. Girao

Elizabeth T. Delas Alas

Ferdinand J. Gotoy

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**Department of Education – MIMAROPA Region**

Office Address: Meralco Ave., cor. St. Paul Road, Pasig City, Philippines

Telefax: 02-8631-4070

E-mail Address: mimaropa.region@deped.gov.

# Health

## Quarter 2 – Module 1: Nutrition During Adolescence

## **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 highlights the importance of attaining holistic health. It also focuses on the need to develop all dimensions of one's health. Correct health information, a positive attitude, healthy practices will be discussed to help you attain and maintain holistic health. The language used recognizes your diverse vocabulary level. The lessons are arranged to follow the standard sequence of the curriculum guide. But the order in which you read them can be changed to correspond with the textbook you are now using.

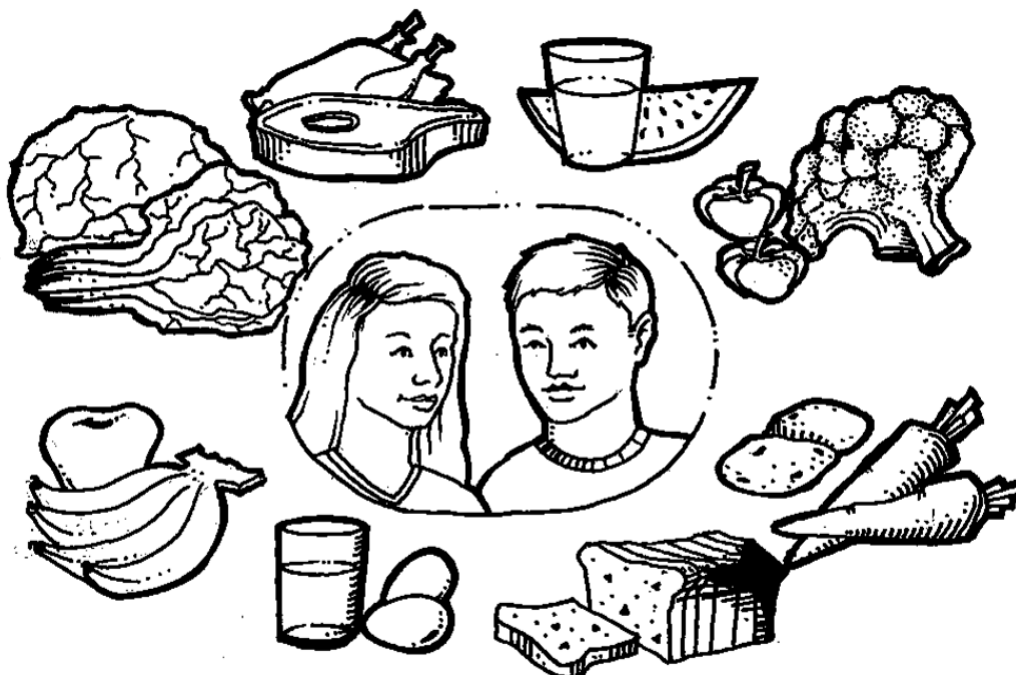
In addition, you will be exposed to activities that will help you develop/practice different life skills, such as critical thinking skills and decision- making skills to cope with changes during adolescence.

The module is divided into two lessons, namely:

- Lesson 1 – Healthy foods for adolescents
- Lesson 2 – Other Essential Nutrients and its functions

After going through this module, you are expected to:

- Identify the right foods during adolescence (*H7N-IIa-20*)





## ***What I Know***

**Directions:** Read each item carefully. In your notebook, write the letter of your answer.

1. In which of the following practices can you eat a variety of foods?
  - A. Eat at a fast food restaurant every day.
  - B. Eat food from some of the food groups.
  - C. Eat a variety of foods from each food group every day.
  - D. Eat only one type of food from each food group every day.
2. Which dietary guideline will you use in choosing healthful snacks?
  - A. Eat salty snacks.
  - B. Eat sweet snacks.
  - C. Eat your favorite snacks.
  - D. Eat grains and fruits for snacks.
3. Which snack is NOT healthful?
  - A. Milk
  - B. Fruit juice
  - C. Soft drinks
  - D. Fresh fruits
4. Which of the following is NOT a nutrient?
  - A. Bread
  - B. Calcium
  - C. Protein
  - D. Iron
5. Which is a healthful snack?
  - A. Potato chips and soft drinks
  - B. Halo-halo with Ice cream and biscuit
  - C. Hot dog sandwich and bottled fruit juice
  - D. Chicken sandwich with lettuce and fruit juice
6. Which of the following is an energy food?
  - A. Guava
  - B. Milk
  - C. Rice
  - D. Spinach

7. Which of the following practices is NOT healthful to do?
- A. Eat vegetables and fruits daily.
  - B. Limit the intake of sugar and salt
  - C. Increase the consumption of fatty foods.
  - D. Eat breakfast high in fiber like oatmeal.
8. Why do adolescents require more energy and nutrients?
- A. They need to achieve full growth potential.
  - B. They engage in more active physical activities.
  - C. Their bodies are preparing for pubertal changes.
  - D. Their bodies are undergoing several physical changes.
9. Which healthful diet makes you stay at a healthy weight?
- A. High calories from sweets
  - B. Fibers from fruits, and vegetables
  - C. Fats and salt from processed food
  - D. Caffeine from cola drinks and coffee
10. Aside from vitamins, what do you get from eating grains?
- A. Fiber
  - B. Fat
  - C. Calcium
  - D. Complete nutrients
11. What do you call an essential nutrient needed for bone development?
- A. Carbohydrates
  - B. Iron
  - C. Calcium
  - D. Protein
12. How are you going to prevent iron deficiency anemia?
- A. Eat seaweeds
  - B. Eat water fish
  - C. Eat iodized table salt
  - D. Eat dark green leafy vegetables
13. What are you going to buy if you were asked by your mother to go to the market and buy some food for your lunch?
- A. Longganisa, fried rice, egg, and coffee
  - B. Fried chicken, rice, lychee, and juice
  - C. Sinigang, rice, pinakbet, and ripe banana
  - D. Barbecue, rice, watermelon, and soda

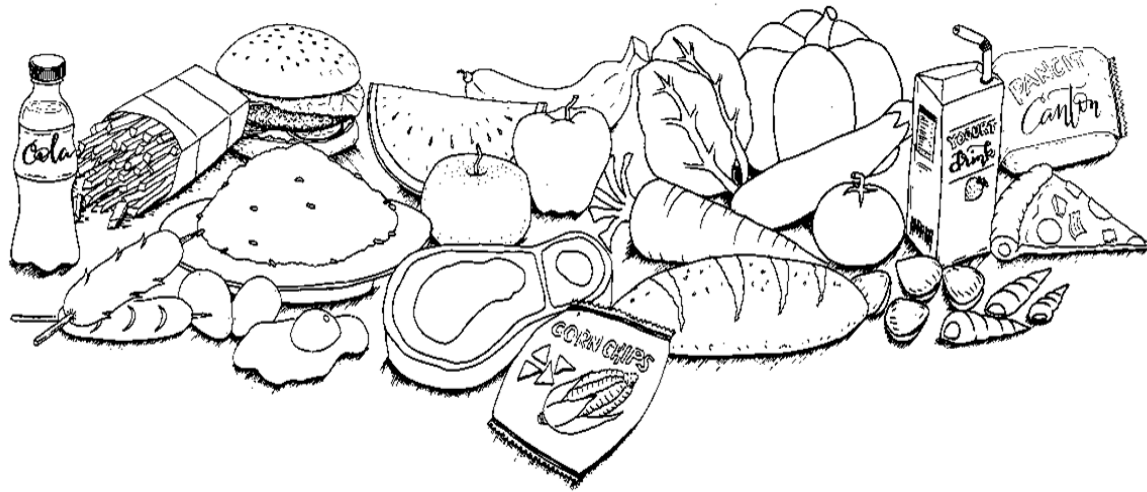
14. Which of the following practices is healthful to do?
- A. Limit fruits and vegetables
  - B. Eat sugary and salt foods
  - C. Increase the consumption of fatty foods
  - D. Eat breakfast high in fiber like oatmeal
15. What essential nutrient is important to the growth and repair of muscles and tissues and production of hormones?
- A. Grains
  - B. Fruits and Vegetables
  - C. Protein
  - D. Iron



## Lesson

# 1

# Nutrition: Nutritional Needs of Adolescents



As the saying goes, “You are what you eat”, is really true. Good nutrition affects your total well-being. Thus, it is very important in attaining good health. As you explore this topic, you will know correct information that will help and guide you in choosing the right foods you need for a healthy life. It will also make you realize that part of good nutrition is eating the right amount of food and not skipping meals. How to eat well for good health is about how to make good food choices for a healthy balanced diet throughout life.

For you to identify the right foods for your age, and to achieve healthy lifestyle, it is important to know the essential nutrients and the amount of food you eat every day.



## What's In

### Activity 1: Boxes and Circles!

In your previous lessons, you learned about foods that make your body healthy and strong. Let's see if you can still remember them.

Directions: Encircle the healthy foods that you find below and box the unhealthy ones. (Do this in a separate photocopied material given by your teacher.)



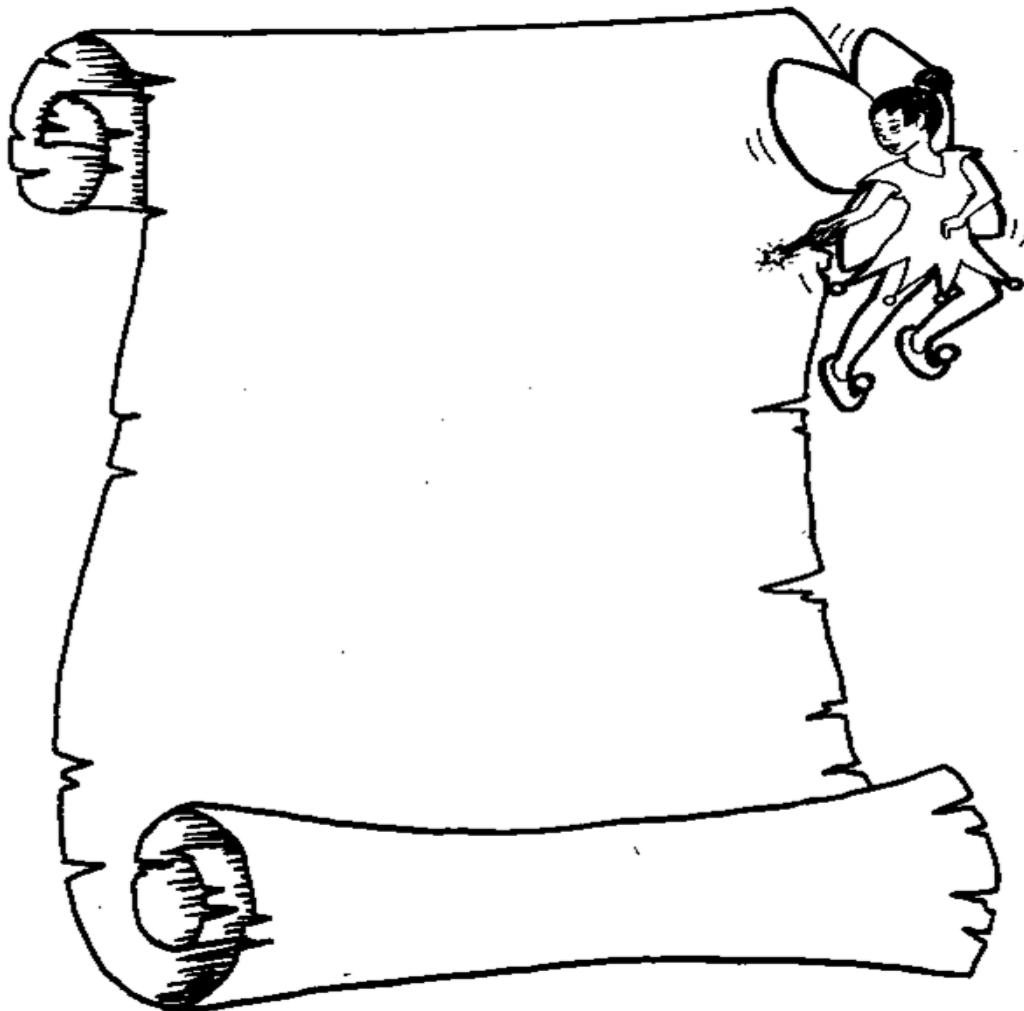


## ***What's New***

### **Activity 1: Wish upon a fairy godmother!**

Have you experienced craving for a certain food, and you cannot buy it for some reasons? Maybe it is the right time to have it in just one clap! Start thinking of the foods you want to eat almost every day! Are you excited?

Directions: Imagine there is a fairy godmother who can give the foods you wish to eat every day. Write those foods in the scroll. (Do this in a separate photocopied material given by your teacher.)



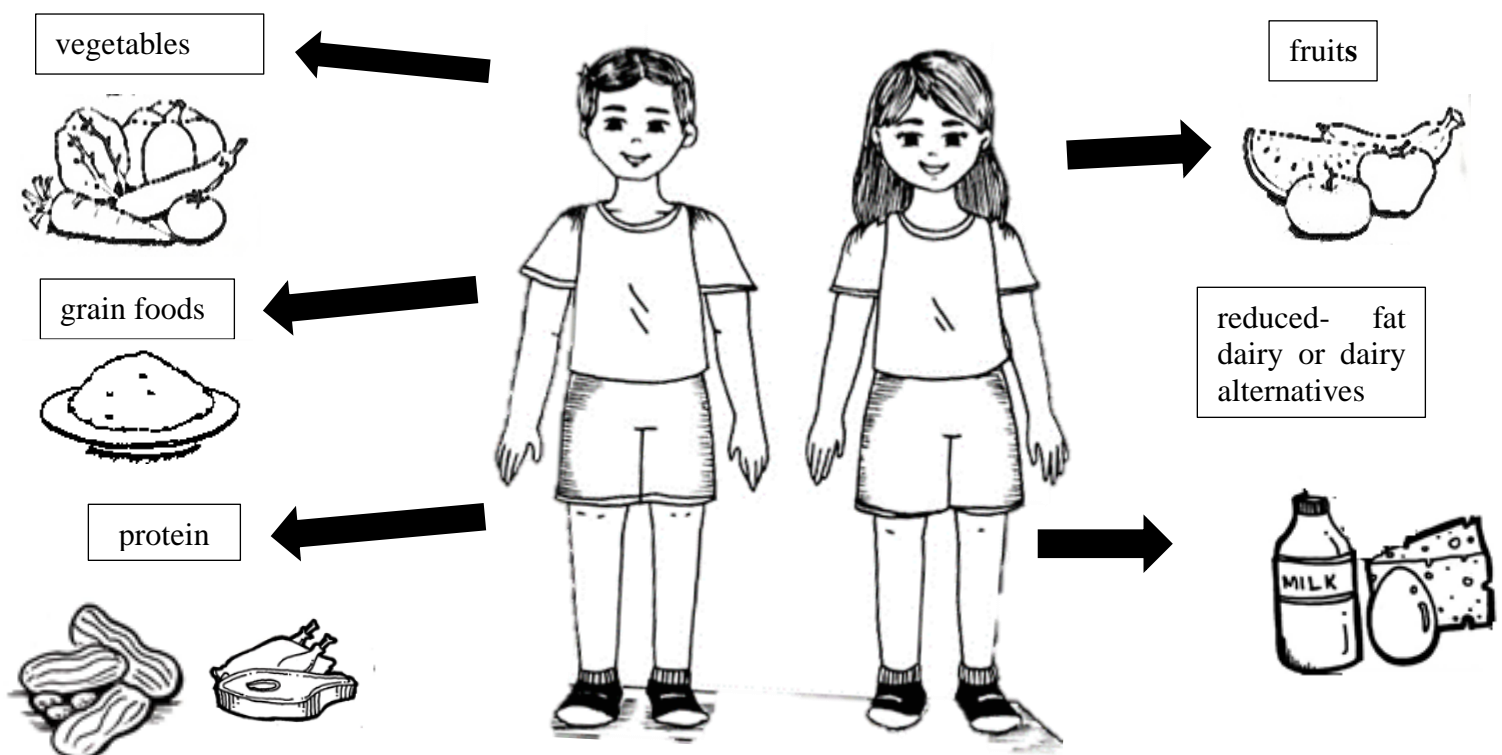
Do you know that there might be foods from your list which are not good for your health? Your answers to this activity will be discussed after the lesson proper.



## ***What is It***

### **What are the healthy foods for adolescents?**

Healthy foods for pre-teen and teenage children include a wide variety of fresh foods from the **five food groups**:

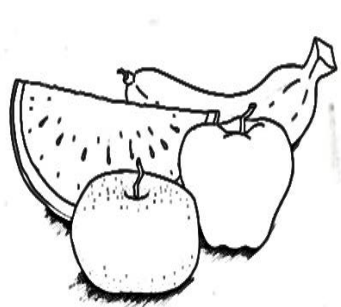
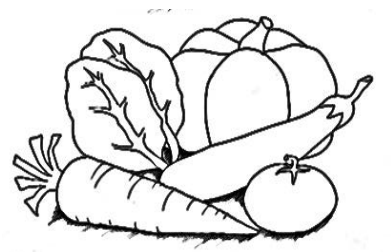


It's important for you to **eat variety of foods from among these five food groups**. This will give you all the extra nutrition and energy you need to grow and develop properly.

Remember that there is a strong relationship between what you eat and your health, not only today but in the future as well. Proper nutrition also helps prevent diet-related chronic diseases in the future, such as cardiovascular disease, cancer, and osteoporosis. It is important for you to select a well-balanced diet always.

## Fruits and vegetables

**Fruits and vegetables** give you energy, vitamins, anti-oxidants, fiber, and water. They contain disease-fighting phytochemicals. Because of this, eating plenty of fruits and vegetables everyday can help reduce your risk of heart disease, high blood pressure, type II diabetes, and certain cancers.



You should choose fruits and vegetables at every meal and for snacks be it in different colors, textures, and tastes, both fresh and cooked. Always wash your fruits and vegetables to remove dirt or any chemical sprays that were left on their peels. These peels contain nutrients too.

## Grain Foods

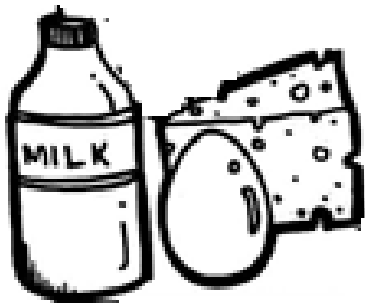


Consuming foods rich in fiber, such as whole grains, as part of overall healthy eating, reduce the risk of coronary heart disease and may reduce constipation.

High-fiber foods such as whole grains help provide a feeling of fullness with fewer calories. Selecting whole grains for at least half your daily servings may help maintain your weight. Incorporate whole grains into your healthy eating plan by adding a whole wheat bagel or toast to breakfast, a sandwich on whole wheat bread at lunch or whole wheat pasta for dinner.

Grain foods include **bread, pasta, noodles, breakfast cereals, rice, corn, quinoa, polenta, oats, and barley**. These foods give you the energy you need to grow, develop, and learn. They will give you longer-lasting energy and keep feeling fuller for longer.

## Reduced-fat dairy foods and dairy-free alternatives



During your puberty stage, you need more calcium to help reach peak bone mass and build strong bones for life. So, you are encouraged to have different kinds of dairy each day – for example, milk, cheese slices and bowls of yoghurt.

If you do not eat dairy, you can also eat **dairy-free foods that are rich in calcium** – for example, tofu, broccoli, nuts, seeds, tinned fish, and calcium-fortified foods like cereal, soy milk, and bread. Key dairy foods are **milk, cheese, and yoghurt**. These foods are high in calcium and protein.

## Protein



Protein is a hard-working nutrient. It is needed for the growth and repair of muscles and tissues, and the production of enzymes and hormones. These are especially important for an adolescent as you experience rapid changes and development. In order for protein to do its job, you have to eat enough food to meet your daily energy needs.

When calories are too low, the body uses protein for energy, leaving less for its other roles. Protein-rich foods include **lean meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu, and nuts**. These foods are important for your child's growth and muscle development, especially during puberty.

These protein-rich foods also have other vitamins and minerals like iron and omega-3 fatty acids, which are important during adolescence stage:

- Omega-3 fatty acids from oily fish help with your brain development and learning.
- Iron fuels your muscle growth and increase in blood volume. Girls need extra iron because of their monthly periods.



## What are the healthy drinks for teenagers?

### Water



It is the healthiest drink for you. It's also the cheapest. Most tap water is fortified with fluoride for strong teeth too. Milk is also a good drink option for teenagers. It's rich in calcium, which is good for bone development

A 50 kg adult contains about 31 liters of water and a one-year-old, 10 kg child contains nearly 8 liters of water. Almost every part of the body contains large amount of water.

We can live without solid food for few weeks, but we cannot live without water for more than a few days. An adult need about 2–3 liters of water each day. That is why drinking water is so important when people lose a lot of fluids due to excessive sweating or during diarrhea.

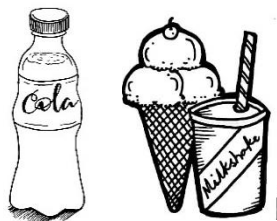
Water is important for life. We need water for the body to make cells and to provide it with fluids such as tears, digestive juices, and breastmilk. It keeps mouth, intestine, eyelids, and lungs healthy and wet for production of urine and sweat to flush out waste from the body and other essential body processes.

### What food should you avoid or limit?

You should **avoid junk foods**. These foods include potato chips, burgers, fries, pizza cakes, chocolate, candies, biscuits, doughnuts, and pastries.



These foods are high in salt, saturated fat, and sugar, and low in fiber and nutrients. Too much of these foods can increase the risk of getting overweight, becoming obese and acquiring conditions like type-2 diabetes



Consumption of fruit juice, sports drinks, flavored water, soft drinks, and flavored milk should be very minimal, if you cannot avoid them yet. These drinks are high in sugar and low in nutrients. They can cause weight gain, obesity, and tooth decay. These drinks will lessen your appetite and will make you less hungry for healthy meals.

Reduce or eliminate foods and drinks with caffeine because they stop the body from absorbing calcium well. Caffeine is also a stimulant, which means it gives you artificial energy. Too much caffeine can cause sleep problems as well as problems concentrating at school. Foods and drinks with caffeine include coffee, tea, energy drinks, and chocolate.

### Why do adolescents need healthy food and good nutrition?


Teenagers like you go through big physical changes during puberty. You need good nutrition to fuel these physical changes.

Your level of physical activity and stage of development will determine exactly how much healthy food you need. You will notice that you have bigger appetite thereby, the need for proper food choices should be your top priority.

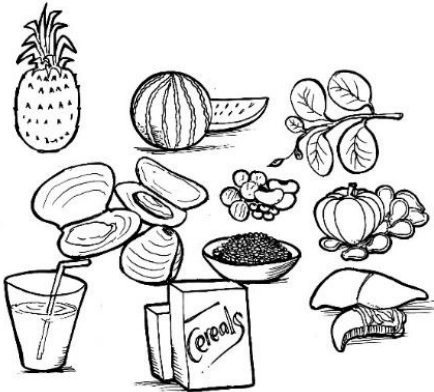

### Other Essential Nutrients and their functions



Essential nutrients are compounds that the body cannot make or we have them, but they are insufficient. According to the World Health Organization, these nutrients must come from various foods and they are vital for disease prevention, growth, and good health. The table below presents these nutrients.

*Table 1: Essential Nutrients, their functions and serving amounts*

Nutrients	Functions	Amount body needs
<b>Calcium</b> Sources dairy and non-dairy products, leafy vegetables, tofu, cheese, yogurt, salmon, milk 	<ul style="list-style-type: none"> <li>Promotes bone development</li> <li>Assists the body to perform functions - like blood clotting, heart muscle contraction, transmission of nerve impulse, activation of enzymes</li> </ul>	1000 milligrams per day for ages 10-18 need



Nutrients	<ul style="list-style-type: none"> <li>Lessens chances of osteoporosis</li> </ul> <b>Functions</b>	<b>Amount body needs</b>
<b>Iron</b> <i>Sources</i> fruits, fruit juices, nuts, dark green and leafy vegetables, cereal and whole grain enrich bread, (spinach, shellfish, legumes, pumpkin seed, turkey, quinoa, liver) 	<ul style="list-style-type: none"> <li>Helps the body in the production of red blood cells specially needed at the onset of menstruation among girls.</li> <li>Involves in the transfer of oxygen from lungs to tissues</li> <li>Helps in the proper functioning of cells and resistance to infections. Vitamin C is needed for Iron absorption</li> </ul>	20 milligrams for boys 13-15 years old  21 milligrams for girls ages 13-15
<b>Protein</b> <i>Sources</i> lean meat, poultry, fish, dairy product like milk, yogurt, cheese, seeds and nuts, beans, legumes, eggs, and fish. 	Builds and repair tissues Helps body make enzymes, antibodies and hormones Supplies body with energy	71 grams daily- boys ages 13-15  63 grams- girls ages 13- 15

Nutrients	Functions	Amount body needs
<p><b>Carbohydrates</b></p> <p><i>Sources</i></p> <p>Dairy, milk, yogurt, ice cream, fruit and fruit juices, grains, bread, rice, cereals, legumes, beans, potatoes, corn, sugary sweets</p> 	<ul style="list-style-type: none"> <li>• Supply energy to all cells in the body</li> <li>• Store energy</li> <li>• Breakdown fatty acids</li> </ul> <p>Consume these foods in moderation to lessen the chances of acquiring body fats.</p>	<p>2800 kilocalories – boys weighing 50 kilograms</p> <p>2250 kilocalories-girls weighing 49 kilograms</p>
<p><b>Fiber</b></p> <p><i>Sources</i></p>  <p>Bananas, oranges, apples, mangoes, strawberries, carrots, broccoli, beets, peas, whole wheat</p>	<ul style="list-style-type: none"> <li>• Normalizes bowel movement</li> <li>• Lowers cholesterol levels</li> <li>• Helps control blood sugar levels</li> <li>• Aids in achieving healthy weight</li> <li>• Helps people live longer</li> </ul>	<p>20-35 grams of fibers daily</p>

Knowing these kinds of nutrients from variety of foods, you can now decide what to include in your daily diet. It also gives you information on what foods to limit and avoid.

### Activity 1: Wish granted!

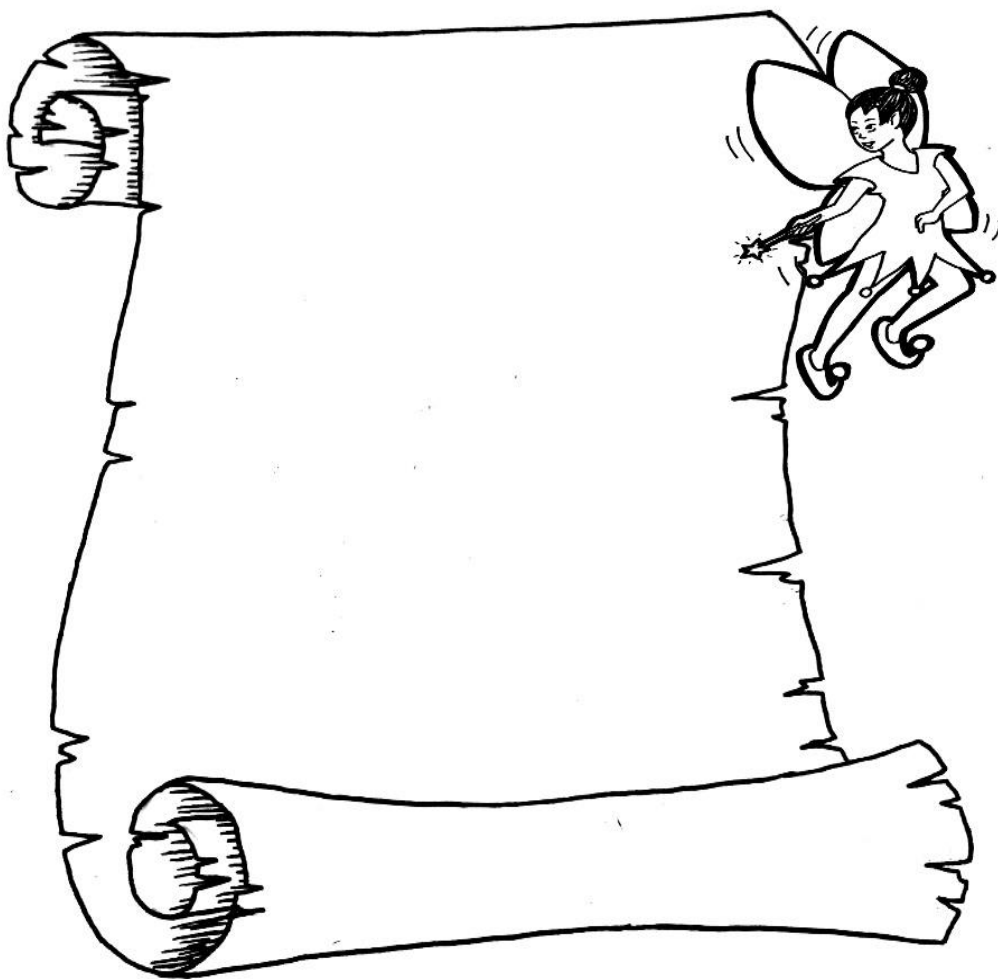
Let's go back to what you have wished to your fairy. After reading the selection, complete the statements below and write them in your notebook. (Do this in a separate photocopied material given by your teacher.)

I discovered that the foods I wish to eat are \_\_\_\_\_

I learned that as an adolescent, I need to eat \_\_\_\_\_

Can you wish for another set of foods? List them on the scroll.

In every food that you choose, identify the nutrients you may get from it and explain its benefit to your body.



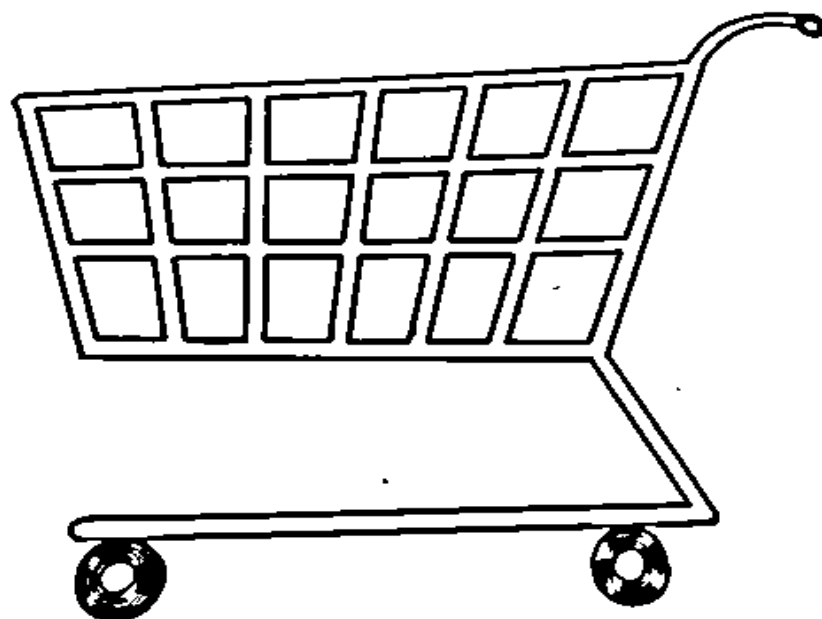
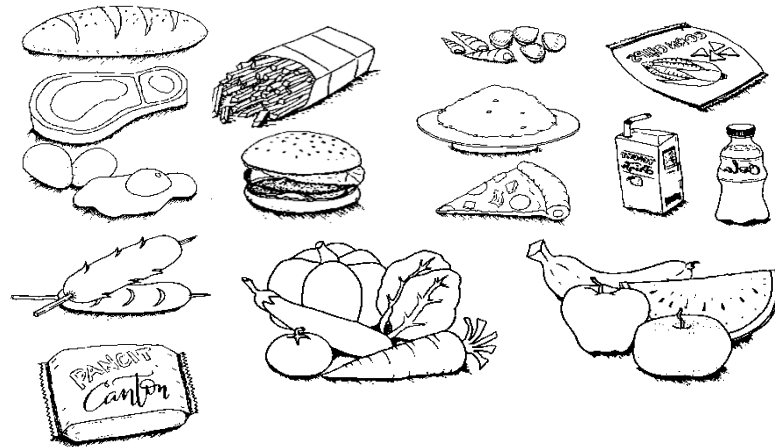


## ***What's More***

### **Activity 1: Add to cart!**

In our previous lesson, we talked about the right food needed by an adolescent in order to become healthy. This next activity will reveal if you could identify the food that your body needs to be nourished with right nutrients. Are you ready to shop? Happy shopping!!!

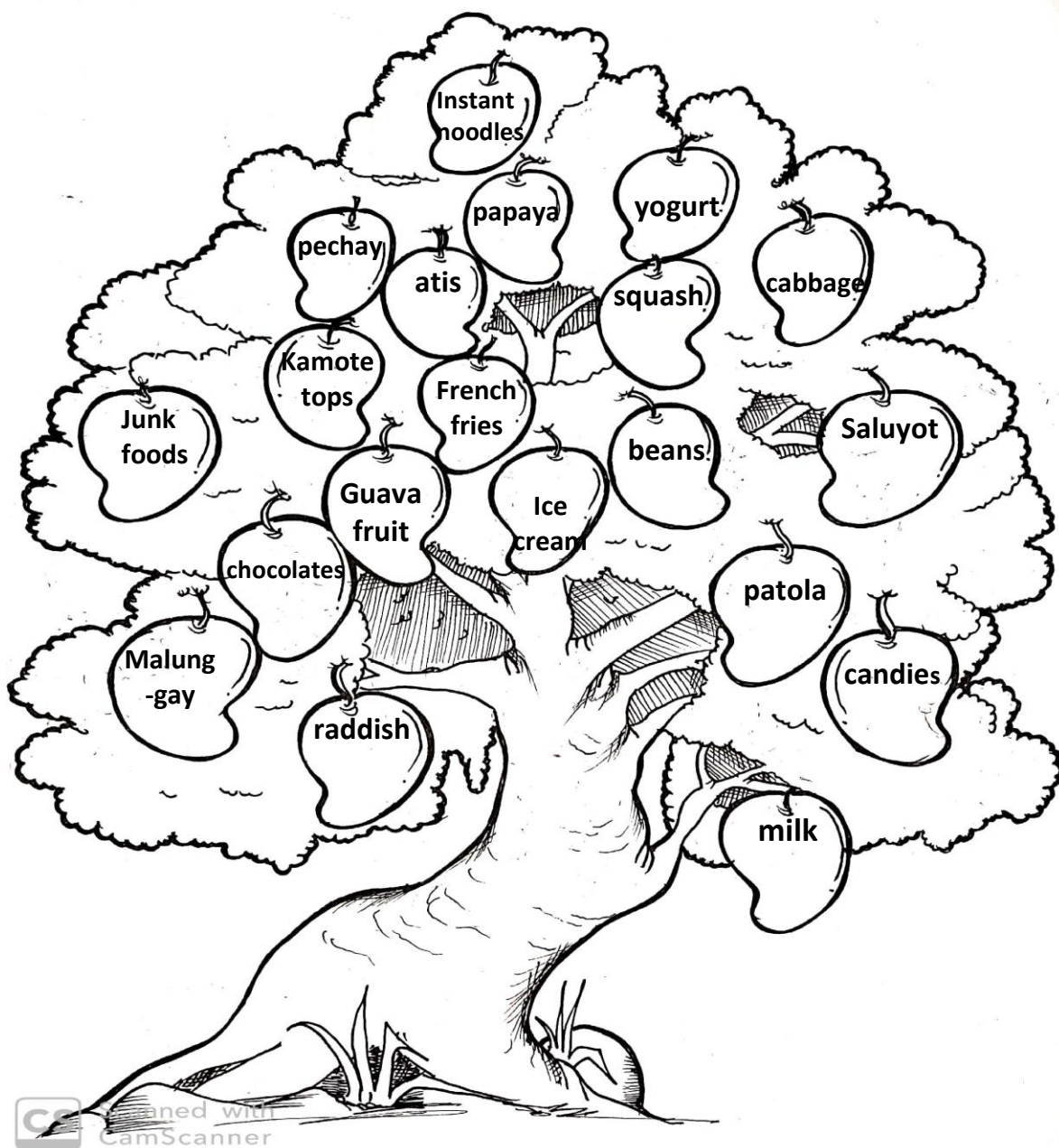
**Directions:** Imagine you are asked by your mother to go to the market to buy your foods for the week. Encircle the food you will purchase. (Do this in a separate photocopied material given by your teacher.)



## Activity 2: Pick and group!

We discussed that the food you should eat must be loaded with the nutrients needed by a growing adolescent like you. In this activity, you will find examples of the nutrients mentioned below. Do you still remember those foods? Start to pick and group them!

**Directions:** Examples of nutrients are written on mango fruit illustrations below. Pick those fruits containing the essential nutrients and write them under the healthy food group while those fruits containing non-essential nutrients write them under the unhealthy food group.



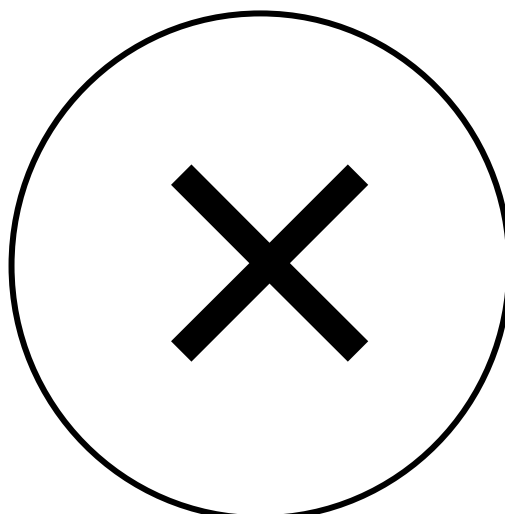
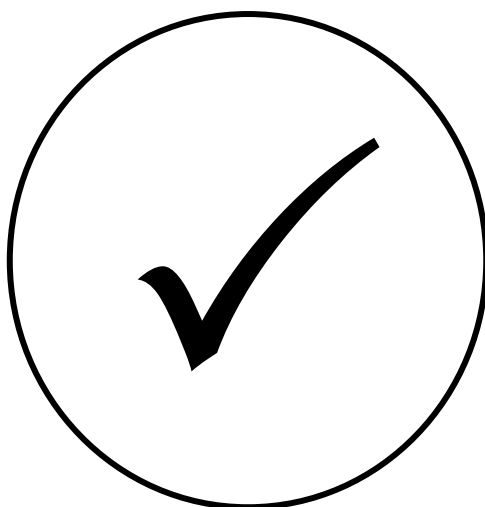
<u>Healthy foods</u>
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<u>Unhealthy foods</u>
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### Activity 3- Cut and Paste!

You already learned the healthy and unhealthy foods to consume. Now it's your turn to look for foods that you may find in magazines, old calendars, and brochures.

**Directions:** There are two icons inside the circles below. Cut and paste pictures of healthy foods around the ✓ icon and the unhealthy foods do the same around ✕ icon. Do this in your notebook.





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

To sum up what you have learned, please answer the questions below.

**Directions:** Write your answers in your notebook.

In 3- 5 sentences, express your thoughts about the foods needed by an adolescent like you in order to become healthy.

Name some of the essential nutrients that our body needs in order to become healthy.



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

### **Activity- It's Showtime!**

This activity will allow you to demonstrate your understanding of good nutrition for adolescent like you and decide on the type of food to eat.

**Directions:** Select one (1) among the suggested activities below which you think is easy for you to accomplish. You may use short bond paper and coloring materials.

You are a rapper. Compose a 3 stanza Rap intended for adolescent like you. It should promote the right foods to eat during adolescence.

You are an artist, make Infographics/drawing about the right foods during adolescence including the guidelines on food preparation.

You are an independent blogger. Make a short blog about proper food intake of an adolescent like you. Send your work in your teacher's Facebook account.



Be guided by the rubrics below in creating and presenting your output.

<b>CATEGORY</b>	<b>3</b>	<b>2</b>	<b>1</b>
CONTENT	The piece is appropriate and accurate to the lesson with no language errors.	The piece is appropriate and accurate to the lesson, with few language errors.	The piece is appropriate and accurate to the lesson but with too many language errors.
PRESENTATION	The piece is engaging and creative.	The piece is moderately engaging/ creative	The piece is lowly engaging/ creative.
ORIGINALITY	Ideas are unique/ fresh.	Ideas are not so unique/ fresh	Ideas are too common.
CLARITY	Ideas are impeccably presented.	Ideas contain some ambiguity.	Ideas can be confusing.



## **Assessment**

### **Post-assessment**

**Directions:** Read each item carefully. In your notebook write the letter of your answer.

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  - C. Protein
  - D. Iron



## Additional Activities

### Activity 1: Let's Talk about Health!

**Mechanics:** Find your question by rolling your dice twice. The 1<sup>st</sup> roll determines the number on top. The 2<sup>nd</sup> roll determines the number on the left. Talk for one / two minute(s) about that topic. Your playmate will ask you follow-up questions. Your playmate can ask you anything if you land on "Ask Any Question". Let's Go!

	1	2	3	4	5	6
1	Ask any question!	How often do you catch a cold?	Explain how to stay healthy.	What foods can help you stay healthy?	Why is it important to have medical insurance?	Talk about a time you got hurt.
2	Which is worse: only 4 hours of sleep or 12?	What is the best kind of exercise?	Why is "fast food" or "junk food" bad for you?	Ask any question!	How can exercise improve your health?	Why is too much stress unhealthy?
3	How can a person live to be over 100 years old?	Why is it important to wash your hands?	Why is smoking unhealthy?	What can you do if you have trouble sleeping?	Describe an accident you had before.	Ask any question!
4	What are some ways to stop smoking?	Ask any question!	Would you like to be a doctor? Why (not)?	Do you have a healthy lifestyle?	Describe first aid for a burn on your finger.	Do you always wear a seatbelt? Why (not)?
5	Describe first aid for a cut on your finger.	Who is the healthiest person in your family?	Are you nervous when you visit a doctor?	What is the best way to deal with stress?	Ask any question!	Describe a home treatment for a headache.
6	Is it a good idea to take vitamin pills? Why (not)?	What is your favorite way to exercise?	Ask any question!	What kinds of things cause stress?	Why do some people start smoking?	Where does air pollution come from? How can we reduce it?

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## Answer Key

### Pre and post Assessment

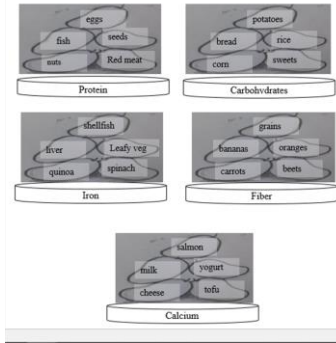
1. C
2. D
3. C
4. A
5. D
6. C
7. C
8. D
9. B
10. A
11. C
12. D
13. C
14. D
15. C

### What's More

#### Activity 1



#### Activity 2

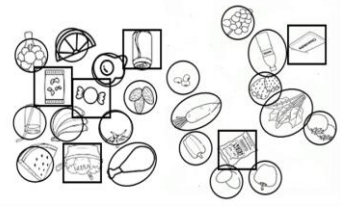


Cut outs of pictures

#### Activity 3

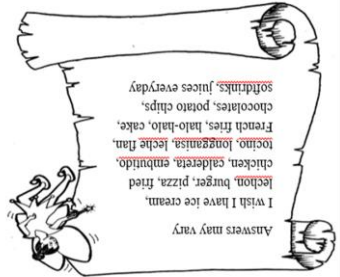
### What's in

#### Activity 1



What I need to know

#### Activity 1 - Wish Upon a fairy



## ***References***

1. Department of Education. *Physical Education and Health Learner's Material Grade 7*. Pasig City: Department of Education, 2017
2. Department of Education. *Physical Education and Health Teacher's Material Grade 7*. Pasig City: Department of Education, 2017
3. Australian Government. "*Nutrition and healthy food for teenagers*". Accessed November 8, 2019. <https://raisingchildren.net.au/teens/healthy-lifestyle/daily-food-guides/nutrition-healthy-food-teens>
4. "*Let's talk health*". Accessed October 10, 2019 [https://www.allthingstopics.com/uploads/2/3/2/9/23290220/board\\_game-health.pdf](https://www.allthingstopics.com/uploads/2/3/2/9/23290220/board_game-health.pdf)

**For inquiries or feedback, please write or call:**

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)