

Health

Quarter 3 – Module 1: Poor Environmental Sanitation: Its Impact to One's Health



Health – Grade 6
Alternative Delivery Mode
Quarter 3 – Module 1: Poor Environmental Sanitation: Its Impact to One’s Health
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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 explain how poor environmental sanitation can greatly affect one's health.

The module consists of only one lesson:

- Lesson 1 – Poor Environmental Sanitation: Its Impact to One's Health

After going through this module, you are expected to explain how poor environmental sanitation can negatively affect the health of an individual.

(MELC H6EH-IIIb-2)



What I Know

Direction: Write **True** if the statement is correct about the impact of poor environmental sanitation to health and **False** if it is not. Write your answers in a separate sheet of paper.

1. Burning of leaves and wastes release several poisons in the environment that is harmful to one's health.
2. Dumping of garbage in vacant lots create no harm to people living in the area.
3. Uncollected garbage attracts pests like cockroaches, rats and flies that in turn spread diseases to people through water and food contamination.
4. Cigarette smoking does not pollute the environment.
5. Smokes from factories and vehicles could cause respiratory illnesses or diseases.
6. Wastes coming from piggeries that are directly dumped into the rivers make fishes and shrimps grow well.
7. Untreated waste water coming from factories or industries that are disposed to rivers, seas or oceans makes the water safe to use.
8. Oil spills can cause fish kill that pollutes the environment.
9. Wastes in bodies of water can poison marine life like fishes and shells. Eating the contaminated food endangers people's health.
10. Leaving dead animals to decay or rot causes foul odor and allows bacteria to multiply that can cause airborne or water diseases.

Lesson 1

Poor Environmental Sanitation: Its Impact to One's Health



What's In

Maintaining a clean and healthy environment is a big challenge to the community. Waste that is not properly managed from households and community is a serious health hazard and can lead to the spread of infectious diseases. Improper disposal of wastes, oil spill, smoke-belching vehicles and uncollected garbage are some of the causes of environmental pollution. If the health officials and the people in the community will not help in environmental sanitation, several problems may happen. Pests like rats, mosquitoes, cockroaches and flies can be seen feasting on wastes which are carriers of diseases. A dirty or polluted surrounding can cause water and air-borne diseases. Virus, bacteria, germs and other microorganisms multiply in a polluted environment. These disease carriers can bring serious health problems to people's lives.



What's New

Direction: Which of the following pictures show activities of poor environmental sanitation that can cause negative impact to health? Do you see these practices in your own community? What are the common health problems that happen when the environment is dirty? Write your answer for each question in a separate sheet of paper.





What is It

Direction: The Grade VI-class is having a discussion about poor environmental sanitation. They were given an assignment to research for the negative impact of poor environmental sanitation. Read carefully and take note of what they are saying.

Good day, classmates. Today, we will discuss about the poor environmental sanitation practices and their negative impact to health. Let's start with improper disposal of garbage. What are the negative impacts of this problem to us?



Uncollected garbage or unattended waste attracts flies, cockroaches, rats and other creatures that in turn spread diseases. Germs, bacteria and viruses carried by these pests can contaminate our food and water and can make us sick too.

Wet waste decomposes and releases bad odor. It can also bring respiratory diseases and other illnesses. Garbage juice absorbed by land can contaminate our water supply and can cause problems like diarrhea, skin infection, and food poisoning.



Can we burn plastics and other garbage such as leaves to manage our waste?



No, we cannot! Burning leaves and other wastes is harmful to one's health. Leaf and waste burning releases several poisons in the environment. The Department of Environment and Natural Resources (DENR) bans backyard burning of garbage.

Burning of leaves and waste materials is prohibited under Republic Act 9003 or the Ecological Solid Waste Management Act (Section 48, paragraph 3).

I agree. People who will violate the Anti-Burning Law will have a fine of P300 to P1000 or imprisonment of 1 to 15 days.

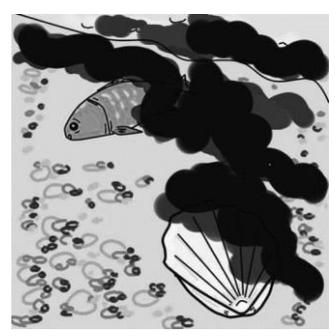


I'm very happy that you did a lot of research, classmates. How about poor environmental sanitation in water like dumping garbage in the river and other bodies of water?



The garbage dumped in the river and other bodies of water will deplete or decrease the nutrients and oxygen supply for marine animals. This can bring harm to water creatures. There will be a fish kill due to lack of oxygen supply. It can also damage the habitats and nesting grounds of animals.

When this happens, our food supply will be affected. There will be no enough fish, shells, shrimps, squids, seaweeds and others that will be sold in markets or will be eaten by families because of water pollution.





Very Good! Poor environmental sanitation in air is a problem too. Smoke coming from factories, cigarette smoking and smoke-belching vehicles is a danger to one's health. Can you share negative impacts of air pollution?

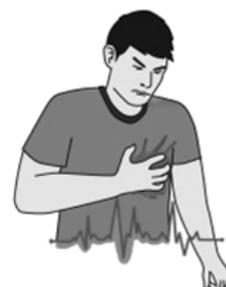


We could experience coughing or difficulty of breathing if we inhale air pollutants also called particulate matter (PM) from dust, dirt and smoke. Breathing or inhaling toxic air pollutants could trigger allergies and asthma attacks. We will have respiratory and nervous system problems!

Pregnant women who are exposed to air pollutants will have their children develop birth defects. Preterm or premature birth, low birth weight and defects of the mouth and lip may happen to babies. It may also increase the risk of sudden infant death syndrome or (SIDS).



Exposure to smoke pollutants from cars, construction sites, industries and fires can affect both our lungs and heart. If you live near a factory that releases toxic air, you are at risk of getting cancer and other disorders.



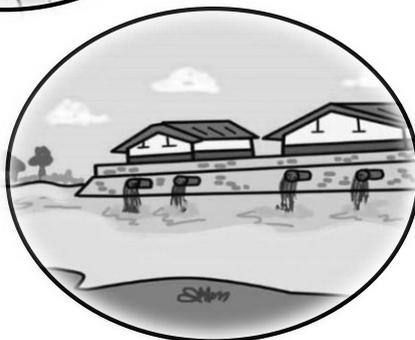
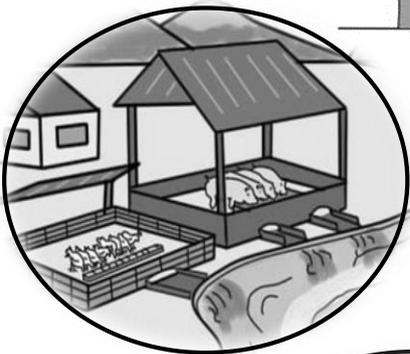
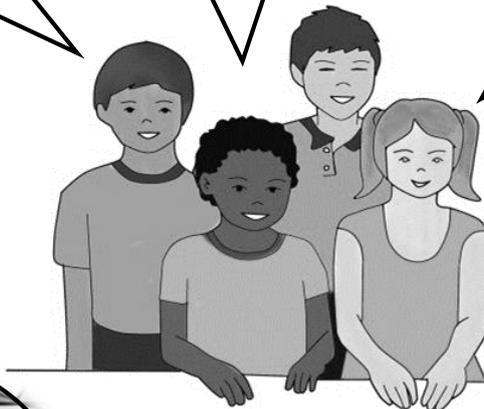
Water pollution is another problem that kills organisms that depend on water bodies. Drinking contaminated water could cause diseases like diarrhea and other infections. People get diseases such as hepatitis by eating seafood that has been poisoned. Can you give examples of poor environmental sanitation activities done in our bodies of water?



Yes. I've seen waste water coming from piggeries, poultries and factories that are dumped in bodies of water.

Garbage and dangerous chemicals from industries and markets are being disposed too.

People who have no comfort rooms defecate on waters. Others throw dead animals in the river.



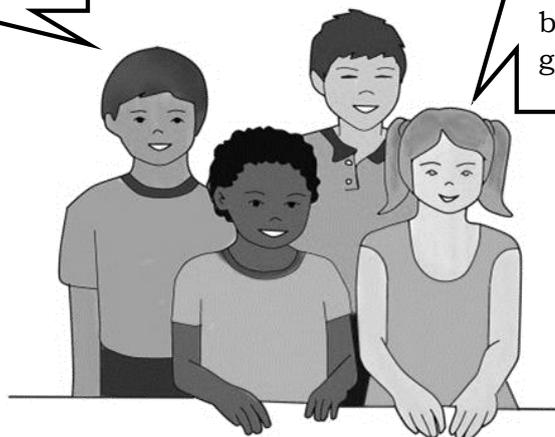
Well said! Now, let us sum up our discussions. What are the negative impacts of poor environmental sanitation to our health?

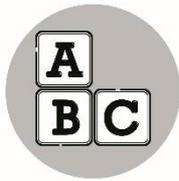


There will be water, air and land pollution that can cause diseases or illnesses to our health. Pests and germs multiply too if the surrounding is not clean.

The environment is smelly and dirty if there is poor environmental sanitation.

Marine life will be killed if there is water pollution. Eating contaminated seafood can cause serious health problems. In general, poor environmental sanitation brings more harm than do good to one's health.





What's More

Direction: Try singing the song to the tune of “The More We Get Together”. You can also have this as a poem.

We Save the World As One

by: Francilet R. Padios

The more we get together
In caring for our environment
The more we get together
We save the world as one.



Let's not burn our garbage
Let's recycle our wastes
Let's campaign for protection
And save the world as one.



Let us throw our garbage
In proper waste containers
Let's clean bodies of water
And save the marine life.

Let's be aware of oil spills
And smokes that cause pollution
Let's do proper sanitation
And save the world as one.



We'll suffer from illnesses
We'll surely die from diseases
Let's do our work together
And save the world as one.



Say bye now to viruses
Say bye now to pests
There'll be no more pollution
In environmental sanitation.

The world is yours and mine
It's ours, it will be fine
The more we help each other
We save the world as one.





What I Have Learned

Direction: Choose the letter of the correct answer. Write your answers in a separate sheet of paper.

1. Kiko burns the garbage in their backyard. What will be the impact of this activity?
 - A. It will help the air clean.
 - B. It will pollute the air.
 - C. It will make the nearby plants healthy.

2. What is the impact to health if we will inhale smoke pollutants from cars, industries, construction sites and factories?
 - A. The lungs will be healthier.
 - B. Health will be improved.
 - C. There will be difficulty in breathing.

3. Untreated waste water coming from factories is disposed to rivers, seas or oceans. What will happen to the marine life?
 - A. The marine life will die because of water pollution.
 - B. The marine life will get fat because of the wastes.
 - C. The marine life will multiply because of the nutrients from wastes.

4. The drinking water is contaminated because of leaking pipeline. Should we drink the water?
 - A. Yes, our body can handle the contaminated water.
 - B. No, the contaminated water is unsafe to drink. It will cause diseases.
 - C. Yes, the waste cannot harm our health.

5. The non-segregated garbage in Calachuchi Street was uncollected for several days. What will be the impact of this problem to the community?
 - A. The bad odor will allow pests and germs to multiply and cause illnesses.
 - B. The waste can be used as fertilizer to plants.
 - C. The kids will be happier playing near the garbage pile.



What I Can Do

Direction: Write **Yes** if the statement below each picture shows or depicts a poor environmental sanitation that can greatly affect one's health and **No** if it does not. Write your answers in a separate sheet of paper.



1. Unattended garbage attracts rats which in turn spread diseases by contaminating food and water.



4. Water wastes coming from factories and industries are not safe for use due to chemical content that are hazardous.



2. Composting is an activity which helps improve proper sanitation.



5. Throwing different wastes everywhere cause pollution in the environment that can put people's lives in danger.



3. Improper disposal of garbage makes the environment dirty and unhealthy.



Assessment

Direction: Draw a 😊 if the statement about the impact of poor environmental sanitation to health is correct and ☹️ if it does not. Do it in a separate sheet of paper.

1. Water pollution causes fish kill. It can make us sick if we happen to eat food affected by water pollution.
2. Wastes coming from factories and households are harmless. Children can enjoy water activities in bodies of water where waste water is being dumped.
3. Smoke pollutants can cause coughing and difficulty in breathing.
4. Improper waste disposal makes the environment safe and pleasing to see.
5. Burning of waste is allowed because it reduces wastes and it does not do harm to our health.
6. Garbage that is not collected by garbage collectors makes the air dirty and can cause diseases.
7. Leaving dead animals to rot can cause airborne diseases that could harm our health.
8. Piggeries and poultries with poor sanitation make the environment safe and clean to live in.
9. Dumping of garbage in bodies of water could make fish, seashells and other marine life unhealthy to eat.
10. Smoke-belching vehicles make the air quality good and safe for people to breathe.

Thank you for accomplishing this module. Congratulations!



Additional Activity

Direction: Complete the statement by writing an explanation on how poor environmental sanitation can negatively affect the health of an individual in the following situations stated below. Do it in a separate sheet of paper.

1. Air pollution can _____.
2. Unburied dead animals can _____.
3. Chemical wastes being dumped in bodies of water can _____
_____.
4. Burning of garbage in the backyard can _____.
5. Smoke coming from factories and big industries can _____
_____.



Answer Key

<p>Assessment</p> <p>1. 2. 3. 4. 5. 6. 7. 8. 9. 10. </p> <p>Additional Activity</p> <p>Pupil's answers may vary</p>	<p>What I Have Learned</p> <p>1. B 2. C 3. A 4. B 5. A</p> <p>What I Can Do</p> <p>1. Yes 2. No 3. Yes 4. Yes 5. Yes</p>	<p>What I Know</p> <p>1. True 2. False 3. True 4. False 5. True 6. False 7. False 8. True 9. True 10. True</p> <p>What's New</p> <p>A, B, C, D (In any order) Pupil's answers may vary for the succeeding questions</p>
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