

Health

Quarter 4 – Module 8: Good Decision Making Skills in the Selection of Health Products



Health - Grade 6

Alternative Delivery Mode

**Quarter 4 - Module 8: Good Decision Making Skills in Selection of Health Products
First Edition, 2019**

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Published by the Department of Education

Secretary: Leonor Magtolis Briones

Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by Department of Education – Region VI- Western Visayas

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Health

**Quarter 4 – Module 8:
Good Decision Making Skills in
the Selection of Health Products**

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 exercise good decision-making skills in the selection of health products.

This module consists of one lesson only.

- Lesson 1 – Good Decision -Making Skills in the Selection of Health Products

After going through this module, you are expected to practice good decision making skills in the selection of health products **(MELC, H6CH-IVh-22)**.



What I Know

Directions: Write √ if the statement suggests good decision-making skill in the selection and purchase of health products and X if it is not. Write your answer on a sheet of paper.

- _____ 1. Checking the expiration date is a good practice in the selection and purchase of health products.
- _____ 2. Spend your money in a product even if you are not getting the best value or quality.
- _____ 3. Consumers should consider the most essential products they need to buy.
- _____ 4. Consumer should assess his decision whether he is satisfied or dissatisfied with the purchased products.
- _____ 5. Availability and price of the products you wanted to purchase is not important.
- _____ 6. Search information about the chosen products you wanted to buy.
- _____ 7. Buy any product even if it is not important.
- _____ 8. When buying health products find the best option.
- _____ 9. Practice impulsive buying.
- _____ 10. You should consider the content value of the health product you wanted to purchase.

Lesson

1

Good Decision Making Skills in Selection of Health Products

As consumers, we must all be wise and educated. It is a must to practice good decision making skills in the selection and purchase of health products. It is our responsibility to evaluate, examine, and seek reliable information about the products that we are going to purchase.



What's In

Reading and analyzing the product label is a must in choosing products that will give the best value of money and the best value of health. As consumers, we should practice good decision making skills in selecting health products.

Activity: Let's Review

Directions: Read and analyze the Nutrition Facts below. Answer the following questions that follow. Write your answer on a sheet of paper.

Nutrition Facts	
10 Servings per container	
Serving size	1 cup (330g)
Amount per serving	
Calories	
280	
	% Daily Value
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 20g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.	

1. What is the suggested serving size found in the nutrition facts?
2. What is the total number of servings per container as stated on the food label?
3. What is the amount of calories per serving?



What's New

Activity 1: Poem Analysis

Directions: Read the poem about good decision making skills in the selection of health products and answer the questions found below. Write the answer on a sheet of paper.

Processing Questions:

1. What decision making skills were suggested in the poem?
2. Why are those skills important for us as consumers?

Think Twice!

Written by: Mary Lutz P. Panizales



Life is full of hard choices
A lot of options to choose with
Be sure to think twice before you decide
What you want to buy in mind.

Think wisely between needs and wants
Choose wellness against sickness
Select the best product among the rest
Product that could satisfy your needs.






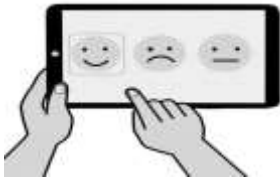
Avoid impulsive buying
Do not immediately fall for promises
Gather valid information that you need
So that you will not regret in the end.



What is It

Activity 1: Model Analysis





Directions: Read and analyze the modified guide model for selecting and purchasing health products. Answer the question “What is the most important guide in the model? Why? Answer in 3-5 sentences. Write your answer on a sheet of paper.

D	Determine the essential product to purchase.	
E	Explore the alternatives.	
C	Consider the consequences of each option	
I	Identify the factors that you consider important	
D	Decide what to buy.	
E	Evaluate your decision.	

DECIDE Model

Activity 2: Let's DECIDE

Directions: Read the dialog below and decide how good is their decision-making skills in selecting and purchasing health products using the rating scale: 3 - Very good, 2 - Good and 1 - Poor. Write your rating for their decision-making skills on a sheet of paper.

 <p>As consumers we need to decide what products are worth buying. Consumers must practice good decision making skills in selection and purchase of health products.</p>	<p>Use the modified DECIDE Model in the selection and purchase of health products.</p> 
<p>To recall, here is the model.</p> <ul style="list-style-type: none">D - Determine the essential product to purchase.E - Explore the alternatives.C - Consider the consequences of each optionI - Identify the factors that you consider importantD - Decide what to buy.E - Evaluate your decision. 	<p>Determine the essential product to purchase.</p> <p>This refers to consumer's need recognition. Realizing the need or want. We should consider what are the most important products we need to purchase by selecting or buying products that could contribute to our wellness.</p> 

Explore the alternatives.

Consumer should identify several alternative products that could satisfy their needs. After evaluating the alternatives, the consumer will decide based on those alternatives.

Evaluating different products will narrow down choices. Avoid impulsive buying. Find the best option.



Consider the consequences of each option.

Do not immediately fall for promises of advertisements or propaganda's regarding the products. We need to search and verify valid information about the products before buying it. You can also gather information from people via recommendations and through previous experiences. Evaluate the price, quality, quantity and value-added features of the chosen product.



Identify the factors that you consider important

If you are buying food products consider the important factors like nutritional value, formulation of the product as well as the expiration date, the price, quality and availability of the products. Evaluate and examine the benefits. Consumer need to know that they have found the best deal for their purchase products.



Decide what to buy.

The consumer makes the appropriate purchase. He takes the final decision to purchase the product after evaluating all the alternatives and identified the value that it will bring him or her.



Evaluate your decision.

The consumer analyzes if he has made the right decision whether he is satisfied or dissatisfied with a purchased product. He or she tests or analyses the purchased product, assess the usefulness of the product, the satisfaction delivered from the product and the value of the product concerning his or her need fulfilment.



How the consumer feels about the purchase will significantly influence whether he will purchase the products again or consider other products.



Remember we must practice good decision making skills in purchasing health products to promote good health.



Activity 3: Choose to be Good

Directions: Choose the good decision-making skills in selecting and purchasing health products. Write the letter of your choice on a sheet of paper.

As a consumer,

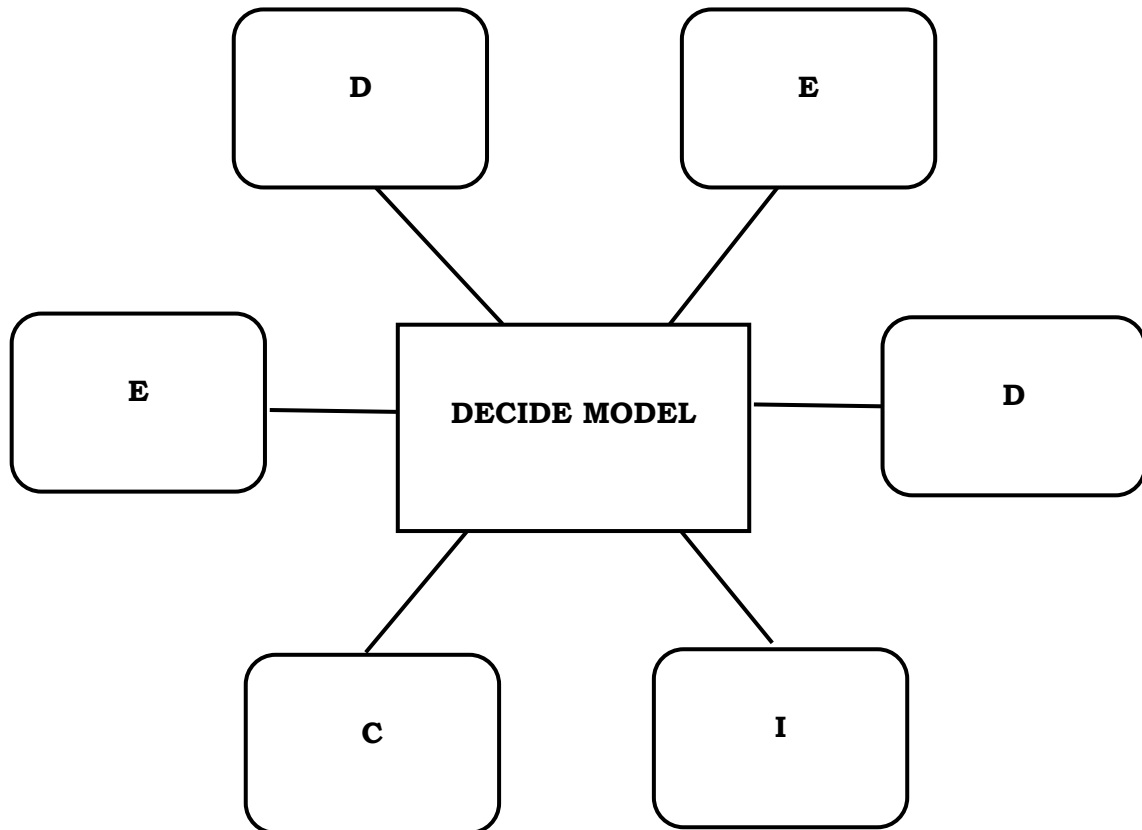
- A. I check the expiration date of the product.
- B. I examine the benefit of the product.
- C. I buy products which are appropriate to my needs.
- D. I buy the product immediately without checking the nutritional facts.
- E. I buy the products, because I need it
- F. I evaluate the price, quantity and quality of the product .
- G. I verify the validity of the information of the product.
- H. I select the product without looking at its quality.
- I. I find the best option to buy a certain product.



What's More

Activity: Lets Summarize

Directions: Summarize the lesson, by writing the six good decision making skills in the selection of health products in the boxes based on the modified DECIDE Model. Write the answer on a sheet of paper.



What I Have Learned

Activity: Complete Me

Directions: Complete the sentence by adding what you have learned in this lesson. "As a consumer, I practice good decision making skills in selecting and purchasing products by _____." Write your answer on a sheet of paper.



What I Can Do

ACTIVITY 1: Ask the Consumers

Directions: Interview any member of the family who goes to the supermarket to buy products. Using the checklist, check **Yes** if they are practicing the skills and **No** if not. Do this on a sheet of paper.

Good Decision-Making Skills	YES	NO
1. Determines healthy food vs unhealthy foods		
2. Considers several alternative products that could satisfy needs		
3. Evaluates nutritional values of the products to be purchased		
4. Searches and verifies valid information about the product before buying		
5. Analyzes the quality of the product		

Activity 2: Decide in the Market

Directions: Ask your mother to bring you along with her in the market to help in buying grocery products for the family. Apply the DECIDE Guide Model in selecting and purchasing products. Choose one product that you bought. What did you consider in selecting and buying the product? Write your answer on a sheet of paper.



Assessment

Directions: Write True if the statement observes good decision making skills in the selection of health products and False if it does not. Write your answer on a sheet of paper.

- _____ 1. Evaluate the product before buying.
- _____ 2. Explore other options before buying.
- _____ 3. Ignore the importance of customer's satisfaction about the purchase.
- _____ 4. Evaluate the product's quality, quantity, price, and extra features.
- _____ 5. Assess the usefulness of the product.
- _____ 6. Buy a product even if not needed.
- _____ 7. Examine the benefits of the product.
- _____ 8. Buy any product that come across without checking the information.
- _____ 9. Consider the expiration date of the food products before buying it.
- _____ 10. Weigh the costs of the product to be bought.

Thank you for accomplishing this module. Congratulations!



Additional Activity

Directions: Fill in the missing word to complete the concept about 6 steps in selection and purchase of health products. Choose your answer from the box below. Write your answer on a sheet of paper.

decision	consequences
essential	buy
alternatives	factors
usefulness	expiration

1. Determine the _____ product to purchase.
2. Explore the _____.
3. Consider the _____ of each option.
4. Identify the _____ that you consider important.
5. Decide what to _____.
6. Evaluate your _____.
7. Assess the _____ of the product.
8. Take note of the _____ of the product.



Answer Key

<p>Assessment</p> <p>1. True 2. True 3. False 4. True 5. True 6. False 7. True 8. False 9. True 10. True</p> <p>Additional Activities</p> <p>1. essential 2. alternatives 3. consequences 4. factors 5. buy 6. decision 7. usefulness 8. expiration</p>	<p>What's More</p> <p>Answer may vary</p> <p>What I Have Learned</p> <p>Answer may vary</p> <p>What Can I Do</p> <p>Activity 1: Answer may vary Activity 2: Answer may vary</p>	<p>What's In</p> <p>1. 1 cup (330g) 2. 10 3. 280</p> <p>What I Know</p> <p>1. ✓ 2. X 3. ✓ 4. ✓ 5. X 6. ✓ 7. X 8. ✓ 9. X 10. ✓</p> <p>What's New</p> <p>Answer may vary.</p> <p>What Is It</p> <p>Activity 1: Answer may vary Activity 2: Answer may vary Activity 3: A, B, C, E, F, G, I (in any order)</p>
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