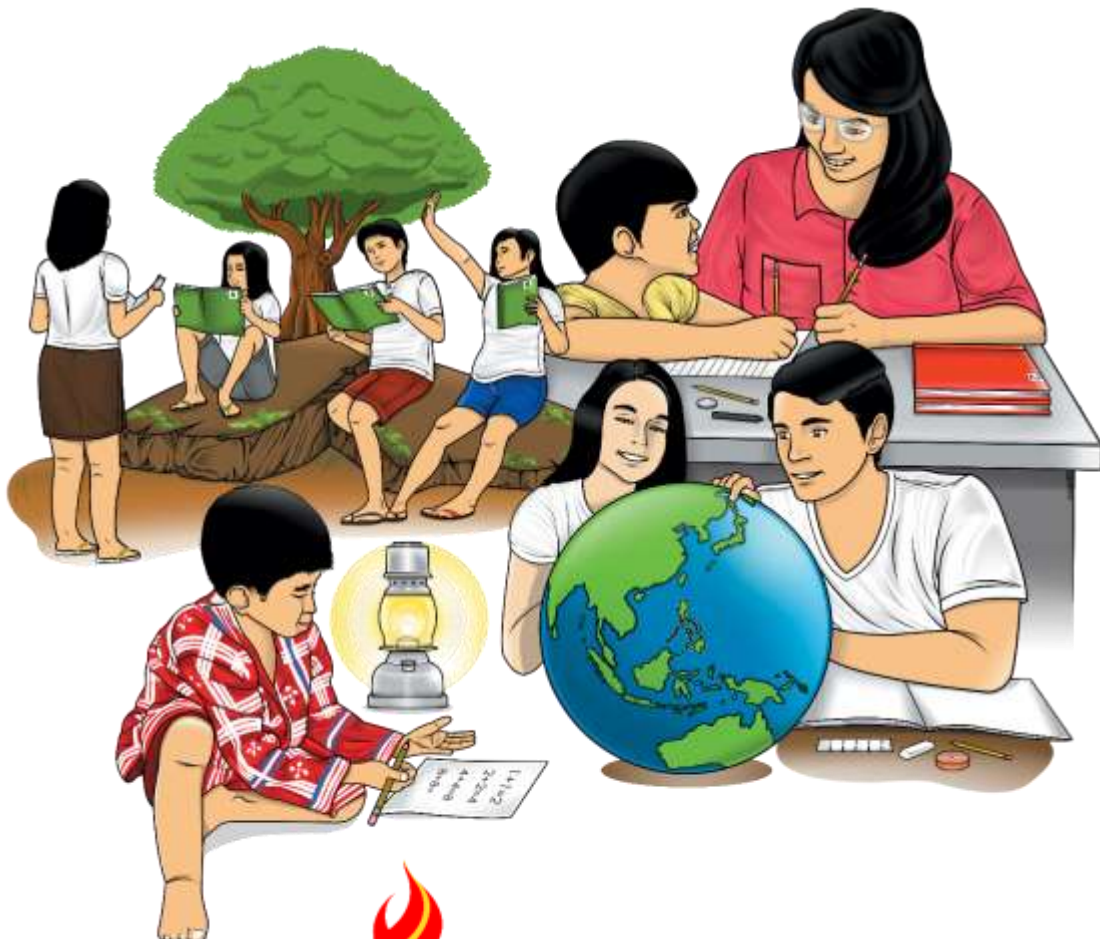


Health

Quarter 4 – Module 3: Ways to Prevent Non-communicable Diseases



Health – Grade 7
Alternative Delivery Mode
Quarter 4 – Module 3: Ways to Prevent Non-communicable Diseases
First Edition, 2020

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Health

Quarter 4 – Module 3: Ways to Prevent Non-communicable Diseases

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. The Purpose of this module is to give you a basic knowledge about the prevention and control of non-communicable diseases. It is important to learn this topic for you to have a healthy lifestyle. Also, it includes activities on self-monitoring skills that you can use as a tool in prevention of non-communicable diseases.

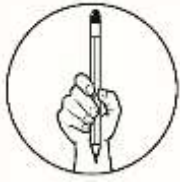
This module focuses on this lesson:

Lesson 30: Practices to prevent and control non-communicable diseases

After going through this module, you are expected to:

- practice ways to prevent and control non-communicable diseases.
- demonstrate self-monitoring to prevent non-communicable diseases.





What I Know

Part I: Multiple Choice

Directions: Read each item carefully. Write the letter of your answer in your activity notebook.

1. Your friend is asthmatic, what do you think he/she should do to prevent an attack?
 - A. Avoid known triggers such as dust mites, pets, and pollen.
 - B. Practice unhealthy eating habits
 - C. Participate in various strenuous physical activities.
 - D. Drink lots of soda instead of water
2. The competencies that will help us assess when we are healthy or sick is called _____.
 - A. Self-mentoring skills
 - B. Self-monitoring skills
 - C. Self-motivated skills
 - D. Self-medication skills
3. All of the following are practices to prevent and control non-communicable diseases EXCEPT
 - A. Drinking small amount of water
 - B. Regular exercise
 - C. Management of stress
 - D. Eating nutritious foods
4. Ana loves to eat cakes, chocolates, and breads without any restrictions to the amount. This habit can cause _____.
 - A. Overweight
 - B. Lack of sleep
 - C. Dehydration
 - D. Stress
5. Which of the following statements does NOT describe non-communicable disease?
 - A. Caused by pathogen
 - B. Consequence of unhealthy lifestyle
 - C. Cannot be transmitted from one person to another
 - D. Consequence of behavioral, and hereditary factors

6. Which is NOT a causative factor for non-communicable disease?
- A. Virus
 - B. Stress
 - C. Poor diet
 - D. Environmental hazards
7. Which of the following is the best practice to reduce stress?
- A. Doing yoga exercise
 - B. Eating sweet foods
 - C. Sleeping all day
 - D. Drinking alcohol
8. Rudy jogs 30 minutes every day. The practices below are preventive measures to control non-communicable diseases. Rudy's practice belongs to _____.
- A. Eating nutritious food
 - B. Management of stress
 - C. Regular exercise
 - D. Avoid smoking
9. Leo loves to play mobile games until midnight. When he was in school, he felt sleepy all day. What is the best advice that you can give to Leo?
- A. Get enough sleep at least 7-8 hours
 - B. Eat nutritious foods
 - C. Avoid smoking
 - D. Exercise regularly
10. Your mother always tells you to eat fruits and vegetables. This advice is a practice in preventing and controlling the non-communicable diseases as regards with _____.
- A. Get enough sleep at least 7-8 hours
 - B. Eat nutritious foods
 - C. Avoid smoking
 - D. Exercise regularly

Part II: Matching Type

Directions: In Column A are the practices that will prevent non-communicable diseases. Find the correct match in Column B that fits each practice in Column A. Write your answers in your activity notebook.

Column A	Column B
___ 1. Drinking enough water	A. Helps you to better sleep, to have better hormonal balance
___ 2. Exercise regularly	B. Helps you to be in a better mood, increases productivity, and boosts your immune system.
___ 3. Avoid smoking	C. Prevents you from getting lung illness, cancer, heart diseases and gives you strong immune system
___ 4. Weight management	D. It helps your kidney to eliminate water soluble waste material
___ 5. Getting enough sleep	E. Helps reduce weights and prevent many diseases.
	F. Helps to reduce the transmission of bacteria

Lesson**1****Ways to Prevent Non-Communicable Diseases**

We have this saying “Prevention is better than cure”. This is true in fighting non-communicable diseases. It is better to stop an illness from happening than to stop it after it has already started. This module will serve as your guide in discovering new learnings that you can apply in your daily life on how to fight non-communicable diseases.

**What’s In**

You already know the myth and fallacy about non-communicable diseases. Now you are going to perform this activity to test if you still remember what you have learned.

Direction: Write **Fact** in column B if the statement in Column A is true, and **Bluff** if it is a myth and fallacy about non-communicable diseases. Copy and answer this activity in your notebook.

Table 1. Fact or Bluff

A	B
1. Taking a bath on Fridays will make one sick.	
2. In 1000 AD, Greek doctors thought the friction of riding a horse might be a possible treatment for diabetes.	
3. An amulet or <i>anting-anting</i> protecting the wearer from diseases and helps fight witchery.	
4. Relapse or “ <i>binat</i> ” is caused by eating certain kinds of food or by cutting the hair too soon after illness.	
5. Around the world, non-communicable diseases affect women and men almost equally.	



What's New

Activity 1: Word Search

Now that you are already warmed up in your review, it's time for you to discover new lessons about the practices in prevention and control of non-communicable diseases.

Directions: Circle the words that are related to the practices in prevention and control of non-communicable diseases. Write the words that you found in the boxes below the word puzzle. Your teacher will provide a photocopy of this activity.

Y	S	S	O	P	E	R	R	S	C
O	R	E	T	R	G	G	A	A	P
G	A	W	U	T	E	V	C	A	S
A	S	Q	X	H	U	S	X	Z	L
Y	X	T	Z	F	N	I	T	E	E
I	L	I	F	E	S	T	Y	L	E
P	Z	U	L	L	V	I	M	P	P
L	I	U	R	E	I	O	N	U	B
E	X	E	R	C	I	S	E	U	D
Q	J	A	Z	V	H	G	P	X	C

Are you familiar with the words you found? If not, don't worry you have more activities that will make these unfamiliar words easy to understand.

Activity 2: Health Meter

This time, you will learn about self-monitoring skills, and health practices to avoid non-communicable diseases. It will also give you ideal practices towards healthy lifestyle.

Directions: Think of your health habits. Put a check (/) in the column after each item to show how often you practice the healthy activity. Perform this activity in your activity notebook.

Monitoring the health habits

Table 2. Healthy habit and scale for Activity 2

	Habits	Always 3	Sometimes 2	Never 1
1.	I get enough sleep.			
2.	I consult a doctor when I observe something unusual in my body.			
3.	I exercise regularly.			
4.	I eat fruits and vegetables.			
5.	I don't smoke.			
6.	I avoid eating foods that are too salty, sweet, or fatty.			
7.	I properly manage my stress.			
8.	I make sure that the food I eat is nutritious.			
9.	I drink enough amount of water each day.			
10.	I monitor my weight regularly.			

Self-monitoring skills are competencies that will help us assess if we are healthy or not. You should be aware of your habits because you can use it as a monitoring tool to maintain your healthy lifestyle.

Rating:

Add all your score, if you get 21-30 it means you are very good. While getting 11-20 means good, and 1-9 means fair.

Processing Questions:

1. What can you say about your health habits?

2. Are you happy with your rating? Why or Why not?



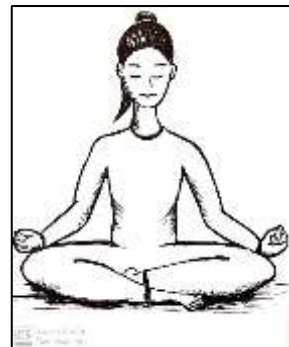
What is It

Activity 1: Match maker!

You are now into another part of this module which you will be familiarized with the different practices to prevent and control non-communicable diseases. Observe the picture carefully.

Directions: Choose the correct word in the box that best describes each of the pictures below. Write your answers in your activity notebook. You will perform this activity in the photocopy provided by your teacher.





Drinking
plenty of
water

Avoid
smoking

Doing yoga

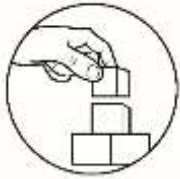
Being active

Eating
nutritious
food

Processing questions:

1. Which among the activities are you doing regularly?

2. What are the benefits you can get from these activities?



What's More

Non-communicable diseases are not caused by pathogens or disease-causing organisms such as bacteria or viruses, but by how people live, by conditions with which they are born or by the hazards around them. It also includes diseases caused by a breakdown of the body tissues, poor diet environmental and occupational hazards, stress, and tension.

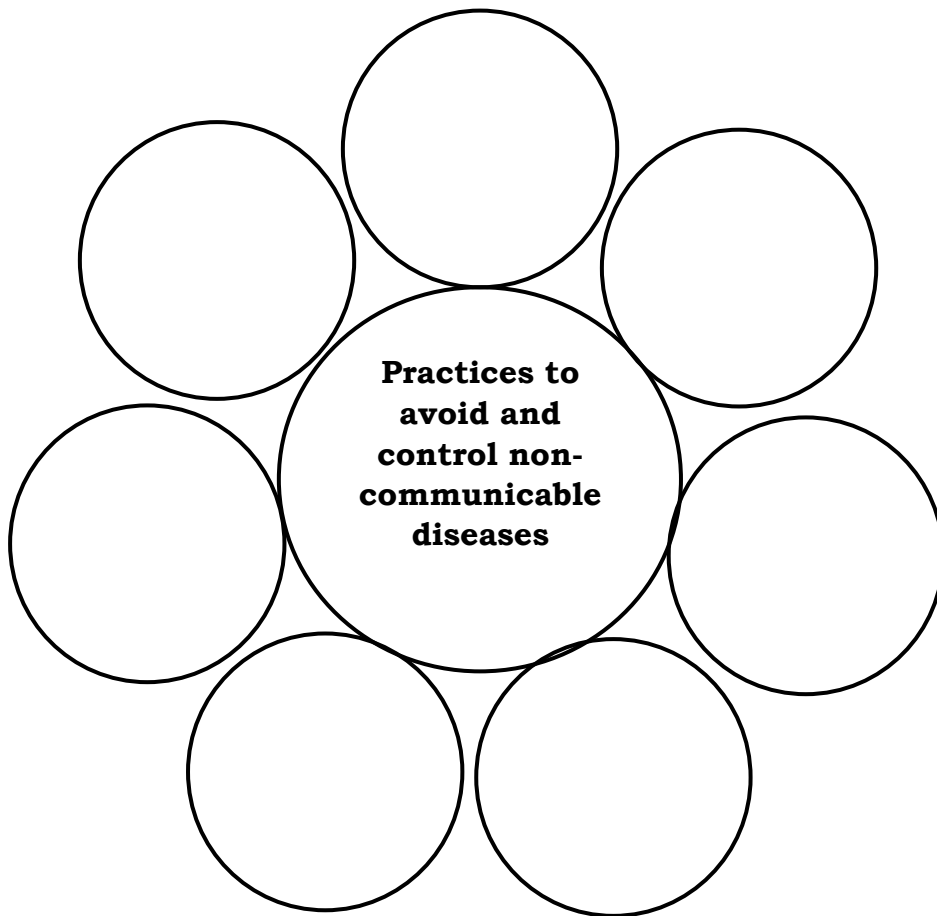
Below are preventive measures to avoid non-communicable diseases or at least reduce the severity of the symptoms.

- Drinking enough amount of water – helps your kidney to eliminate water soluble waste materials.
- Stress management – it is a skill to reduce stress in your life for you to be more productive and to lessen the risk of having non-communicable diseases.
- Eating healthy and nutritious foods – this is needed by your body for growth and repair, helping you to stay strong and healthy, and helps to prevent diet-related illness.
- Exercising regularly – helps to reduce weights and help prevent or control many diseases.
- Avoiding smoking- this will prevent you from getting lung illnesses, cancer, and heart disease and gives you a strong immune system.
- Managing weight – helps you get a better sleep, hormonal balance, and mood.
- Getting enough sleep – it can benefit your heart, weight, and mind. It helps you to be in a better mood, increases productivity, and boosts your immune system.
- Screening- if you have a family history of non-communicable diseases it is recommended to be screened by a physician.

Activity 1: You complete me!

Now that you are through with the reading part of this module, this activity will serve as a test if you truly understand what you have read.

Directions: Fill in the graphic organizer with the correct information on how to prevent and control the non-communicable diseases. Copy this activity in your activity notebook.





What I Have Learned

Activity 1: KWL

It is clear that now you have deepened your knowledge about the practices to prevent and control non-communicable diseases. This time you will be assessed on what you have learned by performing the activity below.

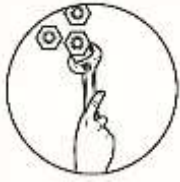
This activity is designed to bring out your personal reflection on the knowledge and skills that you already know and have learned.

Directions: Fill in column A with what you know, column B is what you want to know, and for column C is what you already know about prevention and control of non-communicable diseases. A sample is provided for you to have a guide in answering the activity.

A (KNOW)	B (WANT)	C (LEARN)
Sample answer: - I already know that exercise can help reduce weight	Sample answer: - I still want to know why eating salty foods can cause hypertension	Sample answer: - I learned that it depends on the person on how he/she manages his/her healthy lifestyle.

Processing question:

Does your learning in this module help you and your family to fight the non-communicable diseases?



What I Can Do

I am sure that you have already gained knowledge about the practices to prevent and control non-communicable diseases. In this part of the module, you will apply what you have learned to help others lower the risk of acquiring non-communicable diseases.

Activity 1: Advise-able

It's time for you to apply the knowledge you gained by giving advice in prevention and control of non-communicable diseases.

Directions: Read the situation below and give appropriate advice to Pedro for him to avoid acquiring non-communicable diseases.

Situation:

Pedro learns how to play a game into a mobile phone. He enjoys it but he started to stay awake until midnight. His physical activities also lessened because he spent more time in playing in his phone rather than being physically active. He also prefers junk foods rather than healthy and nutritious fruits and vegetables. In this situation what advice can you give to Pedro?

My advice is

Processing Question:

Aside from the advice you already gave, what other practices can you give to Pedro for a healthier lifestyle?



Assessment

Part I: Multiple Choice

Direction: Write the letter of the correct answer in your activity notebook.

1. Your friend is asthmatic, what do you think he/she should do to prevent an attack?
 - A. Exercise
 - B. Practice unhealthy eating habits
 - C. Participate in various strenuous physical activities
 - D. Drink lots of soda instead of water
2. Competencies that will help us assess when we are healthy or sick is called _____.
 - A. Self-mentoring skills
 - B. Self-monitoring skills
 - C. Self-motivated skills
 - D. Self-medication skills
3. All of the following are practices to prevent and control non-communicable diseases EXCEPT
 - A. Drinking small amount of water
 - B. Regular exercise
 - C. Management of stress
 - D. Eating nutritious foods
4. Ana loves to eat cakes, chocolates, and breads without any restrictions to the amount. This habit can cause _____.
 - A. Overweight
 - B. Lack of sleep
 - C. Dehydration
 - D. Stress

5. Which of the following phrases does not describe non-communicable disease?
- A. Caused by pathogen
 - B. Consequence of unhealthy lifestyle
 - C. Cannot be transmitted from one person to another
 - D. Consequence of behavioral and hereditary factors
6. Which is NOT a causative factor for non-communicable disease?
- A. Virus
 - B. Stress
 - C. Poor diet
 - D. Environmental hazards
7. Which of the following is the best practice to reduce stress?
- A. Doing yoga exercise
 - B. Eating sweet foods
 - C. Sleeping all day
 - D. Drinking alcohol
8. Rudy jog 30 minutes every day. What preventive practices done by Rudy to prevent NCD?
- A. Eating nutritious food
 - B. Management of stress
 - C. Regular exercise
 - D. Avoid smoking
9. Leo loves to play mobile games until midnight. When he was in school he felt sleepy all day. What is the best advice can you give to Leo?
- A. Get enough sleep at least 7-8 hours
 - B. Eat nutritious foods
 - C. Avoid smoking
 - D. Exercise regularly
10. Your mother always tells you to eat fruits and vegetables. This advice is a practice in preventing and controlling the non-communicable diseases in regards with _____.
- Get enough sleep at least 7-8 hours
- A. Eat nutritious foods
 - B. Avoid smoking
 - C. Exercise
 - D. Regularly

Part II: Matching Type

Directions: Find the correct match in Column B and write it in the blank before the number.

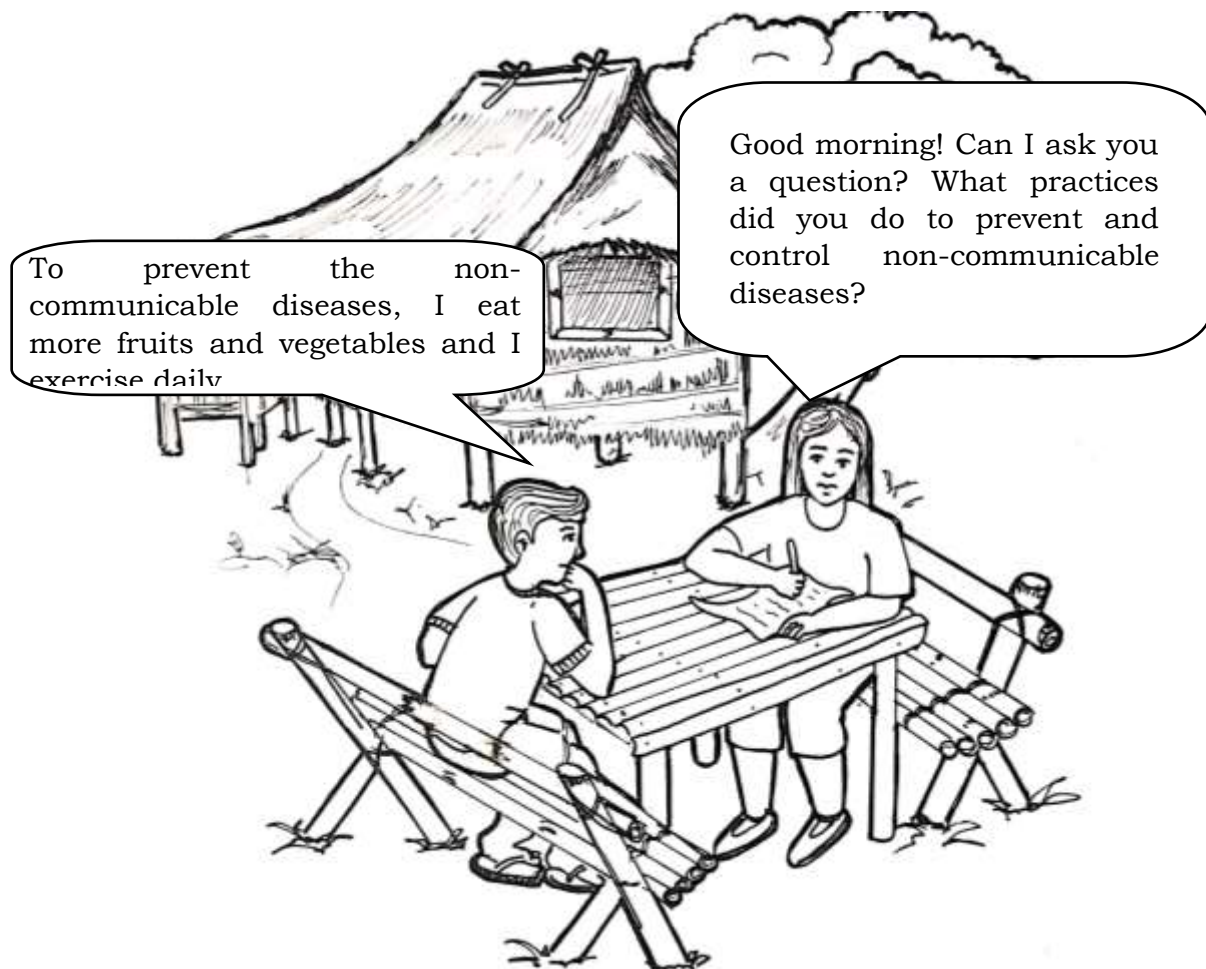
___ 1. Drinking enough water	A. Helps you to better sleep, to have better hormonal balance
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___ 4. Weight management	D. It helps your kidney to eliminate water soluble waste material
___ 5. Getting enough sleep	E. Helps reduce weight and helps prevent many diseases.
	F. Helps to reduce the transmission of bacteria



Additional Activities

Activity 1: What's the secret?

In this activity, you will learn the practices done by your neighbor to prevent and control non-communicable diseases. Study the comic strip below.



Now it's your turn to interview your family members about their secret on what practices they do to prevent the non-communicable diseases. You may start working on this activity:

Direction: Interview at least three (3) members of your family about their practices to control and prevent non-communicable diseases.

Question:

- What practices did you do to prevent and control non-communicable diseases?

Family member 1

Answer:

.

Family member 2

Answer:

Family member 3

Answer:

Processing Questions:

1. Study the answer of your family member, do you think their practices are correct based on what you have learned in the prevention and control of non-communicable diseases?

2. Now that you have already learned the practices of your family member on how to prevent the non-communicable disease, what is your realization after doing this activity?



Answer Key

<p>Activity 1: Search a Word</p> <ul style="list-style-type: none">- Yoga- Rest- Sleep- Lifestyle- Exercise	<p>Assessment</p> <p>1. A 2. A 3. A 4. A 5. B 6. A 7. A 8. C 9. A 10. B</p> <p>Test II</p> <p>1. D 2. E 3. C 4. A 5. B</p>
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Department of Education, *Physical Education and Health Learner's Material Grade 7*. Pasig City: Department of Education, 2017

Department of Education, *Physical Education and Health Teaching Guide Grade 7*. Pasig City: Department of Education, 2017

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