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Most Essential Learning Competencies (MELCs)



Grade Level: Grade 1

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner... understands the importance of good eating habits and behavior	The learner... practices healthful eating habits daily	distinguishes healthful from less healthful foods	Week 1 to Week 2	H1N-Ia-b-1
			tells the consequences of eating less healthful foods	Week 3 to Week 4	H1N-Ic-d-2
			*practices good decision making exhibited in eating habits that can help one become healthy	Week 5 to Week 6	H1N-Ie-f-3 H1N-Ig-j-4
2nd Quarter	demonstrates understanding of the proper ways of taking care of one's health	practices good health habits and hygiene daily	identifies proper behavior during mealtime	Week 1 to Week 2	H1PH-IIa-b-1
			demonstrates proper hand washing	Week 3 to Week 4	H1PH-IIc-d-2
			realizes the importance of washing hands	Week 5	H1PH-IIe-3
			practices habits of keeping the body clean & healthy	Week 6 to Week 7	H1PH-IIf-i-4
			realizes the importance of practicing good health habits	Week 8	H1PH-IIj-5
3rd Quarter	understands the importance of keeping the home environment healthful.	consistently demonstrates healthful practices for a healthful home environment.	describes the characteristics of a healthful home environment	Week 1	H1FH-IIIa-1
			discusses the effect of clean water on one's health	Week 2	H1FH-IIIf-2
			discusses how to keep water at home clean	Week 3	H1FH-IIIf-3
			practices water conservation	Week 4	H1FH-IIIf-4
			explains the effect of indoor air on one's health	Week 5 to Week 6	H1FH-IIIf-5

			identifies sources of indoor air pollution		H1FH-IIIlg-6
			practices ways to keep indoor air clean		H1FH-IIIlg-7
			explains the effect of a home environment to the health of the people living in it	Week 7	H1FH-IIIhi-8
			demonstrates how to keep the home environment healthful	Week 8	H1FH-IIIj-10
4th Quarter	demonstrates understanding of safe and responsible behavior to lessen risk and prevent injuries in day-to-day living	appropriately demonstrates safety behaviors in daily activities to prevent injuries	identifies situations when it is appropriate to ask for assistance from strangers	Week 1	H1IS-IVa-1
			gives personal information, such as name and address to appropriate persons	Week 2	H1IS-IVb-2
			identifies appropriate persons to ask for assistance	Week 3	H1IS-IVc-3
			demonstrates ways to ask for help		H1IS-IVc-4
			follows rules at home and in school.	Week 4	H1IS-IVd-5
			follows rules during fire and other disaster drills	Week 5	H1IS-IVe-6
			observes safety rules with stray or strange animals	Week 6	H1IS-IVf-7
			describes what may happen if safety rules are not followed	Week 7	H1IS-IVg-8

			describes ways people can be intentionally helpful or harmful to one another	Week 8	H1IS-IVh-9
			distinguishes between good and bad touch	Week 9	H1IS-IVi-10
			practices ways to protect oneself against violent or unwanted behaviors of others	Week 10	H1IS-IVj-11

* These learning competencies were rephrased and deemed essential in the achievement of content and performance standards.

Grade Level: Grade 2

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner... understands the importance of eating a balanced diet.	The learner... 1. demonstrates good decision-making skills in choosing food to eat to have a balanced diet. 2. consistently practices good health habits and hygiene for the sense organs	states that children have the right to nutrition (Right of the child to nutrition Article 24 of the UN Rights of the Child)	Week 1	H2N-Ia-5
			*discusses the important function of food and a balanced meal	Week 2 to Week 3	H2N-Ib-6 H2N-Icd-7
			considers Food Pyramid and Food Plate in making food choices	Week 4 to Week 6	H2N-Ifh-9
			displays good decision-making skills in choosing the right kinds of food to eat	Week 7 to Week 8	H2N-Iij-10
2nd Quarter	demonstrates understanding of the proper ways of taking care of the sense organs	consistently practices good health habits and hygiene for the sense organs	describes ways of caring for the eyes, ears, nose, hair and skin in order to avoid common childhood health conditions	Week 1 to Week 4	H2PH-IIa-e-6
			describes ways of caring for the mouth/teeth	Week 5 to Week 6	H2PH-IIfh-7