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Most Essential Learning Competencies (MELCs)



			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

			displays self-management skills in caring for the sense organs	Week 7	H2PH-IIIj-8
3rd Quarter	1. demonstrates understanding of healthy family habits and practices 2. demonstrates an understanding of managing one's feelings and respecting differences	1. consistently adopts healthy family 2. demonstrates positive expression of feelings toward family members and ways of coping with negative feelings	describes healthy habits of the family	Week 1 to Week 2	2FH-IIIab-11
			demonstrates good family health habits and practices	Week 3 to Week 4	H2FH-IIIcd-12
			explains the benefits of healthy expressions of feelings	Week 5	H2FH-IIIef-13
			expresses positive feelings in appropriate ways	Week 6	H2FH-IIIgh-14
			demonstrates positive ways of expressing negative feelings, such as anger, fear, or disappointment	Week 7 to Week 8	H2FH-IIIij-15
			displays respect for the feelings of others		H2FH-IIIj-16
4 th	demonstrates an understanding of rules to ensure safety at home and in school	demonstrates consistency in following safety rules at home and in school.	discusses one's right and responsibilities for safety	Week 1	H2IS-IVa-12
			identifies hazardous areas at home	Week 2	H2IS-IVbc-13
			identifies hazardous household products that are harmful if ingested, or inhaled, and if touched especially electrical appliances	Week 3	H2IS-IVde-14
			recognizes warning labels that identify harmful things and substances	Week 4	H2IS-IVf-15
			explains rules for the safe use of household chemicals	Week 5	H2IS-IVg-16
			follows rules for home safety	Week 6	H2IS-IVh-17

		identifies safe and unsafe practices and conditions in the school	Week 7	H2IS-IVi-18
		practices safety rules during school activities	Week 8	H2IS-IVj-19

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

Grade Level: Grade 3

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner... demonstrates understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health	The learner... consistently demonstrates good decision-making skills in making food choices	describes a healthy person	Week 1 to Week 2	H3N-lab-11
			explains the concept of malnutrition		H3N-lab-12
			identifies nutritional problems	Week 3	H3N-lcd-13
			describes the characteristics, signs and symptoms, effect of the various forms of malnutrition	Week 4 to Week 5	H3N-lef-14
			discusses ways of preventing the various forms of malnutrition		H3N-lef-15
			*discusses the different nutritional guidelines <ul style="list-style-type: none"> nutritional guidelines for Filipino 	Week 6 to Week 7	H3N-lgh-16
					H3N-li-17
					H3N-lj-18
			describes ways of maintaining healthy lifestyle	Week 8	H3N-lj-19
			evaluates one's lifestyle		H3N-lj-20