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Most Essential Learning Competencies (MELCs)



			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

			adopts habits for a healthier lifestyle		H3N-Ij-21
2nd Quarter	demonstrates an understanding of the nature of and the prevention of diseases	consistently practices healthy habits to prevent and control diseases	identifies common childhood diseases	Week 1 to Week 3	H3DD-IIbcd-1
			*discusses the different risk factors for diseases and example of health condition under each risk factor		H3DD-IIbcd-2
			explains the effects of common diseases		H3DD-IIbcd-3
			explains measures to prevent common diseases		H3DD-IIbcd-4
			explains the importance of proper hygiene and building up one's body resistance in the prevention of diseases	Week 4 to Week 6	H3DD-IIbcd-5
			demonstrates good self-management and good-decision making-skills to prevent common diseases	Week 6	H3DD-IIefg-6
					H3DD-IIh-7
3rd Quarter	demonstrates understanding of factors that affect the choice of health information and products	demonstrates critical thinking skills as a wise consumer	defines a consumer	Week 7 to Week 8	H3DD-IIij-8
			explain the components of consumer health	Week 1 to Week 2	H3CH-IIIab-1
			discusses the different factors that influence choice of goods and services		H3CH-IIIab-2
			describes the skills of a wise consumer	Week 3 Week 4	H3CH-IIIbc-4
			demonstrates consumer skills for given simple situations	Week 5 to Week 6	H3CH-IIIde-5
			identifies basic consumer rights		H3CH-IIIde-6
				Week 7 to Week 8	H3CH-IIIfg-7

			practices basic consumer rights when buying		H3CH-IIIlg-8
			discusses consumer responsibilities	Week 9	H3CH-IIIli-10
			identifies reliable sources of health information	Week 10	H3CH-IIIlj-11
4th Quarter	demonstrates understanding of risks to ensure road safety and in the community.	demonstrates consistency in following safety rules to road safety and in the community.	explains road safety practices as a pedestrian	Week 1 to Week 2	H3IS-IVab-19
			explains basic road safety practices as a passenger	Week 3 to Week 4	H3IS-IVcd-21
			demonstrates road safety practices as a passenger		H3IS-IVcd-22
			explains the meaning of traffic signals and road signs	Week 5	H3IS-IVe-23
			describes dangerous, destructive, and disturbing road situations that need to be reported to authorities	Week 6	H3IS-IVf-24
			displays self-management skills for road safety.	Week 7	H3IS-IVg-25
			identifies hazards in the community	Week 8	H3IS-IVh-26
			follows safety rules to avoid accidents in the community	Week 9	H3IS-IVi-27
			recommends preventive action for a safe community	Week 10	H3IS-IVj-28

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