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Most Essential Learning Competencies (MELCs)



Grade Level: Grade 4

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	<p>The learner...</p> <ol style="list-style-type: none"> understands the importance of reading food labels in selecting healthier and safer food understands the importance of following food safety principles in preventing common food-borne diseases understands the nature and prevention of food borne diseases 	<p>The learner...</p> <ol style="list-style-type: none"> Understands the significance of reading and interpreting food label in selecting healthier and safer food practices daily appropriate food safety habits to prevent food-borne disease 	explains the importance of reading food labels in selecting and purchasing foods to eat	Week 1 to Week 2	H4N-Ib-23
			analyzes the nutritional value of two or more food products by comparing the information in their food labels	Week 3 to Week 4	H4N-Ifg-25
			describes ways to keep food clean and safe		H4N-Ifg-26
			discusses the importance of keeping food clean and safe to avoid disease	Week 5 to Week 6	H4N-Ihi-27
			identifies common food-borne diseases	Week 7 to Week 8	H4N-Ij-26
			describes general signs and symptoms of food-borne diseases		H4N-Ij-27
2nd Quarter	understands the nature and prevention of common communicable diseases	consistently practices personal and environmental measures to prevent and control common communicable diseases	describes communicable diseases	Week 1	H4DD-IIa-7
			identifies the various disease agents of communicable diseases	Week 2 to Week 3	H4DD-IIb-9
			enumerates the different elements in the chain of infection	Week 4 to Week 5	H4DD-IIcd-10

			describes how communicable diseases can be transmitted from one person to another.	Week 6 to Week 7	H4DD-IIef-11
			demonstrates ways to stay healthy and prevent and control common communicable diseases	Week 8 to Week 9	H4DD-IIij-13
			identifies ways to break the chain of infection at respective		H4DD-IIij-14
			practices personal habits and environmental sanitation to prevent and control common communicable diseases		H4DDIIij-15
3rd Quarter	Demonstrates understanding of the proper use of medicines to prevent misuse and harm to the body	Practices the proper use of medicines	Describes uses of medicines	Week 1	H4S-IIIa-1
			Differentiates prescription from non-prescription medicines	Week 2	H4S-IIIb-2
			describes the potential dangers associated with medicine misuse and abuse	Week 3 to Week 4	H4S-IIIde-4
			describes the proper use of medicines	Week 5 to Week 6	H4S-IIIfg-5
			explains the importance of reading drug information and labels, and other ways to ensure proper use of medicines	Week 7 to Week 8	H4S-IIIij-6
4th Quarter	demonstrates understanding of safety guidelines during disasters, emergency and other high-risk situations	practices safety measures during disasters and emergency situations.	recognizes disasters or emergency situations	Week 1	H4IS-IVa-28
			demonstrates proper response before, during, and after a disaster or an emergency situation	Week 2 to Week 3	H4IS-IVb-d-29

			relates disaster preparedness and proper response during emergency situations in preserving lives	Week 4	H4IS-IVe-30
			describes appropriate safety measures during special events or situations that may put people at risk	Week 5 to Week 6	H4IS-IVfg-31
			describes the dangers of engaging in risky behaviors such as use of firecrackers, guns, alcohol drinking	Week 7 to Week 8	H4IS-IVhij-32
			advocates the use of alternatives to firecrackers and alcohol in celebrating special events		H4IS-IVhij-33

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

Grade Level: Grade 5

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner... demonstrates understanding of mental emotional, and social health concerns	The learner... practices skills in managing mental, emotional and social health concerns	describes a mentally, emotionally and socially healthy person	Week 1 to Week 2	H5PH-Iab-10
			suggests ways to develop and maintain one's mental and emotional health	Week 3	H5PH-Ic-11
			recognizes signs of healthy and unhealthy relationships	Week 4	H5PH-Id-12