

# Back to SCHOOL



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# Most Essential Learning Competencies (MELCs)



			explains the uses of some over the counter and prescription medicines	Week 5	<b>H6CH-IVf-18</b>
			identifies the common propaganda techniques used in advertising	Week 6	<b>H6CH-IVg-19</b>
			analyzes packaging and labels of health products	Week 7	<b>H6CH-IVh-21</b>
			practices good decision making skills in the selection of health products	Week 8	<b>H6CH-IVh-22</b>
			discusses ways to protect oneself from fraudulent health products	Week 9 to Week 10	<b>H6CH-IVij-23</b>

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

**Grade Level: Grade 7**

**Subject: Health**

<b>Quarter</b>	<b>Content Standards</b>	<b>Performance Standards</b>	<b>Most Essential Learning Competencies</b>	<b>Duration</b>	<b>K to 12 CG Code</b>
1st Quarter	The learner...  demonstrates understanding of holistic health and its management of health concerns, the growth and development of adolescents and how to manage its challenges.	The learner...  appropriately manages concerns and challenges during adolescence to achieve holistic health.	explains the dimensions of holistic health (physical, mental/ intellectual, emotional, social, and moral-spiritual)	Week 1	<b>H7GD-Ib-13</b>
			analyzes the interplay among the health dimensions in developing holistic health		<b>H7GD-Ib-14</b>
			practices health habits to achieve holistic health	Week 2	<b>H7GD-Ic-15</b>
			*Recognize changes in different aspects of growth that normally happen during adolescence years.	Week 3 to Week 4	<b>H7GD-Id-e-16</b> <b>H7GD-Id-e-17</b> <b>H7GD-Id-e-18</b>

			explains the proper health appraisal procedures	Week 5 to Week 8	<b>H7GD-li-j-22</b>
			demonstrates health appraisal procedures during adolescence in order to achieve holistic health		<b>H7GD-li-j-23</b>
			avails of health services in the school and community in order to appraise one's health		<b>H7GD-li-j-24</b>
			applies coping skills in dealing with health concerns during adolescence		<b>H7GD-li-j-25</b>
2nd Quarter	demonstrates understanding of nutrition for a healthy life during adolescence	makes informed decisions in the choice of food to eat during adolescence	identifies the right foods during adolescence	Week 1	<b>H7N-IIa-20</b>
			follows the appropriate nutritional guidelines for adolescents for healthful eating <ul style="list-style-type: none"> <li>explains the need to select food based on the nutritional needs during adolescence</li> <li>follows the Food Pyramid guide for adolescents and nutritional guidelines for Filipinos in choosing foods to eat</li> </ul>	Week 2 to Week 3	<b>H7N-IIb-c-21</b>
			describes the characteristics, signs and symptoms of malnutrition and micronutrient deficiencies	Week 4 to Week 6	<b>H7N-II-d-f-23</b>
			discusses ways of preventing and controlling malnutrition and micronutrient deficiencies		<b>H7N-II-d-f-24</b>
			explains the characteristics, signs and symptoms of eating disorders		<b>H7N-II-d-f-25</b>
			discusses ways of preventing and controlling eating disorders		<b>H7N-II-d-f-26</b>

			applies decision-making and critical thinking skills to prevent nutritional problems of adolescents	Week 7 to Week 8	<b>H7N-IIg-h-27</b>
3rd Quarter	demonstrates understanding of mental health as a dimension of holistic health for a healthy life	consistently demonstrates skills that promote mental health	explains the factors that affect the promotion of good mental health	Week 1 to Week 2	<b>H7PH-IIIa-b-28</b>
			explains that stress is normal and inevitable		<b>H7PH-IIIa-b-29</b>
			differentiates eustress from distress		<b>H7PH-IIIa-b-30</b>
			identifies situations that cause feelings of anxiety or stress		<b>H7PH-IIIa-b-31</b>
			identifies physical responses of the body to stress	Week 3	<b>H7PH-IIIc-33</b>
			identifies people who can provide support in stressful situations		<b>H7PH-IIIc-34</b>
			differentiates healthful from unhealthful strategies in coping with stress	Week 4 to Week 5	<b>H7PH-IIId-e-35</b>
			demonstrates various stress management techniques that one can use every day in dealing with stress		<b>H7PH-IIId-e-36</b>
			explains the importance of grieving		<b>H7PH-IIId-e-37</b>
			demonstrates coping skills in managing loss and grief		<b>H7PH-IIId-e-38</b>
			recognizes triggers and warning signs of common mental disorders	Week 6 to Week 8	<b>H7PH-IIIf-h-39</b>
			discusses the types, sign, symptoms, and prevention, treatment and professional care in managing common mental health disorders		<b>H7PH-IIIf-h-40</b>
4th Quarter	demonstrates understanding of non-communicable diseases for a healthy life	consistently demonstrates personal responsibility and healthful practices in the prevention	explains non-communicable diseases based on cause and effect, signs and symptoms, risk factors and protective factors and possible complications	Week 1 to Week 3	<b>H7DD-IVb-d-25</b>
			corrects myth and fallacies about non-communicable diseases	Week 4	<b>H7DD-IVe-26</b>

		and control of non-communicable diseases	practices ways to prevent and control non-communicable diseases	Week 5	<b>H7DD-IVf-27</b>
			demonstrates self-monitoring to prevent non-communicable diseases	Week 6 to Week 8	<b>H7DD-IVg-h-28</b>
			promotes programs and policies to prevent and control non-communicable and lifestyle diseases		<b>H7DD-IVg-h-29</b>
			identifies agencies responsible for non-communicable disease prevention and control		<b>H7DD-IVg-h-30</b>

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

**Grade Level: Grade 8**

**Subject: Health**

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner demonstrates understanding of human sexuality and managing sexuality related issues for a healthy life	The learner appropriately manages sexually-related issues through responsible and informed decisions	*discusses basic terms in sexuality as an important component of one's personality	Week 1	<b>H8FH-Ia-16</b>
			explains the dimensions of human sexuality		<b>H8FH-Ia-17</b>
			analyzes the factors that affect one's attitudes and practices related to sexuality and sexual behaviors		<b>H8FH-Ia-18</b>
			assesses personal health attitudes that may influence sexual behavior	Week 2	<b>H8FH-Ib-19</b>
			relates the importance of sexuality to family health		<b>H8FH-Ic-d-20</b>
			identifies the different issues/concerns of teenagers (i.e., identity crisis) and the need for support and understanding of the family	Week 3 to Week 4	<b>H8FH-Ic-d-21</b>
				Week 5 to Week 7	<b>H8FH-Ie-g-22</b>