

GRADE 1 to 12 DAILY LESSON PLAN	SCHOOL	San Carlos Elem. School	Grade Level	THREE
	TEACHER		Quarter	
	SUBJECT	MAPEH	DATE	

LAYUNIN (OBJECTIVE)	
A.PAMANTAYANG PANGNILALAMAN (CONTENT STANDARDS)	Demonstrates the understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health.
B.PAMANTAYAN SA PAGGANAP (PERFORMANCE STANDARDS)	Consistently demonstrate good decision-making skills in making food choices
C.MGA KASANAYAN SA PAGKATUTO (LEARNING COMPETENCIES)	Identify nutritional problems-overnutrition H3N-Icd-13 Values: Sharing Subject Integration: Science
II. NILALAMAN (CONTENT)	Subject Matter – Form of malnutrition: Overnutrition Reference – K to 12 Curriculum Guide in Health 3 Materials: Powerpoint Pictures Video
III. KAGAMITANG PANTURO (LEARNING RESOURCES)	
A. SANGGUNIAN (References)	
1.Mga Pahina sa Gabay ng Guro	C.G p. 28, T.G p. 367-368, LM 423
2.Mga Pahina sa Kagamitang Pangmag-aaral	
3.Mga Pahina sa textbook	
4.Karagdagang kagamitan mula sa postal ng Learning Resources	
B. IBA PANG KAGAMITANG PANTURO	
A. BALIK-ARAL SA NAKARAANG ARALIN AT/O PAGSISIMULA NG BAGONG ARALIN. (Reviewing previous lesson/ presenting the new lesson)	Nuong nakaraang linggo pinagusapan natin sa health ang tungkol sa bitamina. Mahalaga nga ba talaga ang bitamina sa ating katawan? # Tunay na mahalaga ang bitamina sa ating katawan upang tayo ay manatiling malusog ang pangangatawan.
B. PAGHAHABI NG LAYUNIN NG ARALIN. (Establishing a purpose for the lesson)	Ngayon naman ay pag-aaralan natin kung sobra ba ang iyong pagkain o ang tinatawag na overeating o obesity.
C. PAG-UUGNAY NG MGA HALIMBAWA SA BAGONG ARALIN. (Presenting examples/instances of the new lesson)	Ating basahin ang mga pangungusap at sabihin sa sarili kung ito ay iyong nararanasan o nararamdaman. Mabalis akong mapagod Sobra akong pawisan Nahihirapan akong huminga Bumibigat ang aking timbang Sumasakit ang ang aking mga kasukasuan Makinig sa isang liham ng aking kaibigan.
D. PAGTALAKAY NG BAGONG KONSEPTO AT PAGLALAHAD NG BAGONG KASANAYAN #1 (Discussing new concept and practicing new skills #1)	Mahal kong kaibigan, Kumusta ka na? Halos isang linggo ka nang hindi pumapasok sa ating klase. Hindi mah na tuloy nakakain ang mga paborito mong pagkain sa canteen tulad ng ice cream, Cake, Pizza, Spagetti at

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