

K to 12 BASIC EDUCATION CURRICULUM

GRADE 3

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS	EQUIPMENT
Grade 3 – NUTRITION – 1ST QUARTER (H3N)						
A. Good Nutrition and Health 1. Concept of Malnutrition 2. Forms of malnutrition (undernutrition and overnutrition) 2.1. Protein-Energy Malnutrition (PEM) 2.2. Micronutritional Deficiencies 2.2.1. Vitamin A – Night Blindness 2.2.2. Vitamin B – Beri-beri 2.2.3. Vitamin C – Scurvy 2.2.4. Vitamin D – Rickets 2.2.5. Iron – Anemia 2.2.6. Iodine – Goiter 2.2.7. Calcium – Rickets/ Osteoporosis 2.3. Overweight and obesity	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	The learner...		Music, Art, Physical Education and Health 2. Gabel, Edna C., et. al. DepED, 2013. pp.418-419	Weighing Scale, bathroom-type
			1. describes a healthy person	H3N-1ab-11		
			2. explains the concept of malnutrition	H3N-1ab-12		
			3. identifies nutritional problems	H3N-1cd-13		
			4. describes the characteristics, signs and symptoms, effect of the various forms of malnutrition	H3N-1ef-14		
			5. discusses ways of preventing the various forms of malnutrition	H3N-1ef-15		

K To 12 Curriculum Guide In Mapeh Grade 7

Victor M. Corman



K To 12 Curriculum Guide In Mapeh Grade 7:

Whispering the Strategies of Language: An Psychological Journey through **K To 12 Curriculum Guide In Mapeh Grade 7**

In a digitally-driven world where monitors reign great and instant interaction drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within phrases usually get unheard. Yet, situated within the pages of **K To 12 Curriculum Guide In Mapeh Grade 7** a charming literary treasure pulsing with raw emotions, lies an extraordinary journey waiting to be undertaken. Published by a skilled wordsmith, that enchanting opus encourages readers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the fabric of every word. Within the mental depths of this emotional evaluation, we can embark upon a sincere exploration of the book is primary themes, dissect their charming publishing type, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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