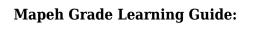
TOWARD AND PROPERTY OF THE PARTY OF THE	SCHOOL	San Carlos Elem. School	Grade Level	THREE
GRADE I to 12	TEACHER		Quarter	
DAILY LESSON	SUBJECT	MAPEH	DATE	
PLAN				

LAYUNIN ODBJECTIVES			
A.PAMANTAYANG	Demonstrates the u	nderstanding of the importance of putritional or ideline	
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 STANDAROS)	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		
(CONTENT)	Subject Matter – Reference – Materials:	Form of malnutrition: Overnutrition K to 12 Curriculum Guide in Health 3 Powerpoint Pictures Video	
(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. (Breigwing 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.  Ngayon naman ay pag-aaralan natin kung sobra ba ang iyong pagkain o ang tinatawag na overeating o obesity.		
B. PAGHAHABI NG LAYUNIN NG ARALIN. (Establishing a purpose for the lesson)			
C. PAG-UUGNAY NG MGA HALIMBAWA SA BAGONG ARALIN.	Ating basahin ang mga pangungusap at sabihin sa sarili kung ito ay iyong nararanasan o nararamdaman.		
(Presenting examples/instances of the new lesson)	Mabilis akong mapagod Sobra akong pawisan Nahihirapan akong huminga Bumibigat ang aking timbang Sumasakit ana ana akina mga kasukasuan		
D. PAGTALAKAY NG BAGONG KONSEPTO AT PAGLALAHAD NG BAGONG KASANAYAN #1 (Discussing new concept and		g liham ng aking kaibigan.	
practicing new skills #1)	Kumusta ka naë Halos isang linggo ka nang hindi pumapasok sa ating klase. Hindi moh na tuloy nakakain ang mga paborito mong pagkain sa canteen tulad ng Ice cream, Cake, Pizza, Spagetti at		

# **Mapeh Grade Learning Guide**

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