

W7	Learning Area	HEALTH	Grade Level	7
	Quarter	4TH	Date	
I. LESSON TITLE		PREVENTION AND CONTROL OF DISEASES AND DISORDER		
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)		<div>1. Explains the non-communicable diseases based on cause and effect, signs and symptoms, risk factors and protective factors possible complications H7DD-IVb-d-25</div> <div>2. Corrects myth and fallacies about non-communicable diseases H7DD-IVe-26</div>		
III. CONTENT/CORE CONTENT		NON-COMMUNICABLE DISEASES		
IV. LEARNING PHASES AND LEARNING ACTIVITIES				
<div>I. Introduction (Time Frame: <u>DAY 1</u> )</div> <p>Disease is a condition that prevents the body or mind from working normally. Two types of diseases: 1. Communicable diseases – are illness that can be transferred or passed from one person to another. Common communicable diseases are dengue, diarrhea, chicken fox, influenza, acute respiratory infection, tuberculosis, sore eyes and AIDS/HIV. 2. Non-communicable or chronic diseases –are non-infectious illnesses which may result from hereditary or lifestyle factors and not from pathogens.</p> <p>Common Non – Communicable Diseases</p> <div><div>1. Allergy – is synonymous to hypersensitivity, which refers to an exaggerate response to an antibody – forming substance or antigen. Cause: Food intake, vaccine or blood transfusion, insect sting, skin contact, or through nasal by smell. Signs and Symptoms: Swelling of the mucus membrane, redness and itching of eyes, impaired hearing, rashes, and headaches.</div><div>2. Asthma – is a chronic condition in which breathing become difficult. Cause: Dust and molds, pollens, cold air, weather change, sinus infections, stress, and certain foods. Signs and Symptoms: Shortness of breath, wheezing, coughing, chest tightness.</div><div>3. Cardiovascular Disease – is a disease of the heart and blood vessels. This disease is the leading cause of mortality in the Philippines. Types of Cardiovascular Disease are: Coronary heart disease; Heart attack; Angina Pectoris; Rheumatic Fever; Heart Rhythm Abnormalities or Arrhythmia; Congestive Heart Failure; Stroke. Signs of stroke: According to the American Heart Association, F.A.S.T is an easy way to remember the signs of stroke. F – Face Drooping. A – Arm Weakness. S – Speech Difficulty. T – Time to Call.</div><div>4. Cancer – caused by abnormal cells growing without control. As these abnormal cells grow, they form in masses called tumors. Ways to treat cancer through radiation therapy, chemotherapy, and immunotherapy. Tumors can either be: a. Benign – masses of cells that are not cancerous and do not spread. b. Malignant – masses of cells that are cancerous. They may spread to other parts of the body by moving along the blood vessels or through the lymph system. This spreading is called metastasis. Signs and Symptoms are change in bowel or bladder habits, a sore that does that not heal, unusual bleeding or discharge, thickening or lump in breast or elsewhere, indigestion or difficulty in swallowing, obvious change in wart or mole, nagging cough or hoarseness, unexplained weight loss, persistent hoarseness.</div><div>5. Diabetes or Diabetes Mellitus – a disease in which the body produces little or no insulin at all. Signs and Symptoms: Excessive urination (polyuria), thirst (Polydipsia), hunger (polyphagia). Types of Diabetes are: a. Type 1 Diabetes ("Insulin dependent diabetes"); Type II Diabetes- too little insulin produce by the pancreas. Signs and Symptoms: Increased thirst, frequent urination, continuous hunger, weight loss, blurred vision, tiredness.</div><div>6. Arthritis – refers to inflammation of joints. It usually occurs during old age. Signs and Symptoms: Joint pains, swelling, stiffness, and inflammation. Types of Arthritis are: a. Osteoarthritis – is a disease of older people. It result from the wear and tear of joints, especially those of the hands, hips, knees, and spine; b. Rheumatoid arthritis – causes pain and swelling in many joins throughout the body. This can lead to deformity and crippling.</div><div>7. Kidney or Renal Failure – is a medical condition in which the kidneys fail to adequately filter waste product from the blood. What are some symptoms of kidney failure? Changes in urination, swelling in legs, ankles, feet, face or hands, extreme skin rashes and itching, nausea and vomiting, shortness of breath, feeling cold, dizziness, and concentration problems brought about by anemia related to kidney failure– is a medical condition in which the kidneys fail to</div></div>				

### IV. LEARNING PHASES AND LEARNING ACTIVITIES

adequately filter waste product from the blood. What are the ways to diagnose kidney failure? Kidney failure can be diagnosed through urinalysis, urine measurements, blood samples, imaging and kidney tissue samples.

FACT FILE (World Health Organization). 10 acts on Non-Communicable Diseases

1. NCDs are responsible for 63% of all deaths worldwide (36 million out of 57 million global deaths).
2. 80% of NCDs deaths occur in low-and middle-income countries.
3. More than 9 million of all deaths attributed to NCDs occur before the age of 60.
4. Around the world, NCDs affect women and men almost equally.
5. NCDs are largely preventable through effective interventions that tackle shared risk factors, namely: tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol.
6. 5 billion adults, 20 older were overweight in 2008.
7. Nearly 43 million children under 5 years old were overweight in 2010.
8. Tobacco users kill nearly 6 million people a year.
9. By 2020, the number will increase to 7.5 million, accounting to 10% of all deaths.
10. Eliminating major risks could prevent most NCDs.

There is a need to correct myths and fallacies about non-communicable disease. To be able to treat or to avoid the disease effectively and so as not to create panic among members in the society. It is very important also to educate the people to reverse whatever myths and fallacies they have in their minds. It will be good if they listen to health professionals about what really these non-communicable diseases are.

**D. Development (Time Frame: DAY 2 )**

#### ACTIVITY 1: NCD and CD

Directions: List 5 examples of communicable and non-communicable diseases. Write your answer on the table below.

COMMUNICABLE	NON - COMMUNICABLE

#### ACTIVITY 2: ODD WORDOUT

Directions: Analyze the series of words in each item and cross out the word that does **NOT** belong to the group.

- |                  |               |                    |             |
|------------------|---------------|--------------------|-------------|
| 1. Allergy       | asthma        | acne               | arthritis   |
| 2. Eczema        | hives         | hay fever          | dengue      |
| 3. sneezing      | high fever    | runny nose         | stuffy nose |
| 4. Hypertension  | stroke        | heart attack       | asthma      |
| 5. reduce stress | manage weight | exercise regularly | wash hand   |

**E. Engagement (Time Frame: DAY 2 )**

#### ACTIVITY 3: Puzzle Search

Directions: Search for the word that is being described by the statement. Encircle the word and write your answer on the blank provided.

R	E	N	A	L	F	A	I	L	U	R	E
T	O	Z	L	G	P	K	L	X	W	Q	D
U	M	A	L	I	G	N	A	N	T	F	I
M	E	Z	E	V	B	J	H	Y	T	A	S
O	Q	W	R	X	Z	V	B	M	N	S	E
R	Y	T	G	R	M	M	K	L	S	T	A
P	O	L	Y	P	H	A	G	I	A	U	S
A	S	T	H	M	A	S	D	F	G	H	E
Z	X	P	O	L	Y	U	R	I	A	J	K
L	Z	X	B	N	V	B	E	N	I	G	N

### IV. LEARNING PHASES AND LEARNING ACTIVITIES

- \_\_\_\_\_ 1. A condition that prevents the body or mind from working normally.
- \_\_\_\_\_ 2. Fail to adequately filter waste product from the blood.
- \_\_\_\_\_ 3. Masses of cells that are cancerous
- \_\_\_\_\_ 4. Masses of cells that are not cancerous and do not spread.
- \_\_\_\_\_ 5. Excessive urination.
- \_\_\_\_\_ 6. Another term for hunger.
- \_\_\_\_\_ 7. This synonymous to hypersensitivity
- \_\_\_\_\_ 8. Abbreviation way to remember the signs of stroke.
- \_\_\_\_\_ 9. Abnormal cells grow, they form in masses.
- \_\_\_\_\_ 10. Chronic condition when breathing becomes difficult.

### ACTIVITY 4: TABLE COMPLETION

Directions: Fill in the table with the appropriate information about non-communicable diseases. Be guided by the headings in each column.

Common Non- Communicable Diseases	Cause	Signs and Symptoms
Example: Allergy a. Hay fever b. Allergic Eyes c. Eczema d. Hives e. Allergic Shock	Indoor allergens (dust and mites)  Bee sting	Watery, itchy eyes Nasal congestion
Kidney or Renal Failure		
Diabetes or Diabetes Mellitus		
Asthma		
Arthritis		
Cancer		
Cardio Vascular disease		

### A. Assimilation (Time Frame: DAY 3 )

### ACTIVITY 5: Fact or Myth

Directions: Write F if the sentence stated is true (fact) and M if the sentence stated is False (myth).

- \_\_\_\_\_ 1. Eating too much sugar causes diabetes.
- \_\_\_\_\_ 2. Living in a cold climate causes arthritis.
- \_\_\_\_\_ 3. Asthma is caused by respiratory problems and triggered by allergens.
- \_\_\_\_\_ 4. Men having breast tissue can also develop breast cancer.
- \_\_\_\_\_ 5. Asthma medicine is addictive.
- \_\_\_\_\_ 6. Taking a bath on a Friday will make one sick.
- \_\_\_\_\_ 7. An amulet or "anting-anting" protects the wearer from diseases and helps counteract witchery.
- \_\_\_\_\_ 8. Get rid of a hiccup by placing a short thread or paper wet with saliva on the forehead.
- \_\_\_\_\_ 9. Fruits are good for daily consumption and can be eaten anytime.
- \_\_\_\_\_ 10. All fats are good aside from saturated fats from red meats and other fatty dairy foods.

### IV. LEARNING PHASES AND LEARNING ACTIVITIES

#### ACTIVITY 6: My Advice

Directions: Analyze and assess the situation. Answer the question that follows.

Grade 7 Shaun and Morgan usually went to a fast food chain after school. Most of the time Shaun ordered hamburger, large fries and spaghetti and Morgan asked for steak, and fried chicken. They finished their meal by drinking cold soda. After eating, they went to the restroom and smoked. They continue to do this routine after school.

1. What are the diseases that they might acquire?

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2. What particular habits might have contributed to those diseases?

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3. If you are their close friend, what advise can you give them to avoid those diseases?

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### V. ASSESSMENT (Time Frame: DAY 4 )

Directions: Answer the following questions briefly.

1. Why do we need to correct myths and fallacies about non-communicable diseases?

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2. As an adolescent, how can you prevent and control non – communicable diseases?

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### VI. REFLECTION (Time Frame: DAY 4 )

- Communicate your personal assessment as indicated in the Learner's Assessment Card.

#### Personal Assessment on Learner's Level of Performance

Using the symbols below, choose one which best describes your experience in working on each given task. Draw it in the column for Level of Performance (LP). Be guided by the descriptions below:

☆ - I was able to do/perform the task without any difficulty. The task helped me in understanding the target content/lesson.

✓ - I was able to do/perform the task. It was quite challenging, but it still helped me in understanding the target content/lesson.

✗ - I was not able to do/perform the task. It was extremely difficult. I need additional enrichment activities to be able to do/perform this task.

Learning Task	LP	Learning Task	LP	Learning Task	LP	Learning Task	LP
Number 1		Number 3		Number 5		Number 7	
Number 2		Number 4		Number 6		Number 8	

### VII. REFERENCES

Physical Education and Health 7 Learner's Materials

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### IV. LEARNING PHASES AND LEARNING ACTIVITIES

3. Department of Interior and Local Government DILG advocates "Perfect 10" lifestyle program to prevent non-communicable diseases, and urges all local chief executives to support the campaign. The advocacy program promotes "Perfect 10" steps that include: 1. Eat a variety of nutritious food every day, with less salt, sugar, and fats 2. Drink 8 to 10 glasses of water daily 3. Rest and sleep for 7 to 9 hours every night 4. Breathe clean air and say no smoking and prohibited drugs 5. Exercise every day, get enough sunlight, be physically active and maintain normal weight 6. Manage stress, relax, and pray 7. Maintain personal hygiene and good grooming 8. Keep a clean household and practice waste management 9. Consult a physician and go for a health check up 10. Be a role model, give good examples, and take care of your family and friends.

#### D. Development (Time Frame: DAY 2 )

##### ACTIVITY 1: Match Me Up

Directions: Match column A with column B and write the letter of your answer on the box provided.

A	B	Answer
1. Competencies that will help us to assess whether we are healthy or sick.	A. Healthy Lifestyle	
2. A record containing information to ensure the health, safety, and well-being to provide preventive measure.	B. Department of Education	
3. It is the primary government agency responsible for equitable, sustainable, and quality health for Filipinos.	C. Department of Health	
4. It regularly conducts activities that promote school health and nutrition	D. Vaccination record	
5. It's all about making one's health and well-being a priority.	E. Self-monitoring skills	

##### ACTIVITY 2: YES or NO

Directions: Write YES if the statement is a health measure to prevent and control communicable diseases, and NO if it is not. Write your answer on the space provided before each number.

- \_\_\_\_\_ 1. Maintain personal health and hygiene.
- \_\_\_\_\_ 2. Avoid risk factors associated with communicable disease.
- \_\_\_\_\_ 3. Have an irregular check-ups.
- \_\_\_\_\_ 4. Avoid direct contact with people who have serious communicable disease.
- \_\_\_\_\_ 5. Practice healthful eating.
- \_\_\_\_\_ 6. Physical inactivity.
- \_\_\_\_\_ 7. Unhealthy diet.
- \_\_\_\_\_ 8. Promote high-quality research of medicines.
- \_\_\_\_\_ 9. Orient health care systems.
- \_\_\_\_\_ 10. Harmful use of tobacco and alcohol.

#### E. Engagement (Time Frame: DAY 3 )

##### ACTIVITY 3: Programs and Policies

Directions: Give at least 3 programs and policies implemented by the following government agencies in the prevention and control of non-communicable diseases.

1. Department of Health
  - 
  - 
  -
2. Department of Education
  - 
  - 
  -
3. Department of Interior and Local Government
  -

## IV. LEARNING PHASES AND LEARNING ACTIVITIES

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### ACTIVITY 4: Fight NCD's

Directions: In 3 to 5 sentences answer the question that follows.

As a Grade 7 student, what are the simple ways you will do to protect yourself from non-communicable diseases?

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### ACTIVITY 5: Protect Yourself

Directions: Put a check (/) if the statement expresses healthy practices and cross (x) if it is not. Write your answer on the space provided before each number.

- ☐ 1. Stay home when sick.
- ☐ 2. Handle and prepare food safely.
- ☐ 3. Clean and disinfect commonly used surfaces.
- ☐ 4. Share personal items.
- ☐ 5. Wash hands often.
- ☐ 6. Use alcohol and sanitizers frequently.
- ☐ 7. Exercise regularly.
- ☐ 8. Eat when you feel hungry.
- ☐ 9. Have your brunch (breakfast and lunch) regularly.
- ☐ 10. Have as much snack as you want.

### A. Assimilation (Time Frame: DAY 4 )

#### ACTIVITY 6: Agencies of the Government

Directions: The following are programs and projects of the agencies of the government. Write DOH if the programs and policies is under Department of Health, DILG if it is under the Department of Interior and Local Government and DepEd if it is under Department of Education. Write your answer on the space provided.

- ☐ 1. Deworming
- ☐ 2. Cancer Awareness Month
- ☐ 3. "Perfect 10"
- ☐ 4. HL ( Healthy Lifestyle) to the Max
- ☐ 5. School feeding
- ☐ 6. Anti-smoking campaign
- ☐ 7. Nutrition Month
- ☐ 8. Kontra Paputok
- ☐ 9. School Feeding
- ☐ 10. Ehersisyong Pangkalusugan para sa lahat

### ACTIVITY 7: LET'S PREVENT!

Directions: In a sheet of bond paper, make a slogan/title about the poster below. The slogan must contain at least 5 to 10 words only.

Example slogan:

- a. Having a check-up regularly makes you Healthy
- b. To avoid disease see a Doctor Always

### IV. LEARNING PHASES AND LEARNING ACTIVITIES



### V. ASSESSMENT (Time Frame: DAY 4 )

Directions: Answer the following questions briefly.

- As an advocate to promote the well-being, how will you encourage people with Non-communicable disease feel good about themselves?  
\_\_\_\_\_  
\_\_\_\_\_
- "If you are to compare a non-communicable disease to a thing or an event, what would it be? Why?  
\_\_\_\_\_  
\_\_\_\_\_
- As a Grade 7 student, what will be your contribution to the community to lower down the potential risks of acquiring non-communicable diseases?  
\_\_\_\_\_  
\_\_\_\_\_

### VI. REFLECTION (Time Frame: DAY 4 )

- Communicate your personal assessment as indicated in the Learner's Assessment Card.

#### Personal Assessment on Learner's Level of Performance

Using the symbols below, choose one which best describes your experience in working on each given task. Draw it in the column for Level of Performance (LP). Be guided by the descriptions below:

☆ - I was able to do/perform the task without any difficulty. The task helped me in understanding the target content/lesson.

✓ - I was able to do/perform the task. It was quite challenging, but it still helped me in understanding the target content/lesson.

? - I was not able to do/perform the task. It was extremely difficult. I need additional enrichment activities to be able to do/perform this task.

Learning Task	LP	Learning Task	LP	Learning Task	LP	Learning Task	LP
Number 1		Number 3		Number 5		Number 7	
Number 2		Number 4		Number 6		Number 8	

### VII. REFERENCES

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