

Angeles City Science High School

MAPEH 10

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Section: 10-Hawking

Let Us Appreciate (Isapuso Mo)

Activity No. 3 Sine mo 'to presents: Sitio Katamakawan

Describe the lifestyle of the people of this community and answer the following questions below:

Sitio Katamakawan is a community of lazy and gluttonous people. They sit or lie all day and eat everything their mouth desires. Each family has a housemaid to take care of all household chores. The children of this community are addicted to playing computer games although they maintain their passing grade. They are not allowed to play outside to prevent accidents. Most of the time, the teenagers surf the internet. Most of the parents are overweight because after their office work, they watch television while having snacks. Some men are into smoking and drinking alcohol.

On the other hand, during weekends, each family goes to church and watches movies together. They maintain their strong family bonds. Values such as respect to elders and obedience are also preserved in this community.

1. Would you like to live in this community? Why?

No, even though have good traits such as keeping their family with strong bonds and being religious. There are considerably a lot more dimensions that they need to improve and they are definitely not doing good on those.

2. Which health dimensions are sustained, and which need improvement in this community?

Religion or spiritual health and strong bonds with family is maintained but physical, mental, and lack of motivation or actions to do their chores themselves.

3. Do the people live a physically active and healthy lifestyle?

Nope.

4. What are the possible diseases the people of this community might have?

Diabetes, Cancer, and stress-related disorders/diseases.

5. What are the risk factors of this diseases?

This diseases could lead to mental disabilities, anti-social behaviours, and even death as you shouldn't interact with your computer that much.

6. If you were a friend of one of the members of this community, what would you advise her/him to achieve fitness?

I would advice them to try improving themselves by exercising as it will help them not just on their physical health but also mental health.

7. What are the advantages and disadvantages of media and technology to our health?

One advantage that I could think of is we can learn and gain knowledge from internet and is easily accessible compared to books and physical interactions. These can enhance our mental health but on the other hand, this can also affect our mental health badly if we use the internet poorly.

8. What recreational activities can you suggest to the following:

Children:

1. Playing board games
2. Playing traditional games such as patintero.
3. Reading books

Teenagers:

1. Play with their younger siblings
2. Hang out with friends.
3. Read books.

Adults/Elderly

1. Pick up fruits
2. Do gardening
3. Hang out with friends and talk about life.

Let Us Practice (Pagsanayan Mo)

Activity No 1 Thumble Jumble Dance

Arrange the jumbled letters of hip-hop and street dance styles. Write your answer on the space provided.



1. B-boying



2. Locking



3. Popping



4. Tutting



5. Krumping