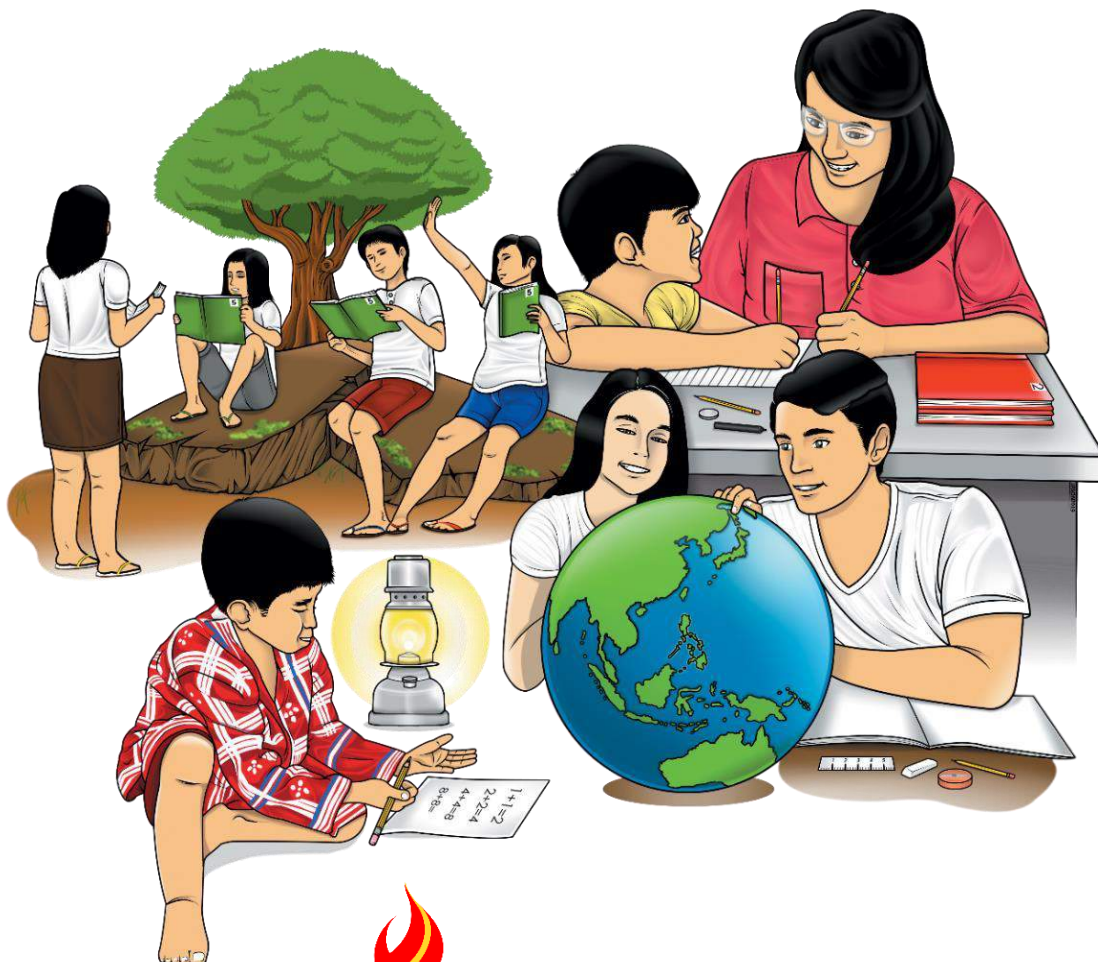


# Health

## Quarter 4 – Module 1: Lesson 1: Importance of Consumer Health



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 1: Importance of Consumer Health**  
**First Edition, 2020**

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# Health

## **Quarter 4 – Module 1: Lesson 1: Importance of Consumer Health**

## **Introductory Message**

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Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

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Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to discuss the importance of consumer health.

The module consists of only one lesson:

Lesson 1 – The Importance of Consumer Health:

- Wise and informed decision in purchasing products or availing services
- Protection from fraud and malpractice
- Valid Health Information from myths or misconceptions

After going through this module, you are expected to:

1. Explain the importance of consumer health (**MELC-H6CH-IVa-13**).
  - a. Understand the wise and informed decision in purchasing products or availing services, protection from fraud and malpractice, and valid health information from myths or misconceptions.
  - b. Share the knowledge to classmates about the wise and informed decision in purchasing products or availing services, protection from fraud and malpractice, and valid health information from myths or misconceptions.
  - c. Practice the importance of consumer health.



## ***What I Know***

**Direction:** Read and understand each situation below. Write **C** if it tells the importance of consumer health **W** if it is not. Write the letter in a separate sheet of paper.

1. Kyla determines the important things need to buy before going to the market.
2. Dr. Parreño looks for unreliable source on treating his acne problem.
3. Sigmund accompanies his grandpa for window shopping to protect him from fraud.
4. Kim reports the malpractice performed by her doctor.
5. Red flag information is also known as safe information.
6. Kyle makes sure to have accurate and evident information about the lot purchased by his parents.
7. Mila is a licensed physician who can perform and help maintain wellness.
8. Dr. Gomez offers her free dental check-up to the indigent people in their locality.
9. Mike was admitted to a health-care facility due to a car accident injury.
10. Ian consumes eight glasses of water every day.

# **Lesson 1**

## **Importance of Consumer Health**



### ***What's In***

Consumer health focuses on the application of consumer knowledge, skills in choosing goods and services and proper use of health information and services that will have a direct effect on one's health. It helps the consumer to be educated and make the right decision about certain health item or services he or she buys. It assists people to take the right services on time. It also gives knowledge to protect the consumer rights and responsibilities and improve consumer's ability to use health information, products and services properly. A good consumer health is shown by a wise consumer.



### ***What's New***

People use goods and services every day. Right, we need food, clothing and shelter. We travel on busses, trains and other means of transportation. We also visit the doctors, dentists and other health professionals when necessary. We also do our routine activities each day. All these involve goods and services. As much as possible, we maintain good health to work well. For health sake, we must be careful and wise in buying health products, because quality of goods and services are equally important. If we are not aware in selecting the right goods and services we become the victim of the wrong choices that we made. Therefore, it is important to know the significance of consumer health to protect ourselves, family and the society misconceptions and misleading.

**A. Directions:** Read the poem about the wise consumer. Take note of the information being stated and give what is being asked in “Something to Do” found below.

Be A Wise Consumer  
by: Receli P. Imas

Look for reliable sources of information for your guidance  
Maintain a healthy lifestyle to avoid getting sick by chance  
Take safety precautions to lower the cost of health care  
Eat balanced- diet, regular exercise and enough rest for your welfare.

Feeling ill needs immediate visit to a skilled health practitioner  
Select the best or with great expertise to keep you well or healthier  
Present the problem right away to give you what is necessary  
That's how to avoid a health problem become so scary.

For health sake, products and services should be of quality  
Cautiously choose or select the one that fit the needs not wants  
You can settle for less provided the quality is not sacrificed  
Having the best for both products and services make you wise.

As health consumer, observe carefulness and wise buying  
Do not patronize fraud products and anything that misleads



Remember this DECIDE Model in the Selection and Purchase of Health Products

**D**-etermine the important needs to buy  
**E**-xplore choices  
**C**-onsider consequences of each choice  
**I**-dentify what is essential  
**D**-etermine what to purchase  
**E**-valuate made decisions





## Activity 1: Something to Do

**Directions:** Give one (1) sentence about the message of the poem. Use all the words found inside the box as your guide. Write your answer on a sheet of paper.

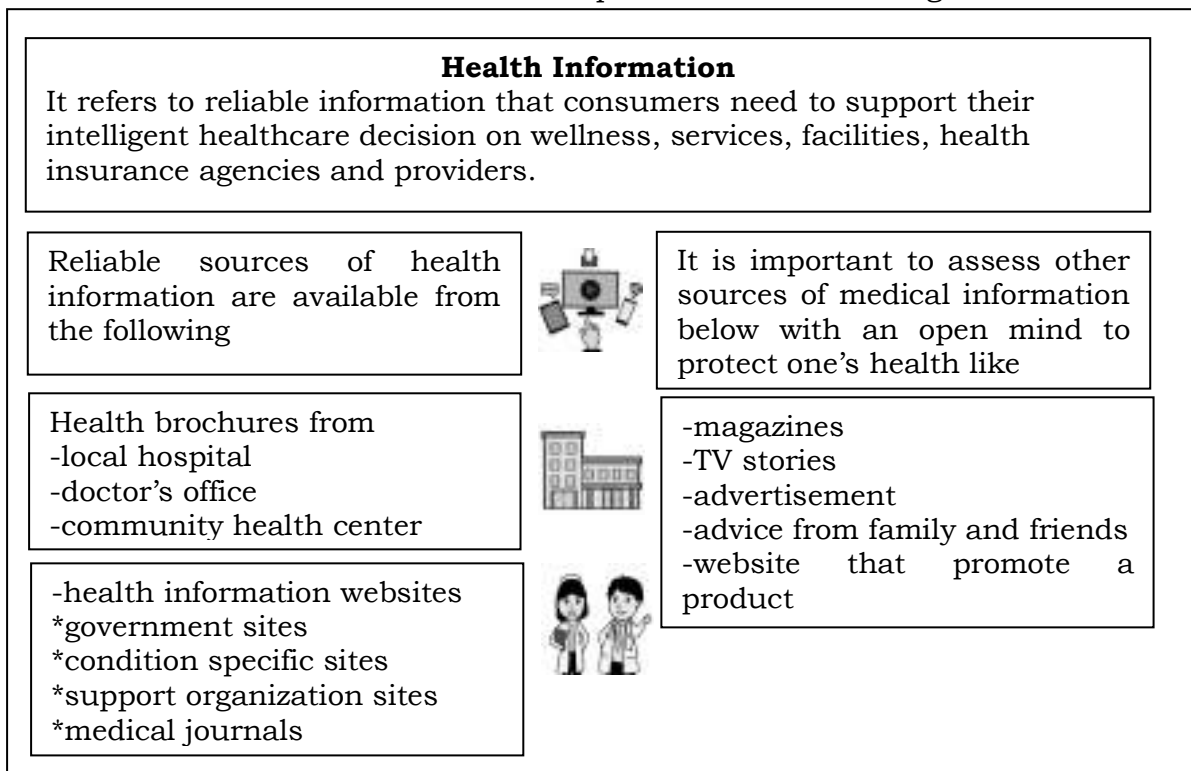
<b>A wise consumer</b>	<b>considers</b>	<b>and all the services</b>	
<b>The quality of</b>	<b>the products</b>	<b>sources</b>	
<b>that can be</b>	<b>from the</b>	<b>awaited</b>	<b>reliable</b>

## Activity 2: Something to Do

**A. Directions:** Write **A** if the statement is approved and **B** if the statement is not approved. This will lead you in realizing the importance of consumer health.

1. Be careful and wise in buying health products.
2. Good costumers select the one that fits and all that they want.
3. Quality of goods and services are not equally important.
4. Think of the right goods and services to protect ourselves.
5. Buy only things you need.

**B. Directions:** Look at the graphic organizer below. Read the information it is all about reliable information that could help consumer's well-being.



Clue to identify publisher in the web address

- .edu is associated in educational institutions
- .gov belongs to governmental organizations
- .com is to profit company
- .org belongs to a non-profit

When assessing the accuracy of these sources consider the following:

- Is the information based on scientific evidence?
- Is it supported by facts?
- Is original source listed?
- Is the information current?
- Is the information making realistic claims?



Be careful of the **red flags** information or “dangerous information”.

- Anonymous information
- One-sided or biased
- Conflict of interest
- Outdated
- Claim for secret cure
- No evidence is cited
- Misspelled words
- Poor grammar

It is very important to search for reliable sources of health information because it will help you identify between good



**Direction:** Answer the following questions on a sheet of paper.

1. Where can we get reliable health information? Give at least five (5)?
2. Is reliable health information important to consumer health? Why?



## What is It

**Direction. A.** Read the dialogue. It focuses on the importance of protecting yourself from fraud and malpractice.



Consumer fraud happens when a person suffers from

- financial and personal loss

It involves the use of

- Malpractice
- Misleading

Common fraud happens to older people, students and all consumers as well. Here are some tips for you to help protect yourself from these clever schemes.

- Spot imposters.
- Do online research
- Identify fake caller information
- Don't pay before for a promise
- Consider how you pay
- Talk to someone you trust
- Be doubtful about free trial offers
- Sign up for free scam alerts



Malpractice is defined as misconduct and negligence of duty of healthcare professional resulting to

- injury
- failure to meet a standard of care

There are steps to help you minimize or protect from malpractice.

- Note everything
- Follow the chain of command.
- Make the patient your partner
- Report wrongdoings
- Consider malpractice insurance



### Questions:

1. What have you learned from the dialogue? Explain.
2. Does the dialogue help you as a consumer? How?

**Directions. B.** Read the information about the importance of valid health information from myths and misconceptions.



Finding valid sources of valid health information, products, and services is a health skill that could save your life. Take time to identify specific information, products or services that you need.

Follow these steps to master this health skill.

1. Identify health information, products and services you need.
  - ❖ *Health-care provider* is a trained, licensed professional who performs services that help maintain health status. Examples are dentists, doctors, pharmacists and nurses.
  - ❖ *Health service* is the work performed by health-care provider. This includes giving a prescription, performing an operation or administering a vaccine. This is usually performed in a health-care facility a place where people receive health care. Hospitals, emergency-care facilities doctor's and dentist's offices and clinics are examples of these.
  - ❖ *Health product* is something that restores or maintains health. Some health products you need to keep your teeth an gum healthy are toothbrush, toothpaste and dental floss.



2. Find health information, products and services.
  - ❖ You can find information about health topics in doctor's and dentist's office, pharmacy and grocery stores.
  - ❖ You can get health products from a health-care provider, pharmacy and grocery store.

3. Evaluate health information, products and services.
  - ❖ When you read a brochure about the topic, analyze the information and check the reliability of it.



4. Take an action when health information is misleading.
  - ❖ When you read, see or hear information that is unsafe discuss your thoughts to parents or guardians.
  - ❖ You can write a letter to complaint or contact authorized agencies to protect you from false advertisement.

Here are the agencies that can help with a health complaint.

- ❖ Food and Drug Administration (FDA) enforce laws governing safety food, drugs, medical devices and cosmetics.
- ❖ Consumer Product Safety Commission (CPSC) recalls products and establishes and enforces safety standards.
- ❖ Federal Trade Commission (FTC) checks advertising practices.
- ❖ Postal Service protects public when products or services are sold through mail.





## What's More

### Activity 1:

**Directions:** Give the steps in finding the sources of valid health information, products and services. Write them on your answer sheet.

Let's take a look at some healthcare consumer's myths or misconceptions.



- High quality health care costs more.
- High technology tools lead to better health care.
- Consumers make informed decisions about healthcare.
- Health insurance will cover your entire hospital bill.
- Technology-driven healthcare only appeals to millennial.



- Clinics will remain an alternative- health care solution.
- All patients want every treatment that could help them.
- Physicians are not concerned with the cost of treatment.
- Consumers are paying more for their healthcare in premium price.



- Recommended Dietary Allowance (RDA) on the label of the food is what counts.
- The hour at the gym is enough exercise for the day.
- Supplements make you healthier.
- Carbohydrates make you fat.
- An apple a day keeps the doctor away.



- Eating in fast food makes you fat.
- Being in a cold place can give you colds.
- Salads are the healthiest menu.
- Exercising will make you lose weight no matter what you eat.



- Eating at night can affect weight gain.
- Organic food means automatically healthy.
- Flu vaccines are not necessary to healthy people.
- Clear urine is an indication that you are hydrated.
- Eight glasses of water is a must to consume every day.



**Direction:** Read the following statement. Write **Agree** if it tells the importance of consumer health **Disagree** if is not. Write your answer in a sheet of paper

1. Trained licensed professional like dentists, doctors, nurses and pharmacists help maintain our health status.
2. Health products restore or maintain well-being is known as health products.
3. Health-care provider gives prescription, performs an operation or administers a vaccine.
4. Health-care facilities like hospitals and clinics are place where people receive health care.
5. Consumers need unreliable information to support their healthcare decision on wellness.



## ***What I Have Learned***

**Direction:** Read the following sentences. Fill in the missing word to complete the idea. Choose your answer from the box. Write your answer in a separate paper.

<b>Consumer fraud</b>	<b>Food and Drug Administration</b>
<b>Misconception</b>	<b>Red flags</b>
	<b>Malpractice</b>

1. \_\_\_\_\_ enforce laws governing safety food, drugs, medical devices and cosmetics.
2. When a person suffers from financial and personal loss due to deceptive \_\_\_\_\_ takes place.
3. \_\_\_\_\_ is defined as misconduct and negligence of duty of healthcare professional.
4. A reliable source of health content will help you identify between good quality and \_\_\_\_\_ information.
5. A technology-driven healthcare only appeal to millennial is an example of \_\_\_\_\_ in consumer wellness.



## ***What I Can Do***

**Direction:** Match column A with the column B. Write the letter of the correct answer in a separate sheet of paper.

### Column A

1. An apple a day keeps the doctor away.
2. An information is accurate if is supported with facts.
3. An individual that knows the importance of the things need to buy or avail of service.
4. It is characterized as biased or no evidence information.
5. Clever schemes that victimize all consumers.

### Column B

- A. Fraud
- B. Red Flag
- C. Valid Health Information
- D. Wise Consumer
- E. Myths





## ***Assessment***

**Direction:** Write **True** if the statement tells the importance of consumer health  
**False** if it is not. Write your answer in a piece of paper

1. A wise consumer knows the importance of the things need to buy.
2. Consumer fraud involves good and honest practices.
3. Valid sources of health information can save your life.
4. As per consultation to a health worker, exercising will lose your weight no matter what you eat.
5. Federal Trade Commission (FTC) checks advertising practices.
6. Report wrongdoings to minimize or protect from malpractice.
7. Be careful of the common fake plan others do.
8. Take safety precautions to lower the cost of health care.
9. Health-care service is a place where people receive wellness.
10. Recommended Dietary Allowance (RDA) on the label of the food is important.

Thank you for accomplishing this module. Congratulations!



## ***Additional Activity***

**Direction:** Read each health slogan. Choose the correct answer from the box that refers to the following sentences. Write your answer in a separate sheet of paper.

Reliable Health Information	Health Products
Consumer Fraud	Health-Care Providers
Health –Care Facility	

1. Be wise. Stay informed. \_\_\_\_\_
2. Eat healthy. Use goods well. Feel wealthy. \_\_\_\_\_
3. Our mission is to care. Feel at home. \_\_\_\_\_
4. Better health experts. Better wellness. \_\_\_\_\_
5. Think and Act Before It's Too Late. \_\_\_\_\_



## Answer Key

<p><b>Assessment</b></p> <ol style="list-style-type: none"> <li>1. True</li> <li>2. False</li> <li>3. True</li> <li>4. False</li> <li>5. True</li> <li>6. True</li> <li>7. True</li> <li>8. True</li> <li>9. False</li> <li>10. True</li> </ol> <p><b>Additional Activities</b></p> <ol style="list-style-type: none"> <li>1. Wise Consumer</li> <li>2. Health Products</li> <li>3. Health-Care Facility</li> <li>4. Health Care Providers</li> <li>5. Consumer Fraud</li> </ol>	<p><b>What I Have Learned</b></p> <ol style="list-style-type: none"> <li>1. Food and Drug Administration</li> <li>2. Consumer (FDA)</li> <li>3. Malpractice</li> <li>4. Red flag</li> <li>5. Misconception</li> </ol> <p><b>What I Can Do</b></p> <ol style="list-style-type: none"> <li>1. Consumer Myths</li> <li>2. Valid Health Information</li> <li>3. Wise Consumer</li> <li>4. Red Flag</li> <li>5. Fraud</li> </ol>	<p><b>What's New</b></p> <p>Activity 1 Answers may vary</p> <ol style="list-style-type: none"> <li>1. A</li> <li>2. A</li> <li>3. B</li> <li>4. A</li> <li>5. A</li> </ol> <p><b>What I Know</b></p> <ol style="list-style-type: none"> <li>1. C</li> <li>2. W</li> <li>3. C</li> <li>4. C</li> <li>5. W</li> <li>6. C</li> <li>7. C</li> <li>8. C</li> <li>9. C</li> <li>10. W</li> </ol> <p><b>What's More</b></p> <ol style="list-style-type: none"> <li>1. Agree</li> <li>2. Agree</li> <li>3. Agree</li> <li>4. Agree</li> <li>5. Disagree</li> </ol>
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# Health

## Quarter 4 – Module 2: The Different Components of Consumer Health



**Health – Grade 6**

**Alternative Delivery Mode**

**Quarter 4 – Module 2: The Different Components of Consumer Health**

**First Edition, 2019**

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# Health

## **Quarter 4 – Module 2: The Different Components of Consumer Health**

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If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you describe the different components of consumer health.

The module consists of only one lesson:

Lesson 1 – The Different Components of Consumer Health

- Health Information
- Health Products
- Health Services

After going through this module, you are expected to:

1. Enumerate the components of consumer health (**MELC-H6CH-IVbc-14**).
2. Describe the different components of consumer health (**MELC-H6CH-IVcd-15**).



## ***What I Know***

**A. Directions:** Read each item carefully. Choose the letter which best describes the statement. Write your answer in your answer sheet.

1. It is a place where injured and sick people look for medical and surgical care.  
A. Mall  
B. Hospital  
C. Beauty Parlor
2. A substance that is in a form of pill or liquid being used to treat and relieve pain and illnesses.  
A. Medicine  
B. Beauty Soap  
C. Lipstick
3. A person who prescribes medicine to treat illnesses and injuries to improve patient's health.  
A. Physician  
B. Veterinarian  
C. Lawyer
4. It is a connection to computers via routers and servers to provide health information.  
A. Internet  
B. Bluetooth  
C. Share It
5. This is a place where people can go to have beauty treatments such as haircut, foot spa and others.  
A. Beauty Parlor  
B. Computer Shop  
C. Photo Shop

**B. Directions:** Match Column A with Column B. Write the letter only that best describes the word in Column A. Write your answer in your notebook.

Column A

Column B

- |                |   |
|----------------|---|
| 1. Media       | A. A public health insurance which provides healthcare to people.           |
| 2. Internet    | B. It is a means of communication like radio and television.                |
| 3. Phil-Health | C. A store where drugs are sold.  |
| 4. Pharmacy    | D. A shop where men and women can have their haircut.                       |
| 5. Barbershop  | E. A global network that provides information from interconnected networks. |

## Quarter 4 Module 2

# Enumerates and Describes the Different Components of Consumer Health



## *What's In*

Consumer health has three different components. These are health information, health products and health services.

### 1 Health Information

These are data and facts about health products and services you can get from media and people including professionals and agencies.



### 2 Health Products

These are substances, materials or equipment prepared or manufactured for you to buy and use for the maintenance and the treatment of diseases.



### 3 Health Services

These are actions, procedures or works performed for health professionals, organizations or institutions to help satisfy needs and wants of consumers.






They are offered in places that give health care services.





## What's New

Directions: Study the chart below to be familiar with the examples of the different components of consumer health.

Components of Consumer Health	Example	Description
1. Health Information	Internet 	Internet is a connection to the computer or gadget anywhere in the world. It can provide information you need to know.
2. Health Services	Physician 	A physician is a person who prescribes medicines to treat illnesses and injuries that can improve patient's health. He can also be a source of health information.
	Hospital 	Hospital is a facility where sick or injured people are given medical or surgical care. It can also provide health information.
	Barbershop 	Barbershop is a place where people can go to have a haircut.
3. Health Products	Medicines 	Medicines are substances used for the treatment of illnesses or diseases and maintenance of well-being.



## ***What is It***

**Directions:** Read and understand the paragraphs which describe the three components of consumer health. Answer the questions that follow on a sheet of paper.



### ***Health Information***

People get health information acquire accurate and appropriate health information based on their health needs media such as radio and television and through internet

Print materials such as magazines, journals, newspapers, books, pamphlets and posters are screened or edited before they are published to give correct information.

Educational institutions like schools, colleges or universities also provide information.

### ***Health Products***

People use and consume health products. These are food, cosmetics, drugs, gadgets, household substances and many others. These products may be bought from different places like stores, supermarkets, pharmacies or drugstores. An example of this is medicine a pill or liquid in form substance which is used to treat illnesses and to relieve pain.

### ***Health Services***

Health services provide health care to people.

Some of the health care providers are doctor, nurse, pharmacist and midwife.

Different health services are offered in places or institutions that give healthcare services like hospital, drugstore and health clinic.

Health organization like Phil-Health, a public health insurance that gives medical assistance to its members and beneficiaries.

Red Cross, Department of Health (DOH) and community health centers are agencies that also provide health care.

Questions to be answered:

1. What is health information and its importance?
2. What is health products and its importance?
3. What is health service and its importance?





## What's More

**Direction:** Fill in the box with the missing letters to complete the word or words related to components of consumer health. Write your answer in your paper.

1. Something which can be bought in the drugstores, malls and hospitals.

H \_ \_ \_ \_ h      P \_ \_ \_ \_ \_ s

2. A facility where injured and sick people look for medical treatment.

H \_ \_ \_ \_ \_ l

3. A substance which is in a form of pill or liquid use to treat and relieves pain and illnesses.

M \_ \_ \_ \_ \_ e

4. A global network that provides information from interconnected networks.

I \_ \_ \_ \_ \_ t

5. It is a health service provided especially to sick people.

H \_ \_ \_ \_      C \_ r \_



## ***What I Have Learned***

**Direction:** Complete the statement about the different components of consumer health by filling in the blanks with the correct word/s given in the rectangular box. Write your answer on a piece of paper.

<b>Phil-Health</b>	<b>pharmacy</b>	<b>radio</b>	<b>hospital</b>	<b>television</b>
--------------------	-----------------	--------------	-----------------	-------------------

1. Health information may come from media like \_\_\_\_\_ and \_\_\_\_\_.
2. Health Products can be bought from mall drugstores or \_\_\_\_\_ which can be use for health maintenance and treatment of illnesses.
3. \_\_\_\_\_ provides health care to people through medical and financial assistance.
4. Sick and injured people are given health services in the \_\_\_\_\_.



## ***What I Can Do***

Direction: Identify the picture and provide its purpose/function. Write you answers on a piece of paper.

1.



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4.



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2.



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5.



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3.



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6.



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## Assessment

**Direction:** Describe the set of pictures in the given box by providing the component of consumer health and its importance. Write your answer on a sheet of paper.



1. Radio, computer and cellphone

a. Component of Consumer Health

\_\_\_\_\_

b. Importance

\_\_\_\_\_



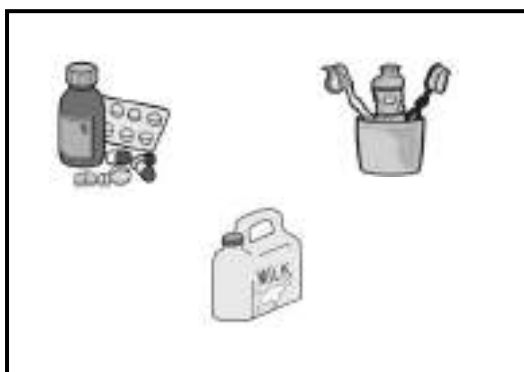
2. Medical Professional, pharmacy and hospital

a. Component of Consumer Health

\_\_\_\_\_

b. Importance

\_\_\_\_\_



3. Medicines, oral hygiene kit and milk

a. Component of Consumer Health

\_\_\_\_\_

b. Importance

\_\_\_\_\_

Thank you for accomplishing this module. Congratulations!



## ***Additional Activity***

- A. Directions:** Match the following descriptions in Column A with Column B. Choose the letter of the correct answer. Write the answer on a separate sheet of paper.

### **Column A**

1. These are procedures or works performed by health professionals, organizations or institutions to help the consumers on their health needs.
2. These are facts about health products and services that you can get from media and people including professionals and agencies.
3. These are materials or equipment prepared or manufactured for you to buy and use for maintenance and treatment of diseases.

### **Column B**

- a. Health Products
- b. Health Services
- c. Health Information

- B. Directions:** Give what is being asked in each number below. Write the answer on a sheet of paper.

1. Enumerate the three components of consumer health.
2. Describe each component of consumer health.
3. Give at least 2 examples for each component of consumer health.



## Answer Key

<p><b>What I Have Learned</b></p> <p>Pupil's answers may vary.</p> <p>1. radio and television</p> <p>2. stores, hospitals</p> <p>3. Phil-Health</p> <p><b>What I Can Do</b></p> <p>1. Hospital – a place where the sick or injured persons are given medical or surgical care.</p> <p>2. Phil-Health or government health agency-it provides financial assistance to its members and beneficiaries</p> <p>3. A cellphone with internet- a connection to computers via routers and servers to provide health information.</p> <p>4. Doctors or physicians- prescribes medicines to treat illness</p> <p>5. Medicines- are used for treatment of illnesses or diseases and maintenance of well-being.</p> <p>6. Barbershop-a place where people go to have a hair-cut.</p>	<p><b>Additional Activities</b></p> <p>A. 1. B</p> <p>2. C</p> <p>3. A</p> <p>B. 1. Health Information, Health Products and Health Services</p> <p>2 and 3</p> <p>(Pupil's answers may vary)</p> <p><b>Assessment</b></p> <p>1. a. Health Information</p> <p>b. Sources of information</p> <p>2. a. Health Services</p> <p>b. give health care and services to people</p> <p>3. Health Products</p> <p>b. use to treat illnesses or diseases and maintain well-being</p>	<p><b>What I Know</b></p> <p>A. 1. B</p> <p>2. A</p> <p>3. A</p> <p>4. A</p> <p>5. A</p> <p>B. 1. B</p> <p>2. E</p> <p>3. A</p> <p>4. C</p> <p>5. D</p> <p><b>What is It</b></p> <p>Pupils answers may vary</p> <p><b>What's More</b></p> <p>1. Health Products</p> <p>2. Hospital</p> <p>3. Medicine</p> <p>4. Internet</p> <p>5. Health Care</p>
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Curriculum Guide in Grade Six

Learners' Material Health 10

Teaching Guide Health 10

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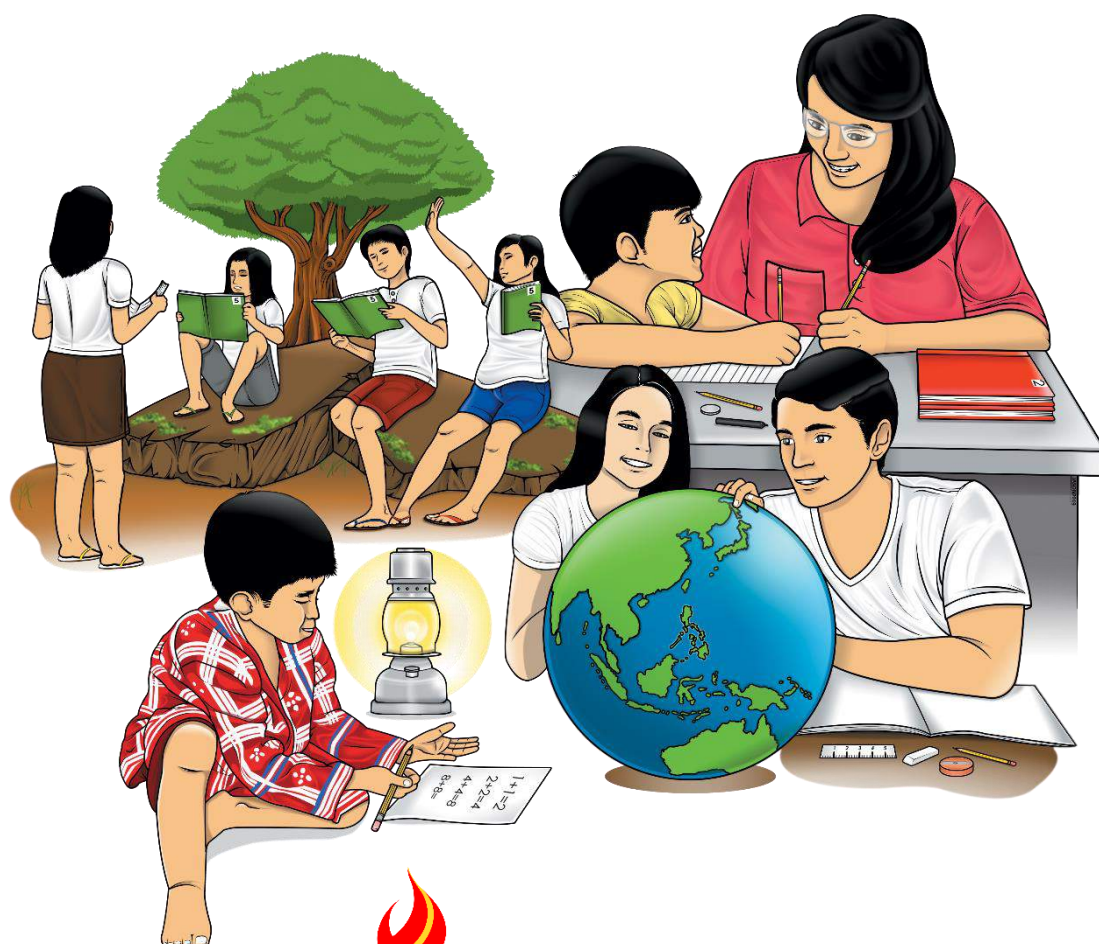
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# Health

## Quarter 4 – Module 3: Over-the-Counter and Prescription Medicines



**Health - Grade 6**

**Alternative Delivery Mode**

**Quarter 4 - Module 3: Over-the-Counter and Prescription Medicines**

**First Edition, 2019**

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# Health

## **Quarter 4 – Module 3: Over-the-Counter and Prescription Medicines**

# **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you identify the difference between over-the-counter from prescription medicines. The module consists of only one lesson.

- Lesson 1 – Over-the-Counter and Prescription Medicines

After going through this module, you are expected to differentiate over-the-counter from prescription medicines **(MELC-H6CH-IVcd-16)**.



## ***What I Know***

**Directions:** Write **Yes** if the statement about over-the counter and prescription medicines is correct and **No** if it is not. Write your answers on a separate sheet of paper.

1. Over-the-counter medicines can be bought without prescription from the doctor.
2. Prescription medicines are readily available in the supermarket's shelf.
3. Over-the-counter medicines are safe. We can take this type of drug without reading labels and warnings.
4. Prescription medicines need authorization from the doctor before they can be purchased.
5. Pharmacists give prescription medicines to customers even without written notice or prescriptions from health professionals.
6. Prescription medicine is specially prescribed for and intended to be used by one person.
7. We can go directly to medicine counters and purchase over-the-counter medicines. Anyone can buy this type of drug.
8. Prescription drugs can only be availed in the pharmacy or drugstore.
9. An over-the-counter medicine needs authorization from the doctor before we can purchase them in a drugstore or pharmacy.
10. Prescription medicines could harm our health if misused or abused while over-the-counter medicines are still safe even if misused or abused.

# Lesson 1

## Over-the-Counter and Prescription Medicines

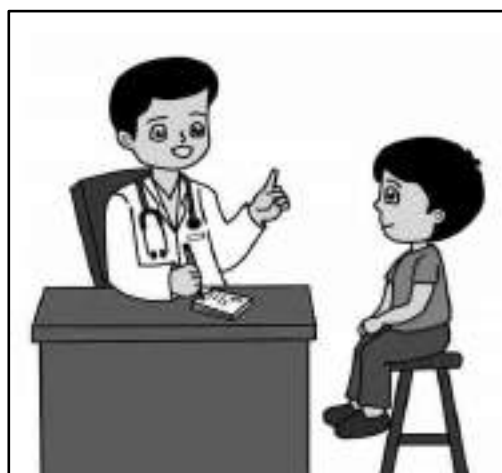
Medicines can improve our health and treat diseases. Some people take medicines every day while others take them once in a while. However, we need to be sure that medicines are safe and should be taken correctly to help us get better from sickness or illness.



### *What's In*

The Bureau of Food and Drug Administration (BFAD) is in charge of ensuring that medicines are safe and effective. The two types of medicines are over-the-counter medicines and prescription medicines. Over-the-counter medicines can be bought in drugstores and supermarkets without doctor's prescription. Prescription medicines need prescription from the doctor or prescriber before it can be purchased in the pharmacy or drugstores.

We need to be careful to avoid mistakes in taking drugs or medicines. It is a must to follow and understand the instructions on the drug labels when doing self-care. It is wise to visit the doctors and health providers regularly to guide us on how are we going to improve our health through careful use of medicines.





## ***What's New***

**A. Directions:** Be honest in answering this self-assessment. Choose all the letters that apply to you. Write the letter or letters of your answers on a separate sheet of paper.

1. Which of the following symptoms have you experienced when you were not feeling well?
  - A. headache
  - B. fever
  - C. cough
  - D. stomach ache
  - E. vomiting
  
2. Which of the following have you done when you were not feeling well or ill?
  - A. went to the doctor for check-up or consultation
  - B. had rest or sleep
  - C. drank lots of water and natural fruit juices
  - D. ate balanced diet
  - E. took medicines
  - F. stayed at home
  
3. Which of the following medicines have you taken?
  - A. cough medicines
  - B. vitamins
  - C. medicines for fever
  - D. pain killer
  - E. antidiarrheal
  - F. herbal medicines
  
4. What type of medicine did you take?
  - A. over-the-counter medicine (without doctor's prescription)
  - B. prescription medicine (with doctor's prescription)



**B. Directions:** Let us have this poem about medicines. You can also use the tune of “There Was a Farmer Who Had a Dog” if you wish to have it as a song.



### Medicines

by: Francilet R. Padios

There was a person who went to the doctor  
For a consultation  
“Doctor, I am sick  
Please treat me very quick  
Let my health be fixed  
By giving me prescriptions”.

The doctor wearing her white suit  
Answered after examination  
“Buy this medicine  
Along with my prescription  
You can avail prescription drug  
With my authorization”.



Then another person came  
To seek medical attention  
“Doctor, I don’t feel well  
I’ve been very ill  
I suffer cough and chill  
Should I drink a pill?”

The doctor wearing her white suit  
Answered after examination  
“Oh you need a medicine  
An over-the-counter-medicine  
No need of prescription when you purchase  
It will heal your disease”.



C. Directions: Answer the following questions. Write your answers on a separate sheet of paper.


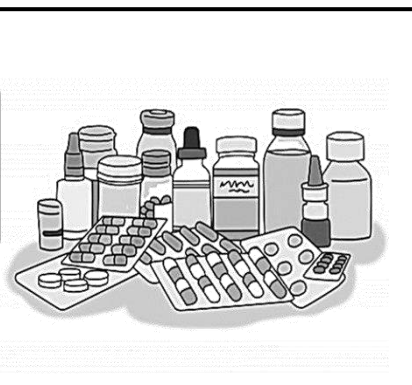



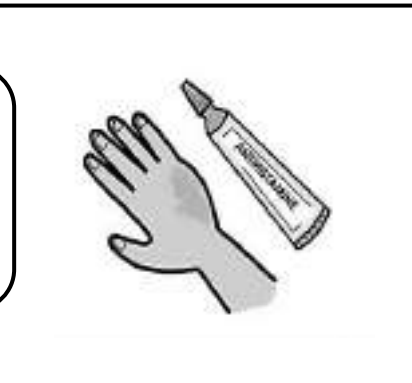


1. According to the song/poem, where did the persons go and why?
2. What did the doctor do to the patients or persons who seek medical attention?
3. What did the doctor prescribe to the first person who visited her clinic?
4. How can prescription drug be availed?
5. The second person who visited the doctor is suffering from cough and chill. After health examination, what kind of medicine did the doctor recommend?



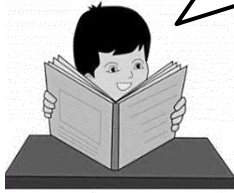


## What is It

**Directions:** The children are reading the article in the book about the different types of medicines. Let's read with them carefully and answer the questions that follow.

	<p>A drug or medicine is a substance used in the diagnosis, cure, treatment and prevention of diseases.</p>	
	<p>They come in different forms. Medicines like syrup, tablet, capsule, chewable medicine and oral drops are taken orally or by the mouth.</p>	
	<p>Some medicines are applied directly to the skin like ointment, cream or lotion when we have insect bites, skin rashes or allergy.</p>	
	<p>Others are injected into the bloodstream using needle and a syringe which is pierced through the skin into the body.</p>	

We also have the following medicine drops:



nose or nasal drops



oral drops



eye drops



Bear in mind that there are two types of medicines: Over-the Counter (OTC) and Prescription (Rx) medicines.



Over-the counter medicines are drugs that we can buy in pharmacy, drugstore or supermarket without the need for a doctor's prescription.

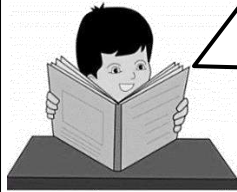


This means we can go directly to medicine counters and purchase the medicines. Anyone can buy this type of drug.

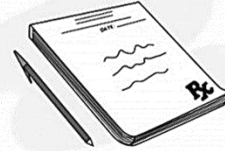


Yes, you are right! We can simply avail this type of medicine in supermarket and store shelves. Vitamins are examples of OTC drugs.





Have you seen this? This is a prescription. It is often an abbreviated Rx. It is a written authorization from a doctor for the patient to buy a prescription drug.

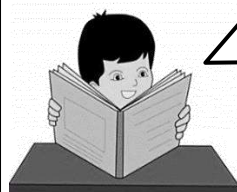


Correct! Prescription medicines are prescribed by a doctor and are bought from a pharmacist in the pharmacy or drugstore.

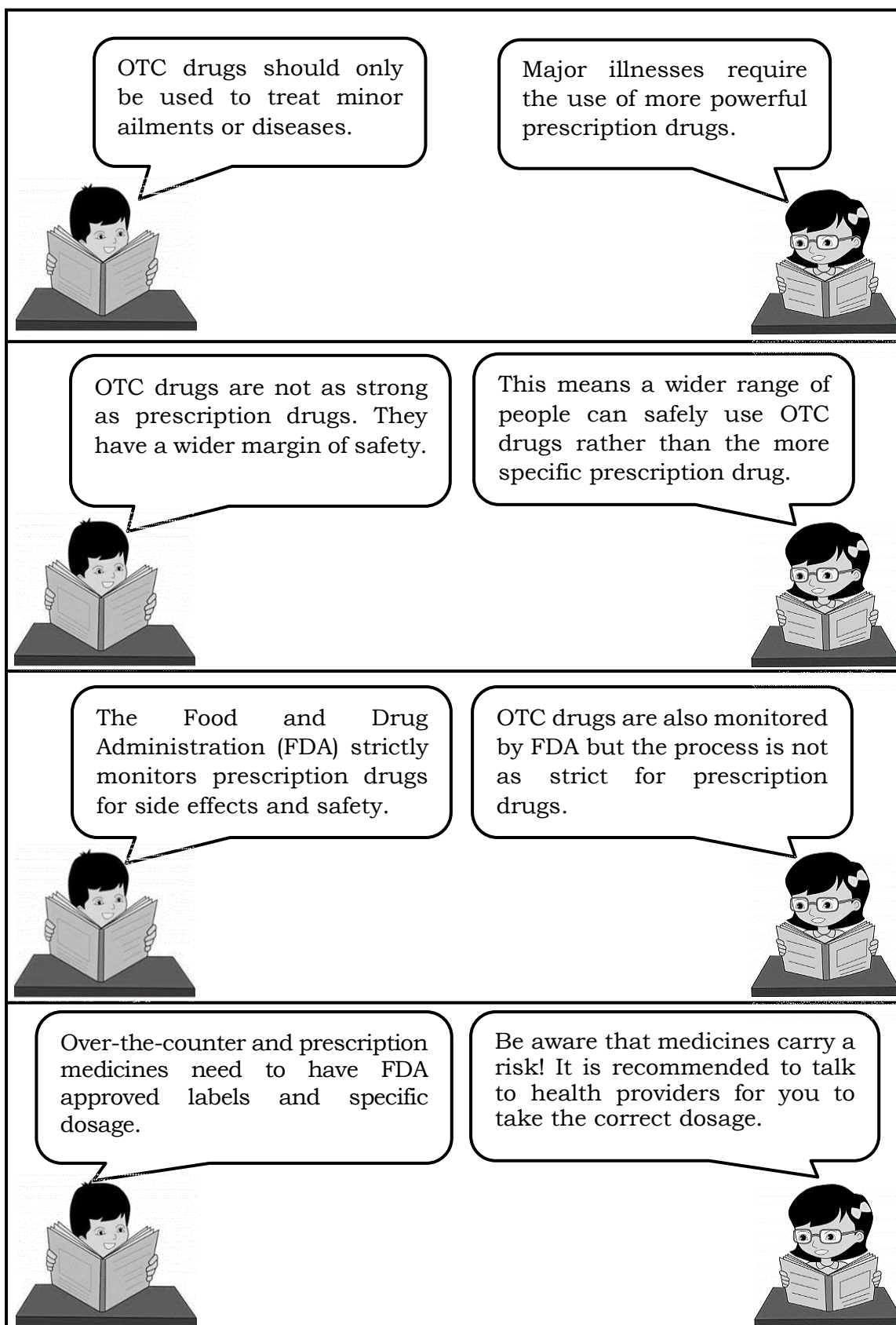


It is specially prescribed for and intended to be used by one person.

Remember that we can only avail prescription drugs in the pharmacy.



There you have it! Over-the counter medicines can be bought without doctor's prescription while prescription medicines can only be bought with prescription or authorization from doctors or health workers.



Answer the following questions on a sheet of paper:

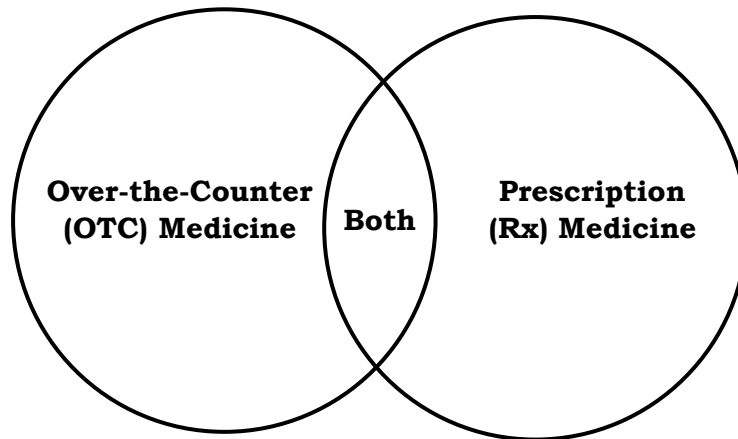
1. After reading the article, what are the two types of medicines differentiated by the children?
2. What type of medicine needs a prescription upon purchase? Where can we buy the drugs?
3. What type of medicine can be bought in stores and drugstores that do not require authorization from doctors or health workers?
4. Where can we purchase over-the-counter medicines?
5. Why should over-the-counter and prescription medicines need to have Food and Drug Administration (FDA) approved labels and specific dosage?



## ***What's More***



**A. Directions:** Let us see if you can differentiate over-the counter medicine from prescription medicine. Sort the ideas by number and put them correctly in the Venn Diagram. Write your answers on a separate sheet of paper.



1. It is a medicine that requires prescription from doctors and health professionals.
2. Children should use this medicine with adult supervision.
3. The medicine labels should be read and followed carefully before use.
4. This can be bought without doctor's prescription.
5. This medicine is intended for the person whom the medicine was prescribed.
6. Anyone can get and buy this medicine in the supermarket or store's shelf.





**B. Directions:** Here are our health professionals. They have something to tell us about medicines. Read carefully and learn from them.

Instructions are printed in the label to help make sure that the medicine is taken correctly.

Every medicine comes with dosing directions that we can read on the drug facts label.

When you do not follow directions, the medicines may not work well. It can make you feel worse or even hurt you.

You may also experience allergic reactions. There are times that when you mix food with a medicine, the medicine does not work properly.



Always remember that over-the-counter and prescription medicines are dangerous when misused or abused. These two types of drugs are only safe if warnings and directions are carefully followed.





## ***What I Have Learned***

**Directions:** Write **OTC** if the statement refers to over-the-counter medicine and **P** if it is a prescription medicine. Write your answers on a sheet of paper.

1. This type of medicine can be bought in the pharmacy or drugstore with doctor's prescription.
2. We can purchase this drug without authorization and prescription from health workers.
3. This drug can be purchased right off the shelves at a store without a visit to a prescriber or consultation with a pharmacist.
4. The medicine's label has an Rx symbol.
5. The medicine is regulated. It requires a visit to a doctor or prescriber to ensure that the medication is working safely.



## ***What I Can Do***

**Directions:** Put a check (✓) if the statement correctly differentiates over-the-counter medicine with prescription medicine and (✗) if it does not. Write your answers on a separate sheet of paper.

1. Over-the-counter medicines can be bought without doctor's prescription while prescription medicines can only be bought with doctor's prescription and authorization.
2. Children could use over-the-counter medicines with adult supervision while prescription medicines do not need permission of parent or adult upon use.
3. Prescription medicines are prescribed by a doctor for one person to treat a specific medical problem while over-the-counter medicines do not require prescription but could be used with self-care.
4. We can readily purchase prescription medicines in supermarket's shelf while over-the-counter medicines could only be bought in a pharmacy or drugstore.
5. Prescription medicines are always safe to use while over-the-counter medicines are dangerous to use without doctor's advice.



## Assessment

**Directions:** Write **Agree** if the statement is correct about over-the-counter and prescription medicines and **Disagree** if it is not. Write your answers on a separate sheet of paper.

1. Andrei went to the supermarket and bought a vitamin that he found on the shelf of an over-the-counter medicine.
2. Lolita visited a doctor and was given a prescription. She showed the prescription to the pharmacist and was given a prescription medicine.
3. Francisco was not given a prescription medicine at the drugstore because he was not able to bring the prescription from his doctor.
4. Prescription drugs can be bought in *sari-sari* stores or *tyangge*.
5. Loy had a high fever. The school nurse gave an over-the-counter medicine from the medicine cabinet as a medication.
6. Over-the-counter medicines can be bought without doctor's authorization.
7. Pharmacists could give a prescription medicine to a customer even without a doctor's prescription.
8. Over-the-counter medicine could treat major illnesses while prescription medicine could treat minor diseases or ailments.
9. Aida was in the drugstore to buy an over-the-counter medicine and was given a medicine right away.
10. Prescription medicines needed prescription or authorization from the doctor before they can be purchased.

Thank you for accomplishing this module. Congratulations!





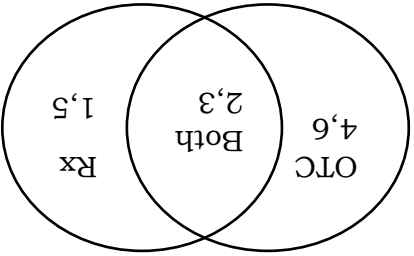
## ***Additional Activity***

**Directions:** Differentiate over-the-counter from prescription medicine by filling the blanks to complete the thought. Use the template in answering the activity. Do this on a clean sheet of paper.

1. We can buy over-the-counter medicines in \_\_\_\_\_ while prescription medicines can only be bought in \_\_\_\_\_.
2. An over-the-counter drugs need \_\_\_\_\_ from a doctor or health provider while prescription drugs \_\_\_\_\_.
3. Over-the-counter medicines \_\_\_\_\_ while prescription medicines \_\_\_\_\_.



## Answer Key

<p><b>Assessment</b></p> <p>1. Agree 2. Agree 3. Agree 4. Disagree 5. Agree 6. Agree 7. Disagree 8. Disagree 9. Agree 10. Agree</p> <p><b>Additional Activity</b></p> <p>1. buy over-the-counter medicines in drugstore, pharmacy, supermarket, sari-sari store etc. buy prescription medicine in pharmacy or drugstore 2. over-the-counter drugs do not need prescription or authorization from a doctor, prescription drugs need prescription or authorization from a doctor 3. Pupil's answers may vary</p>	<p><b>What's More</b></p>  <p><b>What I Have Learned</b></p> <p>1. P 2. OTC 3. OTC 4. P 5. P</p> <p><b>What I Can Do</b></p> <p>1. ✓ 2. X 3. ✓ 4. X 5. X</p>	<p><b>What I Know</b></p> <p>1. Yes 2. No 3. No 4. Yes 5. No 6. Yes 7. Yes 8. Yes 9. No 10. No</p> <p>A. Pupil's answers may vary</p> <p>B.</p> <p>1. Doctor. For consultation/check-up 2. He examined them. 3. Prescription medicine 4. With written authorization or prescription 5. Over-the counter medicine</p> <p><b>What is It</b></p> <p>1. Over-the counter and Prescription 2. Prescription. Drugstore, pharmacy 3. Over-the-counter pharmacy 4. Supermarket, store, 5. To use the medicines properly. Pupil's answers may vary.</p>
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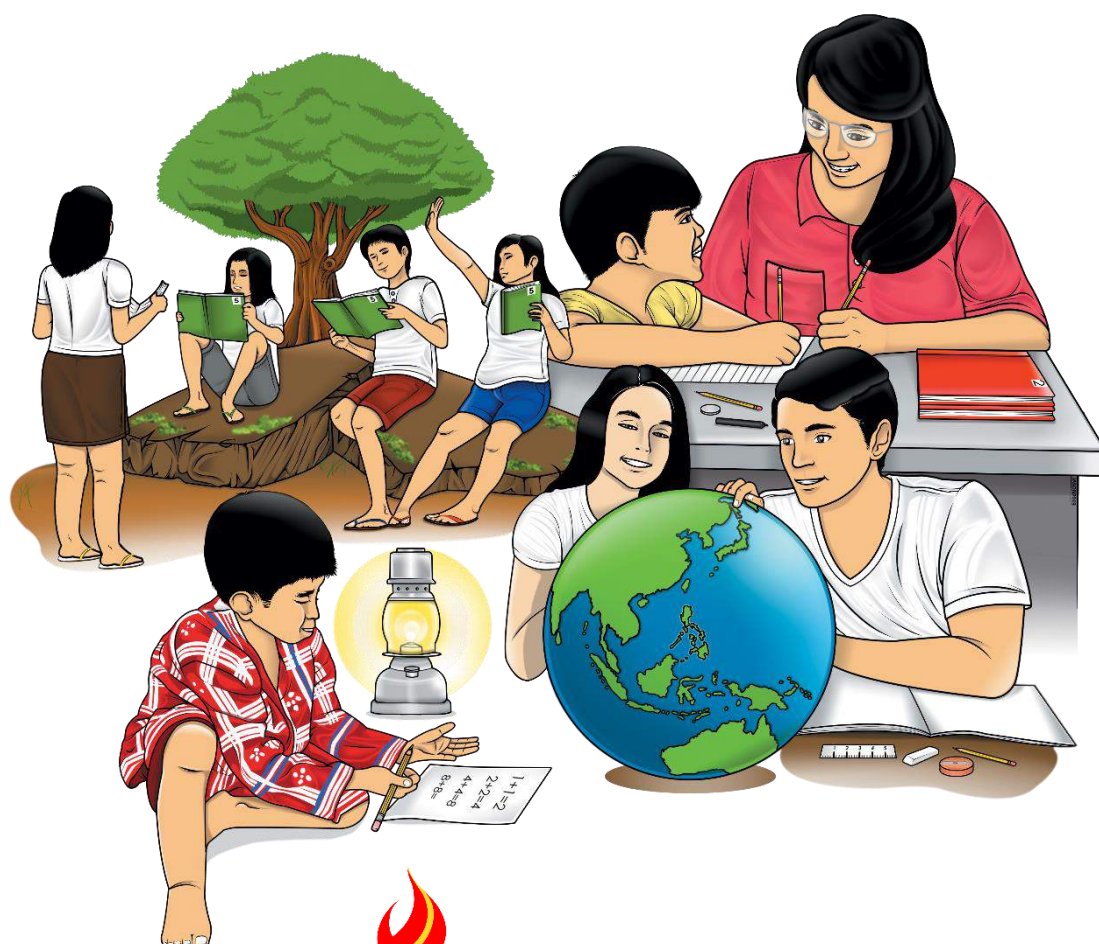
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# Health

## Quarter 4 – Module 4: Examples of Over-the-Counter and Prescription Medicines



## Health - Grade 6

### Alternative Delivery Mode

#### Quarter 4 - Module 4: Examples of Over-the-Counter and Prescription Medicines

First Edition, 2019

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# Health

## **Quarter 4 – Module 4: Examples of Over-the-Counter and Prescription Medicines**

# **Introductory Message**

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Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.





## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you identify examples of over-the-counter and prescription medicines.

The module consists of only one lesson:

- Lesson 1 – Examples of Over-the-Counter and Prescription Medicines

After going through this module, you are expected to give examples of over-the-counter and prescription medicines **(MELC-H6CH-IVe-17)**.



## ***What I Know***

**Directions:** Write **OTC** if the medicine example is an over-the-counter medicine and **P** if it is a prescription medicine. Write your answers on a separate sheet of paper.

1. vitamins
2. antipyretic
3. antibiotic with Rx symbol
4. antidiarrheal
5. laxative
6. antihypertensive
7. decongestant like nose sprays and drops
8. antidepressant
9. antacids
10. analgesic to treat mild pain

## Lesson

# 1

## Examples of Over-the-Counter and Prescription Medicines

Medicines are substances intended for use in treatment, diagnosis or prevention of ailments or diseases. Medicines can help us feel better and get well when we are sick.



### *What's In*

Medicines come in different types. They may be liquid, tablet, capsule, cream or lotion, powder, drops, inhalers, sprays and injections. Medical professionals use medicines to help lessen the symptoms and effects of diseases and can even cure or get rid of the illnesses. Health providers prescribe medicines so that those who are suffering from ailments can continue to live normal lives. There are varieties of medicines that belong to the two types: the over-the-counter medicines or OTC and prescription medicines (Rx). Furthermore, researchers kept on inventing and discovering over-the-counter and prescription drugs to treat or cure diseases.





## ***What's New***

**Directions:** Answer the self-assessment test honestly. Choose all the letters that apply to you. Write the letter or letters of your answers on a separate sheet of paper.

1. Which of the following medicines have you taken?
  - A. antacid (neutralizes stomach acid)
  - B. analgesic or pain killers (stops pain)
  - C. decongestant (relieves blocked or stuffy nose)
  - D. laxative or purgative (loosens stool or poop or stimulate bowel movement)
  - E. antidiarrheal (slows down action of intestine and reduce number of bowel movements)

2. Have you taken an over-the-counter medicines or medicines that you bought without doctor's prescription? Name two examples.

---

---

3. How about prescription medicines or medicines that you bought with doctor's prescription or authorization? Name two examples.

---

---

4. Are medicines important to us? Give one reason.

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## What is It

**Directions:** The pharmacist is giving examples on the two types of medicines: over-the counter medicines and prescription medicines. Read carefully and answer the questions that follow.

A. Over-the-counter or OTC medicines are drugs that we can buy without doctor's prescription. These are examples of medicines in this type.



**Antacid** is a medication that neutralizes stomach acid. It may be liquid, chewable gummy or tablet that dissolves in water to drink.



**Analgesic**, also called painkiller or pain reliever, is a medicine used to relieve pain or discomfort caused by disease, injury or surgery. Simple painkillers are OTC drugs but painkillers to treat severe pain like narcotics need prescription from a doctor.



Decongestant is a medicine that relieves congestion by reducing swelling, inflammation and mucus formation within the nasal passages or the eye. It is a relief for congestion of the nose and sinuses like blocked or stuffy nose (nasal congestion).



Have you taken some of the over-the counter-medicines that I mentioned? Let us add some more examples.



**Laxative**, also called purgative is a substance that loosens or softens stool and increases bowel movement. This medicine is used to treat and prevent constipation or hard bowel movement.



**Antidiarrheal** is a type of medicine that stops or slows diarrhea or the frequent passage of a watery loose stool.



**Antipyretic** is a medication used to lower body temperature or reduce fever.

Answer the following questions:

1. Among the over-the-counter or OTC medicines mentioned by the pharmacist, can you give one that you have already taken? What was it?
2. Did you get well after taking the medicine?
3. Are over-the-counter medicines important? How?

B. Prescription medicines are drugs that we can buy with doctor's prescription or authorization. Let us have the poem below to learn the examples of prescription medicines. You may also sing this to the tune of "Paruparong Bukid".



### Prescription Medicines

by: Francilet R. Padios

Here is an **antibiotic**, a drug that needs prescription  
It kills and fights bacteria and other infections  
If you're going to take it, in liquid form or a pill  
This oral antibiotic will no longer make you ill.



Topical antibiotic which is applied to the skin  
It may be an ointment, may be lotion or cream  
This antibiotic that is applied externally  
May be a prescription drug or an OTC.



**Antidepressant** is also a drug that needs prescription  
It helps relieve the symptoms of sadness or depression  
It also helps patients reduce anxiety disorder  
That is characterized by nervousness or fear.



**Antihypertensive** drug treats a high blood pressure  
You need doctor's prescription to buy this, yes for sure!  
Heart diseases and stroke caused by hypertension  
Will likely lead to severe health complication.





## What's More



**Directions:** Let us sort the different examples of medicines by putting their corresponding numbers in the proper medicine box. Write your answers on a sheet of paper.

1. antidiarrheal

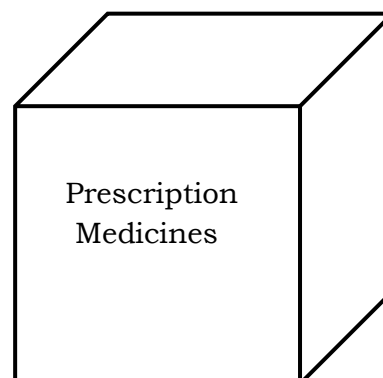
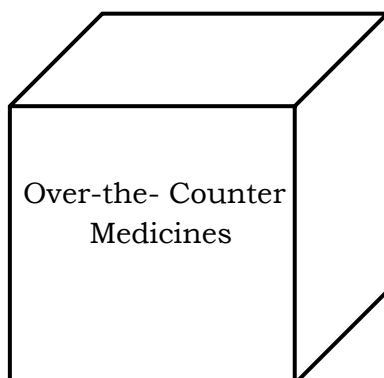
4. laxative

2. antihypertensive

5. oral antibiotic

3. antacid

6. antidepressant





## ***What I Have Learned***

**Directions:** Choose the letter of the correct answer and write it on a separate sheet of paper.

1. It is an over-the-counter medicine that treats diarrhea or watery stool.
  - A. antacid
  - B. antidiarrheal
  - C. laxative
  
2. This prescription or over-the-counter medicine fights bacterial infections.
  - A. antidepressant
  - B. analgesic
  - C. antibiotic
  
3. This OTC medicine provides short-term relief for a blocked or stuffy nose (nasal congestion).
  - A. laxative
  - B. purgative
  - C. decongestant
  
4. It is an over-the-counter medicine that neutralizes acid build-up in the stomach.
  - A. antacid
  - B. antihypertensive
  - C. analgesic
  
5. This prescription medicine helps relieve the symptoms of depression and anxiety.
  - A. antihypertensive
  - B. antacid
  - C. antidepressant





## ***What I Can Do***

**Directions:** Write **Agree** if the use of the given examples of over-the-counter and prescription medicines is correct and **Disagree** if it is not.

Write your answers on a separate sheet of paper.

1. Sevilla is suffering from diarrhea. She bought an over-the-counter antidiarrheal medicine to ease her pain.
2. Mr. Retome was diagnosed with a high blood pressure. He bought an antihypertensive drug which is a prescription medicine in the local drugstore.
3. The 8-year old Toto Dane had constipation. He was given a laxative which was a prescription drug.
4. Juvy suffered from blocked or stuffy nose. She bought nasal decongestant which was an over-the-counter medicine in the nearby pharmacy.
5. The Rubio clan hosted a grand family reunion. Antacid, a prescription medicine, was used by Aida to neutralize her stomach acid due to over-eating.



## ***Assessment***

**Directions:** Put a check (✓) if the given example for each type of medicine is correct and **(X)** if it is not. Write your answers on a separate sheet of paper.

1. Analgesic – prescription medicine
2. Antihypertensive – prescription medicine
3. Oral antibiotic - over-the-counter medicine
4. Antidepressant - prescription medicine
5. Laxative - prescription medicine
6. Painkiller like narcotics – prescription medicine
7. Antidiarrheal medicine - over-the-counter medicine
8. Antipyretic - over-the counter medicine
9. Decongestant - prescription medicine
10. Antacid - over-the-counter medicine



## ***Additional Activity***

**Directions:** Write **True** if the statement is correct and **False** if it is not. Write your answers on a separate sheet of paper.

1. Symptoms of depression and anxiety can be relieved by using antidepressant which is an over-the-counter medicine.
2. Fever reducer or antipyretic is an over-the-counter medicine that lowers fever.
3. The child with a blocked or stuffy nose was given a nasal decongestant which was an over-the-counter medicine.
4. Antidiarrheal medicines can be bought at the supermarket because it is an over-the-counter medicine.
5. Antibiotic in a form of ointment or cream that has an Rx symbol is an over-the-counter medicine.

Thank you for accomplishing this module. Congratulations!



## Answer Key

<p><b>Assessment</b></p> <p>1. X 2. ✓ 3. X 4. ✓ 5. X 6. ✓ 7. ✓ 8. ✓ 9. X 10. ✓</p> <p><b>Additional Activity</b></p> <p>1. False 2. True 3. True 4. True 5. False</p>	<p><b>What's More</b></p> <p>Over-the-Counter Medicine – 1, 3, 4 Prescription medicine 2, 5, 6</p> <p><b>What I Have Learned</b></p> <p>1. B 2. C 3. C 4. A 5. C</p> <p><b>What I Can do</b></p> <p>1. Agree 2. Agree 3. Disagree 4. Agree 5. Disagree</p>	<p><b>What I Know</b></p> <p>1. OTC 2. OTC 3. P 4. OTC 5. OTC 6. P 7. OTC 8. P 9. OTC 10. OTC</p> <p><b>What's New</b></p> <p>Pupil's answers may vary</p> <p><b>What is It</b></p> <p>Pupil's answers may vary</p>
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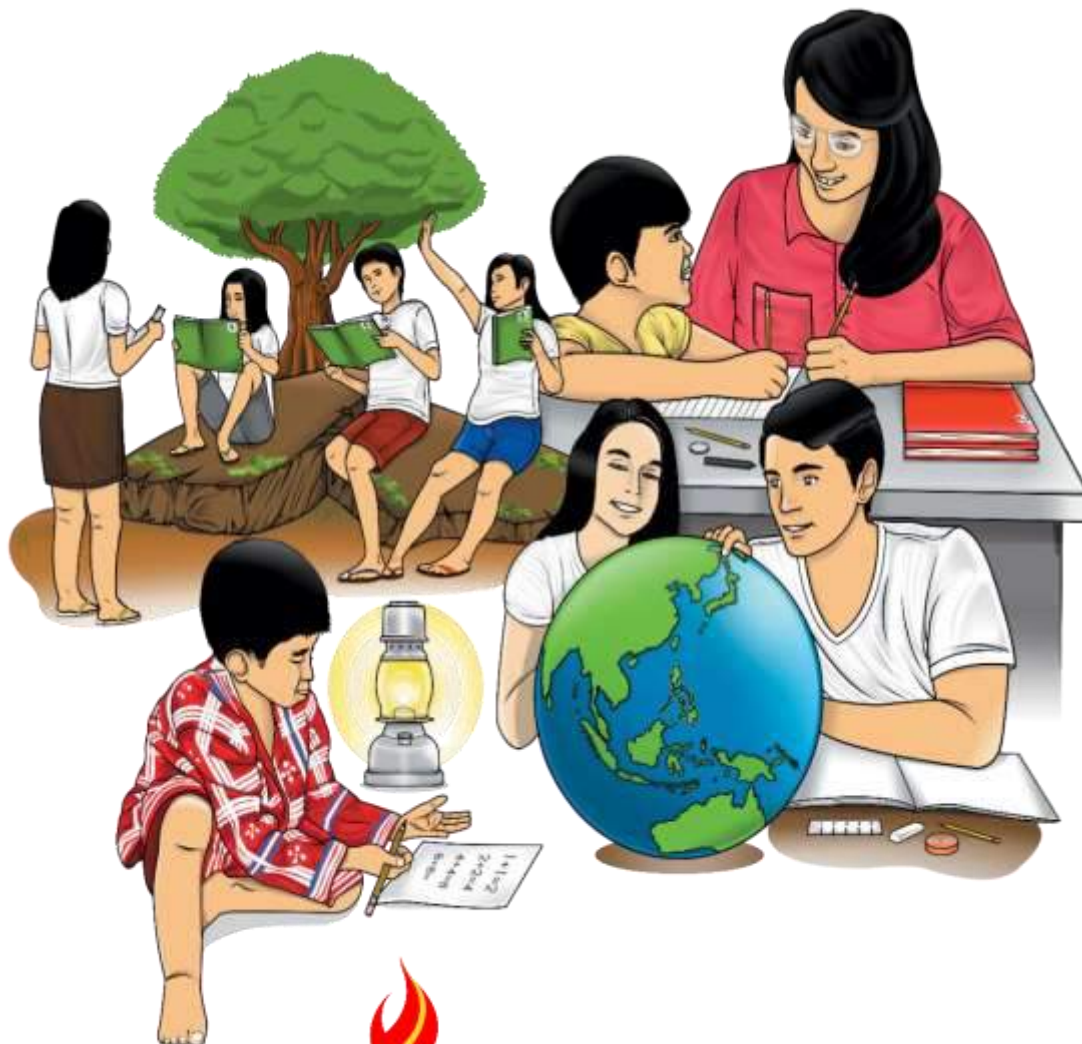
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# Health

## Quarter 4 – Module 5: Uses of Over-the-Counter and Prescription Medicines



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 5: Uses of Over-the-Counter and Prescription Medicines**  
**First Edition, 2019**

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# Health

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# **Introductory Message**

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Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you describe the uses of some over-the-counter and prescription medicines.

The module consists of only one lesson:

- Lesson 1 – Uses of Some Over-the-Counter and Prescription Medicines

After going through this module, you are expected to explain the uses of some over-the-counter and prescription medicines **(MELC-H6CH-IVf-18)**.



## ***What I Know***

Directions: Write **Yes** if the statement about the uses of over-the-counter and prescription medicine is correct and **No** if it is not. Write your answers on a separate sheet of paper.

1. Antidepressant is a prescription drug that is used to treat depressive disorder like anxiety and inability to eat and sleep.
2. Antipyretic is an over-the-counter medicine that is used to treat high blood pressure.
3. Analgesics, also called painkillers or pain relievers, are medicines used to relieve pain or discomfort caused by disease, injury or surgery.
4. We use over-the-counter antidiarrheal medicine to stop or slow the frequent passage of a watery loose stool or diarrhea.
5. Laxatives are substances that treat and prevent constipation or hard bowel movement.
6. Antacid is an over-the-counter drug that fights bacterial infection.
7. Decongestant is an OTC drug that relieves stuffy nose.
8. Antidiarrheal drug is an over-the-counter medicine which is used to neutralize acid build-up in the stomach.
9. Antihypertensive medicine which belongs to prescription drug treats high blood pressure.
10. Antibiotic that is taken orally is a prescription medicine that fights bacterial infection.

# Lesson 1

## Uses of Over-the-Counter and Prescription Medicines

Medicines regardless of its types are basically intended for treatment, diagnosis or prevention of ailments or diseases. We take medicines to help us feel better and to get well when we are sick. Medicines help health professionals to cure many diseases. We consider the usage of medicines important because it addresses health problems and improve quality of lives.



### ***What's In***

We take medicines to fight diseases, to feel better when we are sick and to keep from getting sick in the first place. Medicines act in many ways. Medicines cure a disease by killing or stopping the spread of germs such as bacteria and viruses. There are pain relievers to kill pain and symptom soothers to relieve signs like coughing and vomiting. Medicines are also used to stop itching or allergy. Some people use medicines to control illnesses that do not immediately or completely heal like high blood pressure and anxiety. Immunizations and vaccines are given to individual to protect the body from infectious diseases. Vitamins and minerals are also taken to boost the immune system. There are also specific medicines that are used to relieve severe pain.

We benefit from medicines that we use when we obtain its helpful effects to our body.





## ***What's New***

Directions: Read the situations carefully. Identify the over-the counter and prescription medicines describe to be used. Write the letter of the correct answer on a separate sheet of paper.

- |  |                     |
|--|---------------------|
| 1. Henry has been working in the farm for a whole day to feed his family. What medicine can be used to relieve his headache and body pain? | A. Laxative         |
| 2. Playing in the rain too long is not good for a kid because it can cause fever. What medicine can help in reducing high fever?           | B. Antibiotic       |
| 3. Liza has hard bowel movement or constipation. She has difficulty to excrete it. What medicine could soften her hardened stool or poop?  | C. Antipyretic      |
| 4. Pedro's toes have bacterial infection. What Should be used to kill bacterial growth?  | D. Analgesic        |
| 5. Ms. Palma has hypertension or high blood pressure. What medicine should be prescribed to this kind of illness?                          | E. Antihypertensive |



## What is It

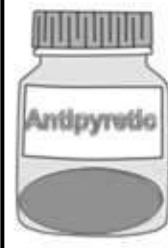
- A. Directions: The pharmacists are giving information on the use of the two types of medicines: over-the-counter medicines and prescription medicines. Read carefully and take note of what they are sharing.



Hello there! I am your friendly pharmacist. Today, I am going to tell you the uses of some over-the-counter and prescription medicines.



Have you experienced fever? A fever is a rise in body temperature and is usually a sign of infection. Fever is common and it occurs to often signal that the body is working to protect itself. The average body temperature is 98.6° F (37° C). A body temperature above 100.4° F or (38° C) is considered to be a fever by medical professionals. **Antipyretic** is a medicine that reduces fever.



**Decongestant** is a type of medicine that provides short-term relief for a blocked or stuffy nose (nasal decongestion). It may be an eye drop, nasal spray, (sprayed to the nose) or taken orally as a pill, syrup or oral drops.



Have you experienced headache, toothache, stomach ache and other body aches? A medicine used to relieve pain is called **analgesic**. It is also known as a painkiller or pain reliever.





**Laxative**, also called purgative is used to loosen stool and increase bowel movement. If you find it difficult to poop or excrete because of hard stool, this drug will help you “poop it out”.



**Antidiarrheal** is a medicine to stop or slow diarrhea. If you keep on coming back to the comfort room with watery stool or diarrhea, this drug is of great help.



**Antacid** is a medicine that helps neutralize acid. It treats symptoms of:

- acid reflux which is caused by stomach acid travelling up towards the throat
- heartburn which is the burning sensation in your chest or throat caused by acid reflux
- indigestion or dyspepsia which is discomfort or pain in your upper abdomen due to overeating or eating too fast



For cough relief, we have cough syrups or tablets. It helps loosen mucus, making it easier to cough up sticky phlegm.

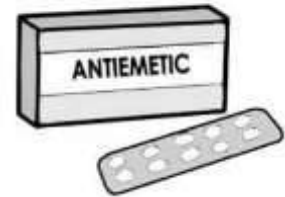






Medicines indeed have many uses. Let us add some more!

When you ride vehicles, boats, planes etc. and experience motion sickness, **antiemetic medicine** could help you. It is effective against vomiting and nausea.



**Antihistamine** is a medicine used to treat allergic rhinitis such as sneezing, runny and itchy nose and itchy watery eyes. It can also relieve itchiness caused by insect bites, skin infection, chicken pox and allergic reaction to food. This medicine comes in tablets, eye drops, nasal sprays, syrups and ointment.



**Antiseptic** is a substance applied to the body to reduce the risk of infection and stop the spread of germs. It is found in medicines that are used to clean wound, mouthwash, soap, alcohol and cleaning solutions.



**Immunization** is a process whereby a person is made immune or resistant to infectious diseases by administering a vaccine.



Another type of medicine is a prescription medicine that can be bought with doctor's prescription. Here are the uses of prescription drugs.

Do you know a person who is suffering from high blood pressure (HBP) or hypertension? Antihypertensive medicine is used to lower blood pressure.



**Antihypertensive**



Antidepressant treats symptoms of depression. Inability to sleep, eat, emotional outbursts and hallucinations (seeing things that are not really there) are some of the symptoms that need immediate help from health professionals.



Antibiotic is a medicine that fights bacterial infections. It can be taken in different ways:

- Orally (by mouth). This could be capsules, tablets or liquids
- Topically. This could be an ointment, spray or cream applied on skin or an ear or eye drops.
- Injection or intravenously (I.V) like in dextrose.



Oral antibiotics and injectable are prescription medicines. Antibiotics that are applied topically or externally may be a prescription or an over-the-counter medicine.

Let us have this poem to guide us about the uses of medicines. You can also sing this using the tune of “I’m a Little Teapot or *Sitsiritsit*”.

## Uses of Medicines

by: Francilet R. Padios

Medicines are used to fight fever  
They also serve as painkiller.  
It helps your poop easily go through  
Or slows diarrhea for you.



It neutralizes stomach acid  
And also treats allergy.  
It helps person who are suffering  
From high blood pressure or HBP.

It can treat your nasty cough and cold  
And treats symptoms of depression.  
It relieves nasal congestion  
And fights bacterial infection.



Seek the advice of doctors regularly  
To promote a healthy family.  
If we will use medicines properly  
They can save lives of many.



## ***What's More***



### **Using Medicines Safely**

- Read and follow the directions on the medicine labels carefully.
- Keep medicines in their original containers or packaging as they have instructions on the labels.
- Take medicines on time.
- Put medicines in a safe place away from children and pets.
- Use dropper, syringe, medicine cup, or dosing spoon that comes with the medicine. Never use teaspoons, tablespoons or household spoons to measure medicines.
- Store medicines in a cool, dry place. Warm and damp places like the kitchen or bathroom can damage medicines.
- Some medicines need refrigeration. Check medicine labels for proper storage.
- Check the expiration date. Throw away expired medicines and medicines you no longer use.
- Ask your doctor, nurse or pharmacist if you don't understand the directions in taking the medicines.

#### **Activity 1: Is It Safe?**

Directions: Read the situation carefully and answer the questions that follow.  
Do it on a separate sheet of paper.

Jenny bought a fever medicine for her younger brother, Rudy at the local supermarket. When she got home, her mother noticed damage on the medicine's packaging. Will they let Rudy drink the medicine? Why? What should be done upon seeing a damaged medicine's packaging?



## ***What I Have Learned***



### **Safety Medicine Tips!**

Directions: Complete the thought of the sentence by supplying the appropriate word. Select your answer from the word bank. Write the answer on your answer sheet.

### **WORD BANK**

discard

label

reach

packaging

medicine cabinet

**1**

Use the medicine containers with safety caps and keep them out of sight and \_\_\_\_\_ of children.

**2**

Store the medicines in their original \_\_\_\_\_.

**3**

Safely \_\_\_\_\_ expired medicines.

**4**

Read the tag or \_\_\_\_\_ and know what's in the medicine.

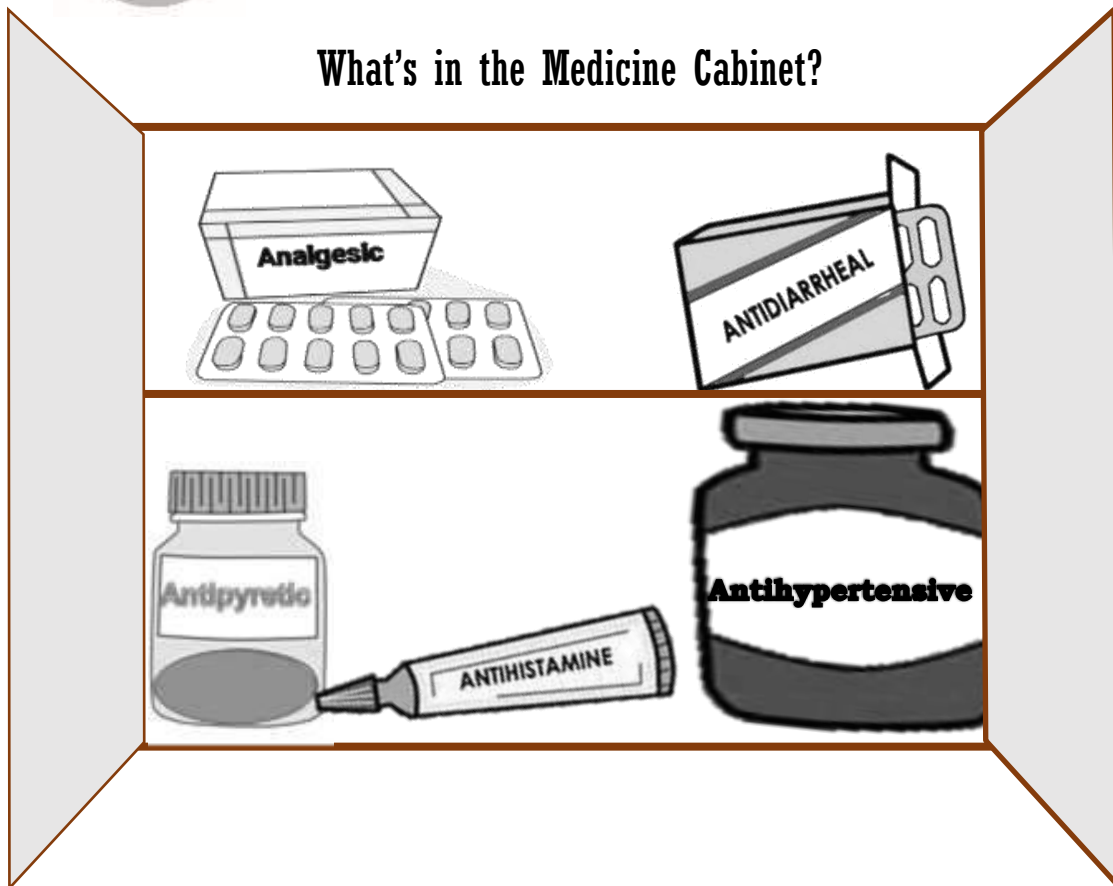
**5**

Put medicines in the \_\_\_\_\_ where they can't be reached by younger children.



## ***What I Can Do***

### **What's in the Medicine Cabinet?**



Directions: Match each over-the-counter or prescription medications in the medicine cabinet that can help solve the problems found below. Write the answer on a clean sheet of paper.

1. Trisha kept coming back to the comfort room with watery stool. What medicine was given to stop her diarrhea?
2. Nonoy experienced high fever. What medicine did his mother gave him to lower his body temperature?
3. Mr. Santos was diagnosed with hypertension or high blood pressure. What maintenance drug did he use to lower his blood pressure?
4. Tantan suffered from toothache. What did his father offer to him to stop or relieve the pain?
5. Gilda kept on scratching because of her allergy. What did she use to relieve the itchiness?



## Assessment

- A. Directions: Choose the letter of the correct answer and write it on a separate sheet of paper.
1. Antidiarrheal medicine is an over-the-counter drug. What is the use of this drug?
    - A. It treats watery stool or diarrhea.
    - B. It softens hard stool or poop.
    - C. It relieves blocked or stuffy nose.
    - D. It stops allergy.
  2. Dondon is reading the label of an antacid medicine. What is it for?
    - A. To lower blood pressure
    - B. To reduce fever
    - C. To neutralize acid build-up in the stomach
    - D. To stop diarrhea
  3. Antidepressant is a prescription drug. What is this drug for?
    - A. To treat cough
    - B. To relieve the symptoms of depression
    - C. To wash wounds
    - D. To relieve itchiness
  4. Lita's wound got infected. Her mother told her to buy an antibiotic ointment. What can an antibiotic ointment do?
    - A. It kills or stops bacterial infection.
    - B. It neutralizes acid build-up.
    - C. It lowers blood pressure.
    - D. It reduces fever.
  5. The drug in the medicine cabinet is a decongestant. What is the use of this medicine?
    - A. It stops pain.
    - B. It relieves stuffy or blocked nose.
    - C. It relieves constipation or hard bowel movement.
    - D. It lowers high blood pressure.
- B. Directions: Write **Yes** if the use of over-the-counter and prescription medicines is correct and **No** if it is not. Write your answers on a separate sheet of paper.
1. Mrs. Palmares used antipyretic medicine to treat hypertension.
  2. An analgesic or painkiller is a medicine that is used to relieve or stop pain.
  3. The watery, loose stool or diarrhea can be stopped or slowed down by using antidiarrheal medicine.
  4. Aunt Rosa bought an antacid medicine to clear her blocked or stuffy nose.
  5. Emil used an antipyretic medicine to lower his fever.

**Thank you for accomplishing this module. Congratulations!**



## Answer Key

<p><b>Assessment</b></p> <p><b>A.</b></p> <ol style="list-style-type: none"> <li>1. A</li> <li>2. C</li> <li>3. B</li> <li>4. A</li> <li>5. B</li> </ol> <p><b>B.</b></p> <ol style="list-style-type: none"> <li>1. No</li> <li>2. Yes</li> <li>3. Yes</li> <li>4. No</li> <li>5. Yes</li> </ol> <p><b>Additional Activity</b></p> <ol style="list-style-type: none"> <li>1. True</li> <li>2. True</li> <li>3. True</li> <li>4. False</li> <li>5. True</li> </ol>	<p><b>What I Can do</b></p> <ol style="list-style-type: none"> <li>1. antidiarrheal</li> <li>2. antipyretic</li> <li>3. antihypertensive</li> <li>4. analgesic</li> <li>5. antihistamine</li> </ol> <p><b>What I Have Learned</b></p> <ol style="list-style-type: none"> <li>1. reach</li> <li>2. packaging</li> <li>3. discard</li> <li>4. label</li> <li>5. medicine cabinet</li> </ol>	<p><b>What I Know</b></p> <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. No</li> <li>3. Yes</li> <li>4. Yes</li> <li>5. Yes</li> <li>6. No</li> <li>7. Yes</li> <li>8. No</li> <li>9. Yes</li> <li>10. Yes</li> </ol> <p><b>What's New</b></p> <ol style="list-style-type: none"> <li>1. D</li> <li>2. C</li> <li>3. A</li> <li>4. B</li> <li>5. E</li> </ol> <p><b>What's More</b></p> <p>Pupil's answers may vary.</p>
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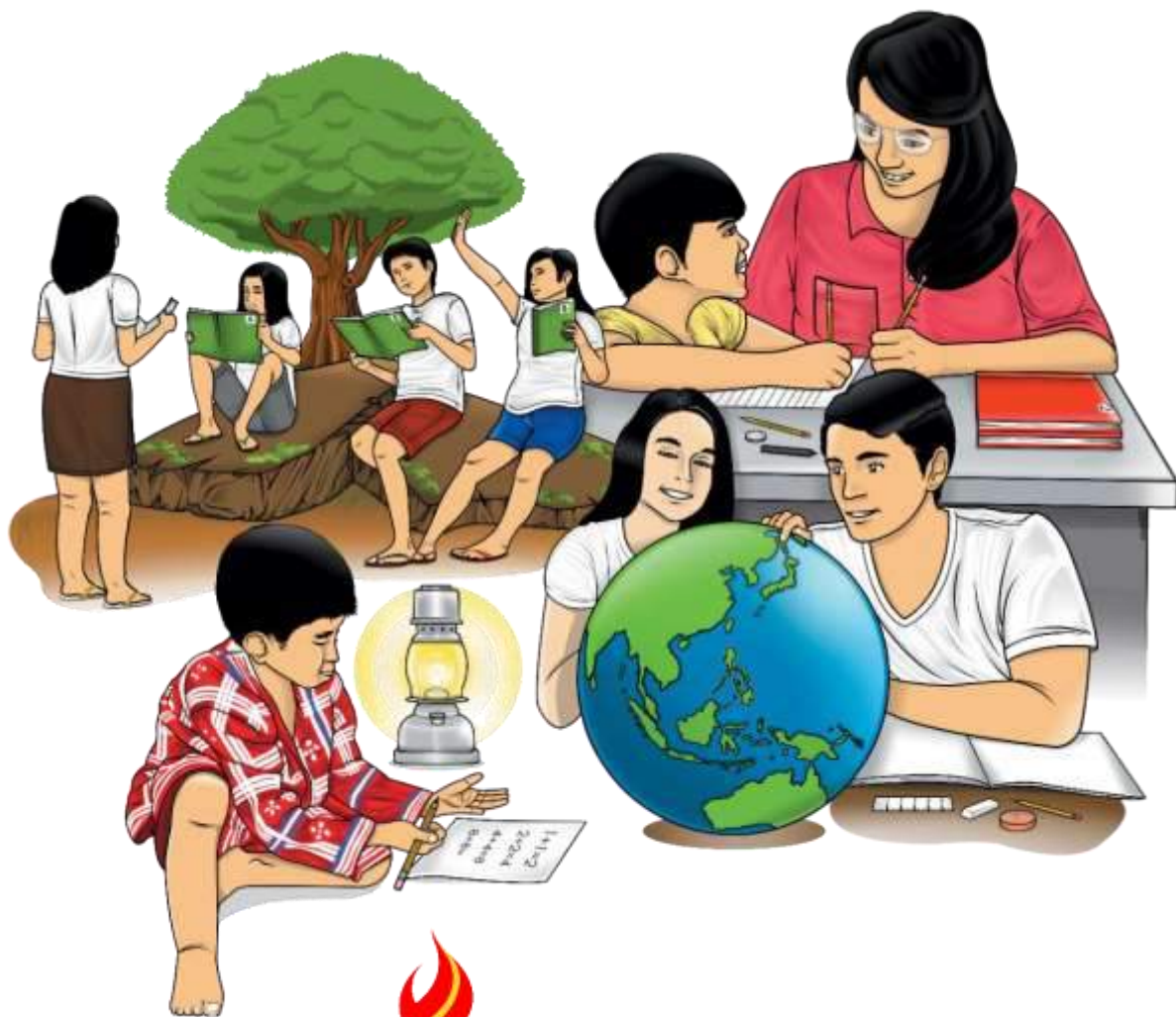
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# Health

## Quarter 4 – Module 6: Propaganda Techniques Used in Advertising



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 6: Propaganda Techniques Used in Advertising**  
**First Edition, 2019**

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# Health

## **Quarter 4 – Module 6: Propaganda Techniques Used in Advertising**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you recognize the common propaganda techniques used in advertising.

The module consists of only one lesson:

- Lesson 1 – Propaganda Techniques Used in Advertising

After going through this module, you are expected to identify the common propaganda techniques used in advertising (**MELC-H6CH-IVg-19**).



## ***What I Know***

Directions: Identify the propaganda techniques used in advertising. Write the letter of the correct answer on a separate sheet of paper.

1. This is a propaganda technique that gives the audience a reason to laugh in order to influence them to remember and purchase the advertised product.
  - a. Fear
  - b. Reward
  - c. Humor
  - d. Novelty
2. Which of the following statements use bandwagon propaganda technique?
  - a. Crispy, saucy and spicy chicken. What are you waiting for?
  - b. Most parents recommend Super C Vitamin. You should try it too!
  - c. Announcing the newest fragrance this summer...Sampaguita Cologne.
  - d. Buy one, take one.
3. "I am a dentist. I recommend XFA Kiddie Toothpaste for children". What kind of propaganda is used to influence the buyers?
  - a. Novelty
  - b. Testimonial
  - c. False Image
  - d. Reward



4. This technique links one idea to another. It usually uses a symbol that carries respect.
  - a. Transfer
  - b. Scientific
  - c. Bandwagon
  - d. Humor
5. Which of the following uses reward propaganda to increase sales?
  - a. We belong to PICS Art Club. We only use Colorific Watercolors in painting our art works.
  - b. Buy 1 dishwashing liquid, get a free sponge!
  - c. Enjoy the milky goodness of our new product, Pastillas de Leche.
  - d. I am an athlete. I only use Power Wow Energy Drink.
6. Which from the given choices reflects the context of this statement? “The advertisement shows users with clear skin but when I buy and use the product on my face, I develop so many pimples”!
  - a. False image
  - b. Plain folk
  - c. Transfer
  - d. Testimonial
7. This propaganda technique tells only positive or good things about a product without giving evidence or facts.
  - a. Novelty
  - b. Bandwagon
  - c. Glittering generality
  - d. Reward
8. “Most of the people in town have tried the local product of Mang Eming’s Farm. You should too!” What type of propaganda is this?
  - a. Reward
  - b. Slogan
  - c. Bandwagon
  - d. Scientific
9. Which of the following uses catchphrases or slogan propaganda?
  - a. Smoking Kills!
  - b. Active children use KID Cooling Powder to prevent sweating and rashes during play time.
  - c. Promo! Buy 5 packs of biscuits, get 1 free lunch box.
  - d. Use Franzy’s Papaya Soap for smooth and white skin.
10. This is a propaganda technique that uses ordinary people to sell something.
  - a. Glittering generality
  - b. Plain folk
  - c. Testimonial
  - d. False image

# Lesson 1

## Propaganda Techniques Used in Advertising

Propaganda is a widespread idea, information and distorted facts for the purpose of convincing or persuading people to believe or do something. Propaganda in advertising is the careful presentation of information to influence or convince a consumer to buy the product or avail the services to make sales and profits.



### ***What's In***

Propaganda techniques are approaches and methods used by advertisers to make a product or service appealing to viewers or listeners. Some common propaganda techniques used in advertising are testimonial, reward, bandwagon, scientific, novelty, humor, fear, plain folks, snob, glittering generality, slogan, false image and transfer. They are communicated using television, film, radio, internet and print communications like brochures, posters, magazines and newspapers. Consumers or buyers should verify the information in the advertisement to make smart decisions before availing services or purchasing a product.





## What's New

Directions: Take a look at each picture and answer the questions that follow.  
Write your answer on a sheet of paper.

**AMAZING DEAL!**  
**Free bowl!**



New Product. Mang Isko's Ube Bread.  
Share it with love. ❤️



Immunization protects your child from diseases.  
If you don't want your children to be sick, get the  
shots at Dr. P's Clinic.




Answer the following questions:




1. Have you seen these kinds of advertisements? If yes, where did you see it?
2. What did you feel while looking at the noodle advertisement? Were you persuaded to buy the product? Why?
3. What is the message communicated by Mang Isko's Ube Bread? Does the propaganda influence you to try it?
4. Looking at the last propaganda technique, did you wish to avail of the immunization shots at Dr. P's Clinic? Why?







## What is It

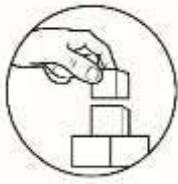
**Propaganda or Persuasive Techniques** are used by advertisers to influence and convince you that their product is worth your money. Here are some of the techniques used in advertising:

Propaganda Techniques	Description	Example
<b>Testimonial</b>	Using big or famous personalities like celebrities and experts to endorse products.	<p>“ I am an actress. I use Smoothy Shampoo and Conditioner to make my hair silky soft”.</p> 
<b>Reward</b>	A technique where a costumer gets another product or same product twice for the purchase of the original product.	<p>Buy 1 toothpaste, get a free toothbrush!</p> 
<b>Bandwagon</b>	A technique convincing consumers to accept something or join in because others are doing so.	<p>“Millions of family are using RPP Facemask for protection. Your family should use it too”!</p> 

<b>Scientific</b>	<p>It is a properly planned advertising that undergoes four phases: investigation, budgeting and media, execution of advertising and testing of results.</p>	<p>“Alcohol-based hand sanitizer that contains at least 60% alcohol in sanitizing your hands can prevent the spread of infections and decrease the risk of getting sick”.</p> 
<b>Novelty</b>	<p>It is a propaganda technique that endorses something unusual, new or novel product.</p>	<p>New Packaging for Sundried Mangoes!</p> 
<b>Humor</b>	<p>It is a propaganda technique that gives audience a reason to laugh or be entertained by using funny, comical and amusing advertisement.</p>	

<b>Fear</b>	<p>It is a kind of propaganda that suggests a product that gives protection against something.</p>	<p>Dengue kills! Stay Protected! Use Smash Mosquito Lotion.</p> 
<b>Plain Folk</b>	<p>This propaganda is using ordinary people or trying to sound ordinary to sell something.</p>	<p>“I am a housewife and I trust Healthy C Vitamin for my child”.</p> 
<b>Slogan</b>	<p>It is a propaganda that uses catchwords or phrases loaded with emotions.</p>	
<b>False Image</b>	<p>A type of propaganda that misleads consumer or includes false statements.</p>	 <p><b>Propaganda VS Reality</b></p>

<p><b>Transfer</b></p>	<p>A type of propaganda that is used to stir the emotions of the audience to win their approval. The qualities of a well-known person is linked with a product. It also uses symbol that carries respect.</p>	<p>Loving mothers choose Bebelove Diapers. Proudly Filipino Made.</p> 
<p><b>Snob Propaganda</b></p>	<p>This propaganda is the opposite of bandwagon. It shows buying of a certain product that will make you stand out from the rest as the masses or ordinary people won't afford to buy it.</p>	<p>Quality diamond by DFRP Jewelry. Only you can afford it. Wear it with pride!</p> 



## What's More



A. Direction: Read and understand the poem about the propaganda techniques used in advertising.



### Propaganda Techniques in Advertising

Written by: Francilet R. Padios

**Testimonial propaganda** uses big personalities

**Reward propaganda** gives you freebies

**Bandwagon propaganda** convinces you because others are doing so

**Novelty propaganda** endorses products that are unusual or new.

**Humor propaganda** gives you a reason to laugh

**Fear propaganda** gives you a feeling of fear

**Plain folk propaganda** uses people or something that is ordinary

Advertisement that talks desirable things uses **Glittering generality**.

**Slogan propaganda** uses catchwords or phrases with emotions

**False image propaganda** uses false pictures and statements for exaggerations

**Transfer propaganda** links one idea to another

**Scientific propaganda** is properly planned by an advertiser.

Advertising promotes and sell products through information

Consumers are then influenced to make a decision

Propaganda techniques may mislead us and put us in danger

So whenever you listen or watch advertisement, beware and be aware!





B. Directions: Identify the common propaganda techniques used in the following conversations. Choose the correct answer from the choices given inside the box and write it on a separate sheet of paper.



fear

reward

transfer

testimonial

plain folk

1. Gina: Wow! My favorite actress is endorsing a vitamin on television!

Jay: Maybe that is the reason why she is active and healthy.

Gina: I will surely try it.

2. Francisco: Look! If we will buy three of these soaps, we will have a free towel!

Lolit: Amazing deal! Let us buy it!

3. Danilo: Look at the television advertisement. The fabric conditioner made the clothes soft and fragrant. It comes in different fragrances like Ilang-ilang, Sampaguita and Roses. It is a product proudly made by Filipinos!

Loubelle: I will use the product as well.

4. I am Allan, a father and I am Mimi, a mother. We use Balanyos Liniment after work to relieve body pain. You must try it too!

5. Nene: The virus has spread worldwide. It is deadly!

Toto: I am scared! Let us buy face masks and disinfectant.

Nene: We need to buy sanitizers and alcohol too.

Toto: We should be afraid of this pandemic! Let us be prepared!



## What I Have Learned

Directions: Read the advertisement carefully and identify what propaganda technique is used. Tell whether it is testimonial, reward, plain folk, bandwagon, glittering generality or novelty. Write the answer on a separate sheet of paper.

1.

As a mother, I only use W Analgesic whenever my child has a fever.



4.

New Product! Milk formula for babies.



2.

For healthy and strong gums and teeth, use Smiley Toothpaste. Winner smile!



5.

Most children now prefer Kalamansi-Orange Sarap Juice Drink. Join the trend! Drink and be healthy!



3.

Buy one, take one! Only for today. Buy now!



6.

I am a famous basketball player. I only trust Sportsman shoes.





## ***What I Can Do***

Directions: Identify the propaganda technique used in the advertisement. Choose the letter of the correct answer from the choices given inside the box and write on a separate sheet of paper.

- A. Testimonial
- B. Slogan
- C. Glittering Generality
- D. Reward
- E. Bandwagon



1. Art is fun! Join the growing numbers of children that use Over the Rainbow Crayons.



2. "STOP THE SPREAD!"



2. A famous TV personality endorsing brand of nail polish.



3. Super Gatas! Buy one carton and get a free drinking glass.



4. Stain-free, fragrant and white clothes.  
RP White Detergent. Gawang Pinoy!



## **Assessment**

Directions: Identify the propaganda technique used in advertising reflected in the questions below. Choose the letter of the correct answer and write your answer on a separate sheet of paper.

1. Buy 2 bottles of cooking oil, get 1 pouch of soy sauce for free.
  - a. Glittering generality
  - b. Testimonial
  - c. Reward
  - d. Transfer
2. Diseases can kill our loved ones. Trust Kwin-Kwin Pharmacy for quality medicines.
  - a. Novelty
  - b. Fear
  - c. Plain folk
  - d. Humor
3. Try Lola Asing's Sweet Guava Candy and Jelly!
  - a. Scientific
  - b. Transfer
  - c. False image
  - d. Slogan
4. Over a million families tried Francing's Homemade Pineapple Jam. You should try it too!
  - a. Bandwagon
  - b. Humor
  - c. Glittering generality
  - d. False image
5. Trudis' Mosquito Net is a mosquito net created for families just like yours for ultimate protection.
  - a. Plain folk
  - b. Slogan
  - c. Testimonial
  - d. Reward
6. Drink up!
  - a. Humor
  - b. Bandwagon
  - c. Slogan
  - d. Reward

7. Refreshing and natural buko juice. Perfect this summer time. Quench your thirst naturally.
  - a. Novelty
  - b. False Image
  - c. Glittering generality
  - d. Plain folk
8. New Product. BB's vinegar. Sour asim, kiligasim!
  - a. Transfer
  - b. Novelty
  - c. Fear
  - d. Slogan
9. A famous singer endorses purified drinking water.
  - a. Scientific
  - b. Plain folk
  - c. Testimonial
  - d. Reward
10. The toy looks big in the advertisement. When I received the product I bought, it was so small!
  - a. False image
  - b. Reward
  - c. Bandwagon
  - d. Glittering generality

Thank you for accomplishing this module. Congratulations!



## ***Additional Activity***

Directions: Watch, listen or read advertisements on categories identified below. Identify the propaganda techniques used to influence the consumers to buy. Follow the template in answering the activity. Do this on a separate sheet of paper.

Category	Name of the Advertised Product	Propaganda Technique Used in Advertising
1. Medicine		
2. Beauty product		
3. Food product		
4. School product		
5. Drinks		



## Answer Key

<p><b>What's More</b></p> <p>B.</p> <ol style="list-style-type: none"> <li>1. testimonial</li> <li>2. reward</li> <li>3. transfer</li> <li>4. plain folk</li> <li>5. fear</li> </ol> <p><b>What I Know</b></p> <ol style="list-style-type: none"> <li>1. c</li> <li>2. b</li> <li>3. b</li> <li>4. a</li> <li>5. b</li> <li>6. a</li> <li>7. c</li> <li>8. c</li> <li>9. a</li> <li>10. b</li> </ol> <p><b>What's New</b></p> <p>Pupils' answers may vary</p>	<p><b>What I Can Do</b></p> <ol style="list-style-type: none"> <li>1. E</li> <li>2. B</li> <li>3. A</li> <li>4. D</li> <li>5. C</li> </ol> <p><b>What I Have Learned</b></p> <ol style="list-style-type: none"> <li>1. Plain folk</li> <li>2. Gifting</li> <li>3. Reward</li> <li>4. Novelty</li> <li>5. Bandwagon</li> <li>6. Testimonial</li> </ol>	
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# Health

## Quarter 4 – Module 7: Analyzing Packaging and Labels of Health Products



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 7: Analyzing Packaging and Labels of Health Products**  
**First Edition, 2020**

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# Health

**Quarter 4 – Module 7:  
Analyzing Packaging and  
Labels of Health Products**

# Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It aims to provide you essential skills in examining the information presented in the packaging and labels of health products. It will help you perform intelligent purchases to ensure quality and safety from the products you are consuming.

The module consists of only one lesson.

- Lesson 1 – Analyzing Packaging and Labels of Health Products

After going through this module, you are expected to analyze packaging and labels of health products. **(MELC, H6CH-IVh-21)**



## What I Know

A. Directions: Write **Yes** if the statement analyzes packaging and health labels of products and **No** if it is not. Write your answer on a separate sheet of paper.

1. Kim reads the nutrition facts of the food she purchased carefully.
2. Manny takes a look at first on the number of serving and serving size on the food label.
3. Sofia ignores the serving size indicated on the food package.
4. Rona takes 3 servings of fresh milk in a day with 280 calories per serving. She would then consume additional 560 calories from other food intakes.
5. Total sugars are the total amount of combined sugars naturally present in many nutritious foods and beverages found in one product.

B. Directions: read and analyze the food label showing the Nutrition Facts of a product. After careful analysis, answer the following questions and write your answer on a piece of paper.

6. What is the total number of servings per container as stated on the food label?
7. Which among the nutrients presented in the label provided the highest % daily value?
8. One serving of the product contains how many calories?
9. What is the suggested serving size found on the nutrition facts?
10. How many calories will take in if you will take 4 servings of the food in one day?

Nutrition Facts	
10 Servings per container	
Serving size	1 cup (330g)
Amount per serving	
Calories	
280	
% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 20g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.	

## **Lesson**

# **1**

# **Analyzing Packaging and Labels of Health Products**

Food packaging provides protection from damage, contamination, spoilage and ensure the desired quality of food throughout its shelf life. Some people find it hard to understand the meaning behind a food package or label. This is the reason why there is a need to know how to properly analyze and interpret them.



## ***What's In***

What you see is what you get. The product you are looking at is exactly what you get if you buy it. People look at the food labels and use the information as basis in choosing the product they buy.

The nutrition label provided in the package provides essential information about the food product you buy. It shows the nutritional value, ingredients and other important details you need to know about the product. In general, it tells more on what you will get from it.

Labels offers consumers an access to information they can rely on. It is important to read and analyze the label to develop awareness and mindfulness about the food you buy.

The detailed information on food labels encourage people to buy the product and to believe in the written facts about it.

However, it is hard for consumers to choose healthy options when there is no careful inspection of the listed ingredients. To be safe as well as avoid being misled, analyze carefully the food package and labels before using or buying any food product.





## ***What's New***

- A. Directions: Read the poem carefully. Take note of important reminders stated in the poem on how to analyze food packaging and labels.

### **Stop, Look and Analyze**

Written by: Receli P. Imas

Look at the food labels and have it examined by you  
Sounds so boring but need to know what it made it so  
Check the top section that contains specific information  
On the amount of nutrients or calories for your nutrition

Seeing first ingredient with refined grains or too much sugary  
Assume that the food or beverage product is unhealthy  
Need to look for their items that are nutrient rich instead  
Surely dietary fiber, calcium and iron are highly recommended.

Watch out for the amount of calories and other nutrients  
You will be often tricked and often find it as good ingredients  
It's time to know and be aware of the best serving scheme  
Make sure even a single serving of try can't make you a victim.

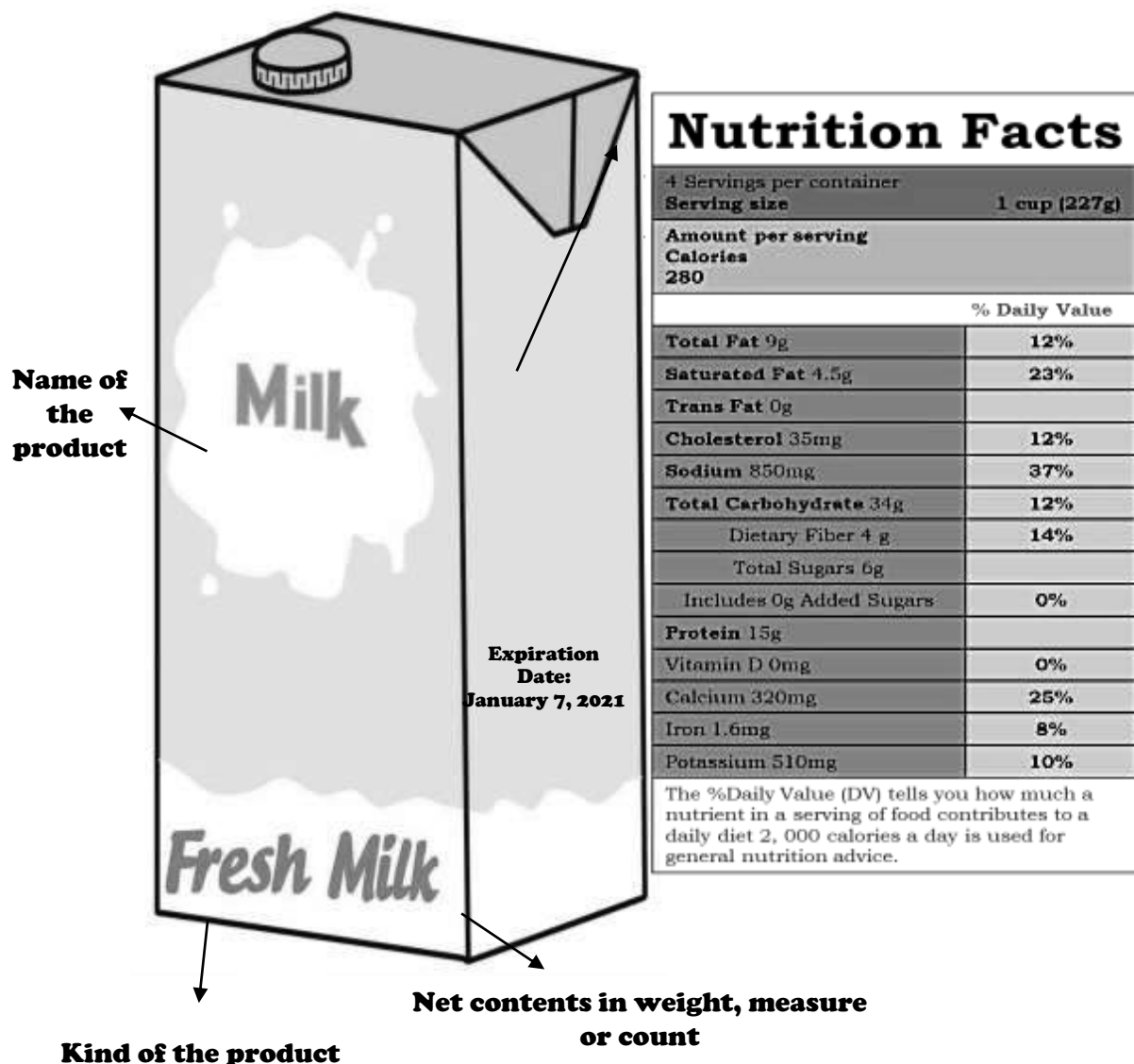
If you are fully interested in knowing the nutritional value  
Try to multiply and analyze the amount consumed by you  
To the number of serving you wanted to take in for you  
It's then to realize that too much calories are harmful too.

- B. Directions: Complete the thought of the sentence by supplying the appropriate word. Select your answer from the box below. Write the answer on your answer sheet.

1. Analyze the amount of food\_\_\_\_\_.
2. Look at the food labels and \_\_\_\_\_ it.
3. Watch out for the \_\_\_\_\_ and other nutrients in the food label.
4. Be aware that too much sugar is\_\_\_\_\_.
5. Too much calories are \_\_\_\_\_too.

<b>harmful</b>	<b>examine</b>	<b>consumed</b>	<b>calories</b>	<b>unhealthy</b>
----------------	----------------	-----------------	-----------------	------------------

B. Directions: Look at the food label. Study and analyze the nutrition facts. Answer the questions below and write you answer on a sheet of paper.



**Name of the product** → **Milk**

**Expiration Date:** January 7, 2021

**Kind of the product** → **Fresh Milk**

**Net contents in weight, measure or count** → **1 cup (227g)**

Nutrition Facts	
4 Servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.

Questions:

1. What is the name of the product?
2. What kind of product is it?
3. When will be the expiration date of this product?
4. What is the serving size of the product?
5. Why do we need to read and analyze food labels?



## What is It

The children are talking about what they have studied on reading labels and packaging. Take note of the important points about their conversation.

Rita, please take a look at the Nutrition Facts found on a food label.



Nutrition Facts	
8 Servings per container	
Serving size	1 cup(250g)
Amount per serving	
Calories	280
% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%

Yes, Nilo. We can see there the nutrition facts, a table of information where you can find the nutrients found in the food you are eating. You can also find here the right measure of nutrients which you are taking in.



You are right. What you are talking about is the important facts found on the food label. It is very important to look and read this information to make us informed and help us choose healthy diet.



Nutrition Facts	
8 Servings per container	
Serving size	1 cup(250g)
Amount per serving	
Calories	280

Take a look at main top label. It contains specific product information that may vary in each food and beverage product (serving size, calories, and nutrient facts). The bottom section explains the %Daily Value and gives the number of calories used for general nutrition advice

% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%



It is good that you used labelled sections to help explain in details the health information present in it but these are not the actual food labels, Rita.



Exactly! Nilo. I am going to share to you how to use this information found on the table easily and effectively.



## Nutrition Facts

4 Servings per container

Serving size 1 cup (227g)

Amount per serving

Calories

280

### Example

	1 Serving of Milk	&DV	2 Serving of Milk	%DV
Serving Size	1 cup		2 cups	
Calories	280		560	
Total Fat	9g	12%	18g	24%

### 1. Serving Information (#1 on the sample)

4 Servings per container

Serving size per container 1 cup (227g)

First, look at the number of servings and the serving size in the package. The serving size tells the amount in food that people eat or drink but not a recommendation of how much you should take in. They are familiar units provided in similar foods such as cups or pieces and number of grams (g) or milligram (mg).

It is important to know that the amount of nutrients including the number of calories is equivalent to the serving.

For example, in the given label, one serving of milk is equivalent to 1 cup. If you drink 2 cups, you would be consuming 2 servings and 2 times the calories and nutrients shown in the table, so you would need to double the nutrients, calorie % DV amounts to see what you are getting in 2 servings.



2. Calories  
(#2 on sample label)

Amount per serving  
Calories **280**

Calories provide a measure of how much energy you get from a serving of this food.

In the example, there are 280 calories in one serving of milk. What if you consume 4 servings? Then, you would take 1, 120 calories.



### Nutrition Facts

8 Servings per container  
Serving size 1 cup(250g)

Amount per serving  
Calories  
280

#### % Daily Value

Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%

Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

3. Nutrients

(#3 on sample label)

This label shows the key nutrients that have an impact on your health. You can use this to support your personal dietary needs. Look for foods that contain more of the nutrients you want to get and less from nutrients you want to limit such as saturated fats, sodium and



Why do we need to limit the intake of those nutrients Rita?

Saturated Fat, sodium and added sugars has an adverse impact to one's health Nilo. Eating too much of them can cause health conditions like cardiovascular disease and high blood pressure.



% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%



What about the difference between Added Sugars from Total Sugars?

Total Sugars are naturally present in beverages such as sugar in milk and fruit. There is no recommendation been made for the total intake of these nutrients.

Added Sugars such as fructose, dextrose, table sugars, sugars from syrups, honey and concentrated fruit and vegetable juices are added during the processing of food.

Take note that before Added Sugar is printed on the label, that Added Sugar is included in the number of grams of Total Sugars in the product.

Look at the container of yogurt. It shows added sweeteners that has 7 grams of Added sugars.



<b>Total Sugars</b> <b>15g</b>	
<b>Includes 7g</b> <b>Added Sugars</b>	<b>14%</b>



Dietary fiber, Vitamin D, calcium, iron and potassium are nutrients to get more of. It increases the frequency of bowel movements, lower blood glucose and cholesterol levels, reduce calorie intake and help avoid of developing osteoporosis, anemia and high blood pressure.

You can use the label to support your personal dietary needs in choosing nutrients that you want to get more of and less of the nutrients you may want to limit.



#### 4. The Percent Daily Value(%DV) (#4 on sample label)

The percentage Daily Value for each nutrient in a serving of the food are amounts expressed in grams, milligrams or micrograms of nutrients to consume or not to exceed each day. It helps determine if a serving of food is high or low in a nutrient.

Take note that some nutrients on the Nutrition Facts label like sugars and trans fat do not have % DV.

Here is the General, Guide to % DV  
\*5 % DV or less of nutrient per serving is considered low

(Saturated Fat, Sodium and Added Sugars)

\*20% DV or more per serving is considered high

(Vitamin D, Calcium, Iron and Potassium)

Protein is listed if the products is intended for infants and children under 4 years of age. However, if it is intended for older ones DV for protein is not required.

You can use % DV to help you make dietary with other foods each day.

% Daily Value	
<b>Total Fat 9g</b>	<b>12%</b>
<b>Saturated Fat 4.5g</b>	<b>23%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 850mg</b>	<b>37%</b>
<b>Total Carbohydrate 34g</b>	<b>12%</b>
Dietary Fiber 4 g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein 15g</b>	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.	



## What's More

A. Directions: Study the picture of a nutrition food label. Answer the following questions. Do this on another sheet of paper.

1. _____	<b>Nutrition Facts</b>	
What is the total number of servings per container of the food product?	<b>5 Servings per container</b> <b>Serving size</b> 1 cup (330g)	
2. _____	<b>Amount per serving</b> <b>Calories</b> <b>260</b>	
What is the recommended serving size indicated on the food label?	<b>% Daily Value</b>	
3. _____	<b>Total Fat 9g</b>	<b>12%</b>
How much calories will you get per serving?	<b>Saturated Fat 4.5g</b>	<b>23%</b>
4. _____	<b>Trans Fat 0g</b>	
What are the nutrients that you can get from this product?	<b>Cholesterol 35mg</b>	<b>12%</b>
5. _____	<b>Sodium 850mg</b>	<b>37%</b>
How do you know that this food product is safe for one's health?	<b>Total Carbohydrate 34g</b>	<b>12%</b>
	<b>Dietary Fiber 4 g</b>	<b>14%</b>
	<b>Total Sugars 15g</b>	
	<b>Includes 9g Added Sugars</b>	<b>18%</b>
	<b>Protein 20g</b>	
	<b>Vitamin D 0mg</b>	<b>0%</b>
	<b>Calcium 320mg</b>	<b>25%</b>
	<b>Iron 1.6mg</b>	<b>8%</b>
	<b>Potassium 510mg</b>	<b>10%</b>
	<b>The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.</b>	





## What I Have Learned

Directions: Look at the picture closely. Study and analyze the packaging and food labels and answer the questions on a sheet of paper.

1. What should be the first thing to check on the food packaging?
2. What are the nutrients that you can get more of that can help improve his or her diet and nutrition?
3. Why is there a need to read and analyze Nutrition Facts?

**Nutrition Facts**

4 Servings per container  
Serving size 1 cup (330g)

Amount per serving  
Calories 230

% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 20g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.



## ***What I Can Do***

Directions: Choose one of your favorite foods and analyze the nutrition facts of the food product. Write your answer on a sheet of paper.

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## Assessment

A. Directions: Write **True** if the sentence shows the process of analyzing the packaging and labels of food or **False** if it does not. Write your answers on a separate sheet of paper.

1. Celia buys food that contains nutrients she wants to get more of.
2. Ted consumes food while staying within his calorie limit.
3. Kyla loves to add too much food sweeteners on her dessert.
4. Grandpa likes to eat foods which are dietary fiber and potassium rich nutrients.
5. Peter sees to it that he consumes the right amount of nutrients everyday based on the recommended % Daily Value of the food.

B. If you drink 2 cups of milk, you would be consuming two servings that is two times the calories and nutrients, so you would double the amount of the nutrient and calorie as well as the % DV. Study and analyze the Nutrition Facts given. See and compute for what you are getting in two servings. Write it on your answer sheet.

NUTRITION FACTS				
	1 Serving of Milk	%DV	2 Serving of Milk	% DV
<b>Serving Size</b>	<b>1 cup</b>		6. _____	
<b>Calories</b>	<b>290</b>		7. _____	
<b>Total Fat</b>	<b>9g</b>	<b>12%</b>	<b>18g</b>	<b>24%</b>
<b>Saturated Fat</b>	<b>4.5g</b>	<b>23%</b>	8. _____	<b>46%</b>
<b>Calcium</b>	<b>320mg</b>	<b>25%</b>	9. _____	<b>50%</b>
<b>Iron</b>	<b>1.5mg</b>	<b>8%</b>	<b>3mg</b>	10. _____

Thank you for accomplishing this module. Congratulations!



## Additional Activity

Directions: Read and analyze the information on the given Nutrition Facts below. Fill in each blank with the correct answer. Write your answers on a sheet of paper.

1. People look at \_\_\_\_\_ of food labels to help them choose a healthy diet.
2. Information found in the main of top section of the nutrition label is called \_\_\_\_\_.
3. Total servings per container in the food package is \_\_\_\_\_.
4. Maintain a healthy body by having a balanced amount of \_\_\_\_\_.
5. The amount of nutrients present per serving size of the food product is \_\_\_\_\_.

<b>Nutrition Facts</b>	
1. Serving Information →	8 Servings per container Serving size 1 cup (250g)
2. Calories	Amount per serving Calories 280
	% Daily Value
	Total Fat 9g 12%
	Saturated Fat 4.5g 23%
	Trans Fat 0g
	Cholesterol 35mg 12%
	Sodium 850mg 37%
	Total Carbohydrate 34g 12%
3. Nutrients →	Dietary Fiber 4 g 14%
	Total Sugars 6g
	Includes 0g Added Sugars 0%
	Protein 15g
	Vitamin D 0mg 0%
	Calcium 320mg 25%
	Iron 1.6mg 8%
	Potassium 510mg 10%
	The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2, 000 calories a day is used for general nutrition advice.

← 4. Quick Guide to percent Daily Value (% DV)  
 • 5% is low  
 • 20% is more is high



## Answer Key

<p><b>What Can I Do</b></p> <p>Pupil's answer may vary</p> <p><b>Assessment</b></p> <ol style="list-style-type: none"> <li>1. True</li> <li>2. True</li> <li>3. False</li> <li>4. True</li> <li>5. True</li> <li>6. 2 cups</li> <li>7. 580</li> <li>8. 9g</li> <li>9. 640g</li> <li>10. 16%</li> </ol> <p><b>Additional Activities</b></p> <ol style="list-style-type: none"> <li>1. Nutrition facts</li> <li>2. Serving Information</li> <li>3. 8</li> <li>4. Calories</li> <li>5. 1 cup/250g</li> </ol>	<p><b>What's More</b></p> <ol style="list-style-type: none"> <li>1. 5</li> <li>2. 1 cup</li> <li>3. 260</li> <li>4. Answers may vary</li> <li>5. Answers may vary</li> </ol> <p><b>What I Have Learned</b></p> <ol style="list-style-type: none"> <li>1. Serving Information</li> <li>2. Answers may vary</li> <li>3. Answers may vary</li> </ol>	<p><b>What I Know</b></p> <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. Yes</li> <li>3. No</li> <li>4. No</li> <li>5. No</li> <li>6. 10</li> <li>7. Total</li> <li>Carbohydrate</li> <li>8. 280</li> <li>9. 1</li> <li>10. 1,120 cup/330g</li> </ol> <p><b>What's New</b></p> <p>A.</p> <ol style="list-style-type: none"> <li>1. consumed</li> <li>2. examined</li> <li>3. calories</li> <li>4. unhealthy</li> <li>5. harmful</li> </ol> <p>B.</p> <ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Fresh Milk</li> <li>3. January 7, 2021</li> <li>4. 4</li> <li>5. Pupil's answer may vary</li> </ol>
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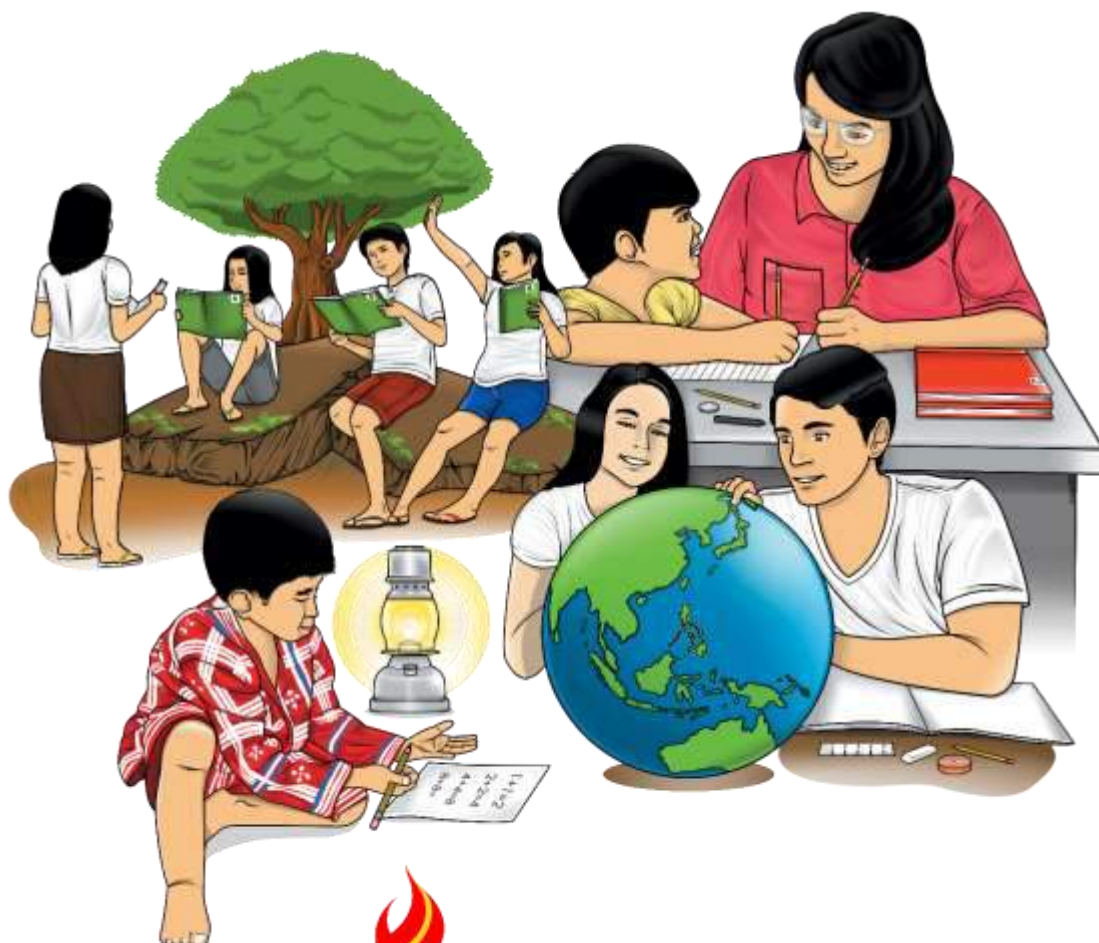
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# Health

## Quarter 4 – Module 8: Good Decision Making Skills in the Selection of Health Products





## Health - Grade 6

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# Health

**Quarter 4 – Module 8:  
Good Decision Making Skills in  
the Selection of Health Products**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to exercise good decision-making skills in the selection of health products.

This module consists of one lesson only.

- Lesson 1 – Good Decision -Making Skills in the Selection of Health Products

After going through this module, you are expected to practice good decision making skills in the selection of health products **(MELC, H6CH-IVh-22)**.



## ***What I Know***

**Directions:** Write ✓ if the statement suggests good decision-making skill in the selection and purchase of health products and ✗ if it is not. Write your answer on a sheet of paper.

- \_\_\_\_\_ 1. Checking the expiration date is a good practice in the selection and purchase of health products.
- \_\_\_\_\_ 2. Spend your money in a product even if you are not getting the best value or quality.
- \_\_\_\_\_ 3. Consumers should consider the most essential products they need to buy.
- \_\_\_\_\_ 4. Consumer should assess his decision whether he is satisfied or dissatisfied with the purchased products.
- \_\_\_\_\_ 5. Availability and price of the products you wanted to purchase is not important.
- \_\_\_\_\_ 6. Search information about the chosen products you wanted to buy.
- \_\_\_\_\_ 7. Buy any product even if it is not important.
- \_\_\_\_\_ 8. When buying health products find the best option.
- \_\_\_\_\_ 9. Practice impulsive buying.
- \_\_\_\_\_ 10. You should consider the content value of the health product you wanted to purchase.

## Lesson

# 1

## Good Decision Making Skills in Selection of Health Products

As consumers, we must all be wise and educated. It is a must to practice good decision making skills in the selection and purchase of health products. It is our responsibility to evaluate, examine, and seek reliable information about the products that we are going to purchase.



### *What's In*

Reading and analyzing the product label is a must in choosing products that will give the best value of money and the best value of health. As consumers, we should practice good decision making skills in selecting health products.

#### **Activity: Let's Review**

**Directions:** Read and analyze the Nutrition Facts below. Answer the following questions that follow. Write your answer on a sheet of paper.

Nutrition Facts	
10 Servings per container	
Serving size	1 cup (330g)
Amount per serving	
Calories	
280	
% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 20g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.	

1. What is the suggested serving size found in the nutrition facts?
2. What is the total number of servings per container as stated on the food label?
3. What is the amount of calories per serving?



## ***What's New***

### **Activity 1: Poem Analysis**

**Directions:** Read the poem about good decision making skills in the selection of health products and answer the questions found below. Write the answer on a sheet of paper.

Processing Questions:

1. What decision making skills were suggested in the poem?
2. Why are those skills important for us as consumers?

### **Think Twice!**

Written by: Mary Lutz P. Panizales



Life is full of hard choices  
A lot of options to choose with  
Be sure to think twice before you decide  
What you want to buy in mind.

Think wisely between needs and wants  
Choose wellness against sickness  
Select the best product among the rest  
Product that could satisfy your needs.







Avoid impulsive buying  
Do not immediately fall for promises  
Gather valid information that you need  
So that you will not regret in the end.



## What is It

### Activity 1: Model Analysis





**Directions:** Read and analyze the modified guide model for selecting and purchasing health products. Answer the question “What is the most important guide in the model? Why? Answer in 3-5 sentences. Write your answer on a sheet of paper.

<b>D</b>	Determine the essential product to purchase.	
<b>E</b>	Explore the alternatives.	
<b>C</b>	Consider the consequences of each option	
<b>I</b>	Identify the factors that you consider important	
<b>D</b>	Decide what to buy.	
<b>E</b>	Evaluate your decision.	

### DECIDE Model

## Activity 2: Let's DECIDE

**Directions:** Read the dialog below and decide how good is their decision-making skills in selecting and purchasing health products using the rating scale: 3 - Very good, 2 - Good and 1 - Poor. Write your rating for their decision-making skills on a sheet of paper.

 <p>As consumers we need to decide what products are worth buying. Consumers must practice good decision making skills in selection and purchase of health products.</p>	<p>Use the modified <b>DECIDE Model</b> in the selection and purchase of health products.</p> 
<p>To recall, here is the model.</p> <ul style="list-style-type: none"><li><b>D</b> - Determine the essential product to purchase.</li><li><b>E</b> - Explore the alternatives.</li><li><b>C</b> - Consider the consequences of each option</li><li><b>I</b> - Identify the factors that you consider important</li><li><b>D</b> - Decide what to buy.</li><li><b>E</b> - Evaluate your decision.</li></ul> 	<p><b>Determine the essential product to purchase.</b></p> <p>This refers to consumer's need recognition. Realizing the need or want. We should consider what are the most important products we need to purchase by selecting or buying products that could contribute to our wellness.</p> 



**Explore the alternatives.**

Consumer should identify several alternative products that could satisfy their needs. After evaluating the alternatives, the consumer will decide based on those alternatives.

Evaluating different products will narrow down choices. Avoid impulsive buying. Find the best option.

**Consider the consequences of each option.**

Do not immediately fall for promises of advertisements or propaganda's regarding the products. We need to search and verify valid information about the products before buying it. You can also gather information from people via recommendations and through previous experiences. Evaluate the price, quality, quantity and value-added features of the chosen product.

**Identify the factors that you consider important**

If you are buying food products consider the important factors like nutritional value, formulation of the product as well as the expiration date, the price, quality and availability of the products. Evaluate and examine the benefits. Consumer need to know that they have found the best deal for their purchase products.

**Decide what to buy.**

The consumer makes the appropriate purchase. He takes the final decision to purchase the product after evaluating all the alternatives and identified the value that it will bring him or her.



### Evaluate your decision.

The consumer analyzes if he has made the right decision whether he is satisfied or dissatisfied with a purchased product. He or she tests or analyses the purchased product, assess the usefulness of the product, the satisfaction delivered from the product and the value of the product concerning his or her need fulfilment.



How the consumer feels about the purchase will significantly influence whether he will purchase the products again or consider other products.



Remember we must practice good decision making skills in purchasing health products to promote good health.



### Activity 3: Choose to be Good

**Directions:** Choose the good decision-making skills in selecting and purchasing health products. Write the letter of your choice on a sheet of paper.

As a consumer,

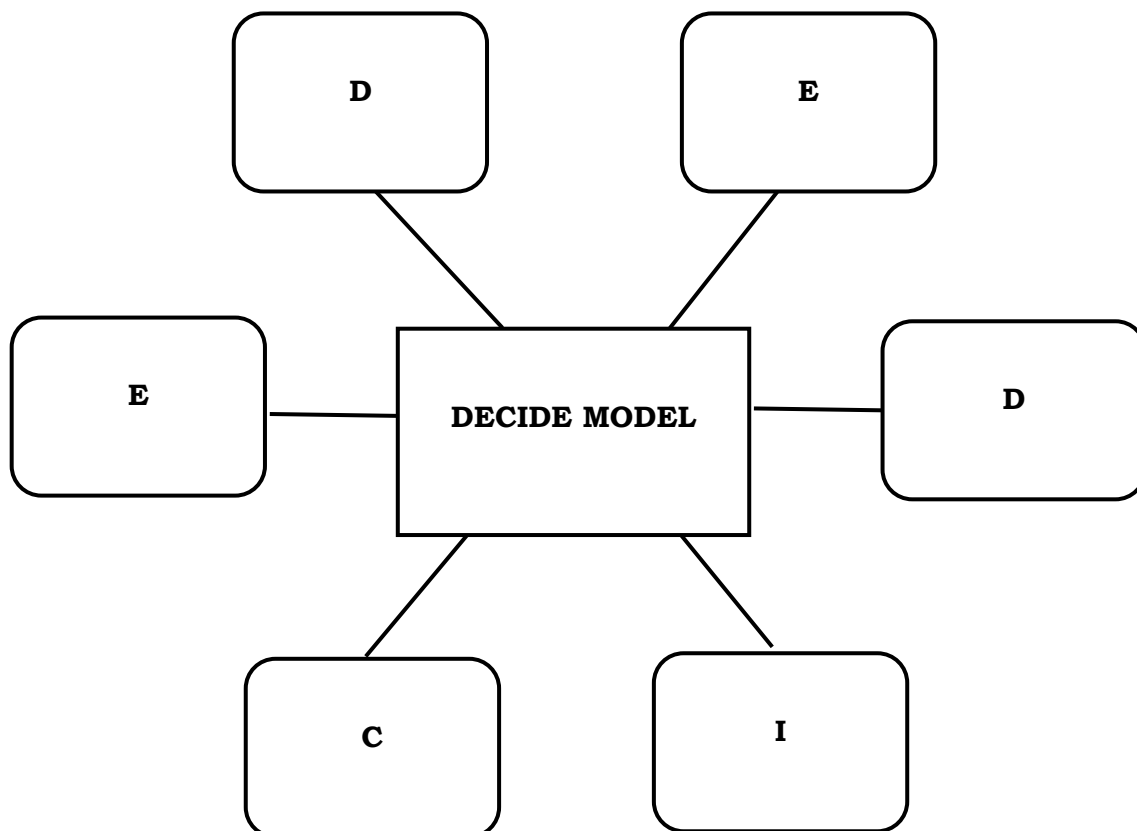
- A. I check the expiration date of the product.
- B. I examine the benefit of the product.
- C. I buy products which are appropriate to my needs.
- D. I buy the product immediately without checking the nutritional facts.
- E. I buy the products, because I need it
- F. I evaluate the price, quantity and quality of the product .
- G. I verify the validity of the information of the product.
- H. I select the product without looking at its quality.
- I. I find the best option to buy a certain product.



## ***What's More***

### **Activity: Lets Summarize**

**Directions:** Summarize the lesson, by writing the six good decision making skills in the selection of health products in the boxes based on the modified DECIDE Model. Write the answer on a sheet of paper.



## ***What I Have Learned***

### **Activity: Complete Me**

**Directions:** Complete the sentence by adding what you have learned in this lesson. "As a consumer, I practice good decision making skills in selecting and purchasing products by \_\_\_\_\_." Write your answer on a sheet of paper.



## ***What I Can Do***

### **ACTIVITY 1: Ask the Consumers**

**Directions:** Interview any member of the family who goes to the supermarket to buy products. Using the checklist, check **Yes** if they are practicing the skills and **No** if not. Do this on a sheet of paper.

<b>Good Decision-Making Skills</b>	<b>YES</b>	<b>NO</b>
1. Determines healthy food vs unhealthy foods		
2. Considers several alternative products that could satisfy needs		
3. Evaluates nutritional values of the products to be purchased		
4. Searches and verifies valid information about the product before buying		
5. Analyzes the quality of the product		

### **Activity 2: Decide in the Market**

**Directions:** Ask your mother to bring you along with her in the market to help in buying grocery products for the family. Apply the DECIDE Guide Model in selecting and purchasing products. Choose one product that you bought. What did you consider in selecting and buying the product? Write your answer on a sheet of paper.



## ***Assessment***

**Directions:** Write True if the statement observes good decision making skills in the selection of health products and False if it does not. Write your answer on a sheet of paper.

- \_\_\_\_\_ 1. Evaluate the product before buying.
- \_\_\_\_\_ 2. Explore other options before buying.
- \_\_\_\_\_ 3. Ignore the importance of costumer's satisfaction about the purchase.
- \_\_\_\_\_ 4. Evaluate the product's quality, quantity, price, and extra features.
- \_\_\_\_\_ 5. Assess the usefulness of the product.
- \_\_\_\_\_ 6. Buy a product even if not needed.
- \_\_\_\_\_ 7. Examine the benefits of the product.
- \_\_\_\_\_ 8. Buy any product that come across without checking the information.
- \_\_\_\_\_ 9. Consider the expiration date of the food products before buying it.
- \_\_\_\_\_ 10. Weigh the costs of the product to be bought.

Thank you for accomplishing this module. Congratulations!



## ***Additional Activity***

**Directions:** Fill in the missing word to complete the concept about 6 steps in selection and purchase of health products. Choose your answer from the box below. Write your answer on a sheet of paper.

decision	consequences
essential	buy
alternatives	factors
usefulness	expiration

1. Determine the \_\_\_\_\_ product to purchase.
2. Explore the \_\_\_\_\_.
3. Consider the \_\_\_\_\_ of each option.
4. Identify the \_\_\_\_\_ that you consider important.
5. Decide what to \_\_\_\_\_.
6. Evaluate your \_\_\_\_\_.
7. Assess the \_\_\_\_\_ of the product.
8. Take note of the \_\_\_\_\_ of the product.



## Answer Key

<p><b>Assessment</b></p> <ol style="list-style-type: none"> <li>1. True</li> <li>2. True</li> <li>3. False</li> <li>4. True</li> <li>5. True</li> <li>6. False</li> <li>7. True</li> <li>8. False</li> <li>9. True</li> <li>10. True</li> </ol> <p><b>Additional Activities</b></p> <ol style="list-style-type: none"> <li>1. essential</li> <li>2. alternatives</li> <li>3. consequences</li> <li>4. factors</li> <li>5. buy</li> <li>6. decision</li> <li>7. usefulness</li> <li>8. expiration</li> </ol>	<p><b>What's More</b></p> <p>Answer may vary</p> <p><b>What I Have Learned</b></p> <p>Answer may vary</p> <p><b>What Can I Do</b></p> <p>Activity 1: Answer may vary</p> <p>Activity 2: Answer may vary</p>	<p><b>What's In</b></p> <ol style="list-style-type: none"> <li>1. 1 cup (330g)</li> <li>2. 10</li> <li>3. 280</li> </ol> <p><b>What I Know</b></p> <ol style="list-style-type: none"> <li>1. ✓</li> <li>2. X</li> <li>3. ✓</li> <li>4. ✓</li> <li>5. X</li> <li>6. ✓</li> <li>7. X</li> <li>8. ✓</li> <li>9. X</li> <li>10. ✓</li> </ol> <p><b>What's New</b></p> <p>Answer may vary.</p> <p><b>What Is It</b></p> <p>Activity 1: Answer may vary</p> <p>Activity 2: Answer may vary</p> <p>Activity 3: A, B, C, E, F, G, I ( in any order )</p>
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# Health

## Quarter 4 – Module 9: Ways to Protect Oneself from Fraudulent Health Products



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 9: Ways to Protect Oneself from Fraudulent Health Products**  
**First Edition, 2019**

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# Health

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Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to discuss ways to protect oneself from fraudulent health products

The module consists of one lesson only.

- Lesson 1 – Ways to Protect Oneself from Fraudulent Health Products

After going through this module, you are expected to, discuss ways to protect oneself from fraudulent health products (**MELC, H6CH-IVij-23**).



## ***What I Know***

Direction: Write True if the statement shows ways on how to protect oneself against fraudulent health products and False if it is not. Write your answer on a sheet of paper.

- \_\_\_\_\_ 1. Don't easily believe on personal testimonials.
- \_\_\_\_\_ 2. Check with your doctor before taking any health products.
- \_\_\_\_\_ 3. Choose products that claims to cure variety of diseases.
- \_\_\_\_\_ 4. Be vigilant about deceptive products.
- \_\_\_\_\_ 5. Buy health products that promises money back guarantee.
- \_\_\_\_\_ 6. Don't fall for products that claims all natural or organic.
- \_\_\_\_\_ 7. Believe that new discovered health products are effective.
- \_\_\_\_\_ 8. Purchase products that promise easy weight loss.
- \_\_\_\_\_ 9. Validate legitimate information about products before buying them.
- \_\_\_\_\_ 10. Buy products that suggests quick relief or quick cure.

# Lesson 1

## Ways to Protect Oneself from Fraudulent Health Products

As consumer we must all be aware and vigilant of the products we buy. We should protect ourselves against fraudulent products.



### ***What's In***

#### Activity 1: Let's Review

Directions: Write ✓ if the following situations practice good decision-making skills in the selection of health products and X if it does not. Write the answer on a sheet of paper.



1. Den gathers valid and reliable information about the product she wants to buy.



2. Anne checks the nutritional value of the products before buying it.



3. Before buying a certain product, Mary analyses the quality if it's worth the price.



4. Khan checks the expiration date of the product he is going to buy.



5. Nathan immediately buys a certain goods over-the-counter medicine without reading the information.

## Activity 2: FRAUD DETECTIVE

Directions: Identify fraudulent products that has a deceptive label. Write the letter only of the correct answer on a sheet of paper.

**Which Product has a deceptive label?**

A.

G.

B.

F.

Whole Grains

C.

Natural

D.

E.





## What's New

### Activity 1: Poem Analysis

Direction: 1. Read and understand poem about fraudulent products.

#### **Fake or Real?**

Written by: Mary Lutz P. Panizales

Mirror, mirror on the wall  
Spare me from being a fool  
Let me not be deceive by false story  
Of beauty, of vanity.

Mirror, mirror on the wall  
What is fake and what is real?  
Advertisements here and there  
Promises things I want to hear.

Mirror, mirror on the wall  
Fake products scattered everywhere  
Guarantee fast result to cure  
But is not proven safe and effective

Mirror, mirror on the wall  
Teach me to become aware  
I must protect myself against fake products  
For my health is wealth.

2. Fill-in the blanks to complete the message of the poem. Choose your answer from the words inside the box. Write your answer in a sheet of paper.

**Message:** Buy health products that are 1. Do not be deceived by its 2 and fast results unless proven 3 and effective. Remember, 4 products can do 5 to your health.

**harm**

**safe**

**real**

**nice**

**fake**



## ***What is It***

### Activity 1: Let's Learn More

Directions: Read the discussion of Nathan and Mary regarding fraudulent health products and be ready to answer the following questions. Write the answer on a sheet of paper.

1. What are fraudulent products? Give examples.
2. Can you give 3 tips on how to identify fake health products?
3. Why is it important to know fraudulent health products?
4. How do consumers protect themselves from fraudulent health products?

What are Fraudulent products? How could one be protected from this kind of products? A health product is considered fraudulent if it is promoted to cure or treat a disease but not proven safe and effective scientifically.



Fraudulent health products claim to cure, prevent, or treat illnesses or other health conditions, but are not proven effective and safe. It is a waste of money and can lead to delays in getting proper and appropriate diagnosis. They can also cause serious or even fatal injuries and adverse reactions.



The best way to protect oneself from fraudulent health products is awareness and vigilance. We must also know how and where to seek help when it comes to valid and reliable information about health products. Check with your doctor or other medical professionals before taking any health products.



**The following are tips on how to spot or identify fraud products:**

1. One product cure it all
2. Personal Testimonial's
3. Quick Result
4. All Natural
5. Time-tested
6. New-Found Cure
7. Money-back Guarantee
8. Limited only products
9. Promises of easy and rapid weight loss



**1. One product cure it all**

Be vigilant and suspicious of products that claims to cure a variety of unrelated diseases, particularly like serious diseases, like cancer and diabetes. No product can cure every disease and health condition, especially for many serious diseases, only therapies to help manage them.



**2. Personal Testimonial's**

Testimonials are personal cases of histories that have been passed on from person to another.



**3. Quick Result**

It suggests that a product can bring quick relief or quick result. When the product says that it can cure “in days” note that it can really refer to any length of time.

Example: “Cough Syrup, relieve cough in just one dose’



#### 4. All Natural

“All natural” suggests that the products do not contain artificial ingredients. It’s often used in health fraud to catch attention of consumers. It suggests a product is safer than conventional treatments.

Example: “Naturally Sweetened, no preservatives added”



But the term “natural” doesn’t necessarily mean it is safe because some plants for examples, poisonous mushrooms can kill when swallowed.



#### 5. Time-tested

This suggests that the products effectiveness and safety has been proved over a long period of time but they are that scientifically proven to be safe to use and may carry risk.

Example, “Whitening soap, lighten skin in 7 days”.



#### 6. New-Found Cure

This kind of product claims of an “innovation,” or “new discovery”. This only shows that this kind of product are not yet been tested and proven to be effective because they are new.



### 7. Money-back Guarantee

Money back guarantee also known as a satisfaction guarantee means a refund will be made if the buyer or consumer is not satisfied with the product. Marketers for fraudulent products rarely stay in the same place for long that is why consumers won't be able to find them and get their money back.



### 8. Limited Only Product

The marketers recommend that the consumer should pay in advance because the product is limited only. The consumers will pay and buy immediately because they are afraid that the product will be out of stock.

Example: "Hurry! While stock last"



### 9. Promises of easy and rapid weight loss

This kind of products promises that you can lose weight fast without dieting or exercise. Note that there is only one way to lose weight. Eat less food and increase activity.

Example: "Slimming Tea, loss weight in as early as 5 days"



The underlying rule when deciding whether a product is real or not is to ask yourself: "Does it sound too good to be true?" If it does, it probably isn't true. If still not sure, find out valid information about products before you buy them.



To whom should one seek help and ask information to avoid fraud?



One can always consult a medical professional with questions about different health products.



Check with your doctor or other health professionals before taking any health products.



Remember, the best way to protect oneself from fraudulent health products are awareness and vigilance. Also knowing how and where to seek help when it comes to valid and reliable information about the product.





## ***What's More***

### Activity 1: PROTECT FROM FRAUD

Direction: Complete the table with the correct details. Do this on a sheet of paper.

Name of Product:	What makes it fraudulent?	How to protect consumers from fraud?
Example: Orange juice	"All Naturals"	Be aware of product label/read nutrition facts
1.		
2.		
3.		
4.		
5.		

## Activity 2: DECEPTIVE

Directions: Read and understand the meaning of the acronym “DECEPTIVE” to discover some more ways on how to protect ourselves from fake health products. What for you is the best way?

### **Ways to Protect Oneself from Deceptive Products**

Written by: Mary Lutz P. Panizales

- D** Don't fall for promises of propaganda.
- E** Expect nothing from money-back guarantee promises.
- C** Consult a medical professional with questions about different health products.
- E** Explore reliable and valid information before buying the product.
- P** Personal testimonials are considered health fraud because they are difficult to prove.
- T** The underlying rule when deciding whether a product is real or not is to ask yourself: “Does it sound too good to be true?” If it does, it probably
- I** Identify deceptive labels of products.
- V** Value your money by not patronizing deceptive fraud products.
- E** Evaluate the products before buying them.





## ***What I Have Learned***

Activity: SENTENCE COMPLETION

Directions: Complete the sentence by writing the correct way on how to protect ourselves from fraudulent health products. Write the answer on a sheet of paper.

1. Find out the validity of the product before \_\_\_\_\_.
2. To avoid complications, consult medical professionals about \_\_\_\_\_.
3. Never believe on easy and rapid change when using a certain health product unless \_\_\_\_\_.
4. Be watchful of the products that include information to \_\_\_\_\_.
5. The phrase “all natural” is often used in health products to catch \_\_\_\_\_.



## What I Can Do

Mary and Melissa went to the supermarket to buy some stuff.  
Can you help them spot *Fraudulent products*?



Activity: Spot It

Directions: Identify the number of the picture that shows fraudulent products. Write your answer in a sheet of paper

1.



4.



Naturally  
Sweetened

3.



2.



Fruits

5.





## **Assessment**

Directions: Write **Agree** if the statement shows ways on how to protect oneself against fraudulent health products and **Disagree** if it is not. Write your answer in a sheet of paper.

- \_\_\_\_\_ 1. Personal testimonials about health products are reliable.
- \_\_\_\_\_ 2. Be aware of products that claim limited quantities.
- \_\_\_\_\_ 3. Consult medical professionals before buying health products.
- \_\_\_\_\_ 4. Time-tested products are effective.
- \_\_\_\_\_ 5. Be aware of products that claim fast results.
- \_\_\_\_\_ 6. Consumers and patients evaluate the products before patronizing it.
- \_\_\_\_\_ 7. Buy any products that claim all naturals.
- \_\_\_\_\_ 8. Be vigilant and suspicious of products that claims to cure a variety of unrelated diseases.
- \_\_\_\_\_ 9. Don't fall for promises like money back guarantees.
- \_\_\_\_\_ 10. The best way to protect oneself from fraudulent health products are awareness and vigilance.



## ***Additional Activity***

Activity: ESSAY

Direction: Read and answer on a sheet of paper.

“Why is it important to become an informed consumer about fraudulent product?”



# **Answer Key**

<p><b>Assessment</b></p> <p>1. Disagree 2. Agree 3. Agree 4. Disagree 5. Agree 6. Agree 7. Disagree 8. Agree 9. Agree 10. Agree</p> <p><b>Additional Activities</b></p> <p>Answer may vary.</p>	<p><b>What's More</b></p> <p>Activity 1: Answer may vary</p> <p>Activity 2: Answer may vary</p> <p><b>What is It</b></p> <p>Activity 1: Answer may vary.</p> <p><b>What I Have Learned</b></p> <p>Answer may vary.</p> <p><b>What Can I Do</b></p> <p>Activity: Spot It</p> <p>Number 1, 3, 4 and 5</p>	<p><b>What I Know</b></p> <p>1. True 2. True 3. False 4. True 5. False 6. True 7. False 8. False 9. True 10. False</p> <p><b>What's In</b></p> <p>Activity 1:</p> <p>1. ✓ 2. ✓ 3. ✓ 4. ✓ 5. X</p> <p>Activity 2: A, B, C, D, E, F and G</p> <p><b>What's New</b></p> <p>Activity 2: 1. real 2. nice 3. safe 4. fake 5. harm</p>
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