

Health

Quarter 2 – Module 3: Food Guide Pyramid



Health – Grade 7
Alternative Delivery Mode
Quarter 2 – Module 3: Food Guide Pyramid
First Edition, 2020

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

Development Team of the Module

Writer: Kathleen Rivera-Osano

Editors: Orly A. Orsos, Ma. Rubynita T. Del Rosario, Raizza Marie R. Buñag, Elizabeth T. Delas Alas, Ferdinand J. Gotoy, Maria Salvacion P. Villanueva

Reviewer: Laarni G. Palasigue

Illustrator: Danne Robin M. Ramos, Joyet G. Agar, June R. Laureta

Layout Artist: Ma. Rubynita T. Del Rosario, Vergel Junior C. Eusebio

Learning Resource Evaluators:

Content Evaluators: Jennifer L. Oliver, Jayne Cerise G. Ical

Language Evaluators: Baby Joy O. Atienza, Darwin A. Muleta

Design Evaluator: Mark Angelo A. Dacayanan, Marvy R. Villamor

Management Team: Benjamin D. Paragas

Mariflor B. Musa

Freddie Rey R. Ramirez

Danilo C. Padilla

Raquel P. Girao

Elizabeth T. Delas Alas

Ferdinand J. Gotoy

Printed in the Philippines by _____

Department of Education – MIMAROPA Region

Office Address: Meralco Ave., cor. St. Paul Road, Pasig City, Philippines

Telefax: 02-8631-4070

E-mail Address: mimaropa.region@deped.gov.ph

7

Health

Quarter 2 – Module 3:

Food Guide Pyramid

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 highlights the importance of attaining holistic health. It also focuses on the need to develop all dimensions of one's health. Correct health information, a positive attitude, healthy practices will be discussed to help you attain and maintain holistic health. The language used recognizes your diverse vocabulary level. The lessons are arranged to follow the standard sequence of the curriculum guide. But the order in which you read them can be changed to correspond with the textbook you are now using.

In addition, you will be exposed to activities that will help you develop/practice different life skills, such as critical thinking skills and decision-making skills to cope with changes during adolescence.

The module is divided into two lessons, namely:

- Lesson 1 – Food Guide Pyramid for 13-19 age group
- Lesson 2 – Pinggang Pinoy

After going through this module, you are expected to:

- follow the food pyramid guide for adolescents and nutritional guidelines for Filipinos in choosing foods to eat. (*H7N-IIb-c-21*)





What I Know

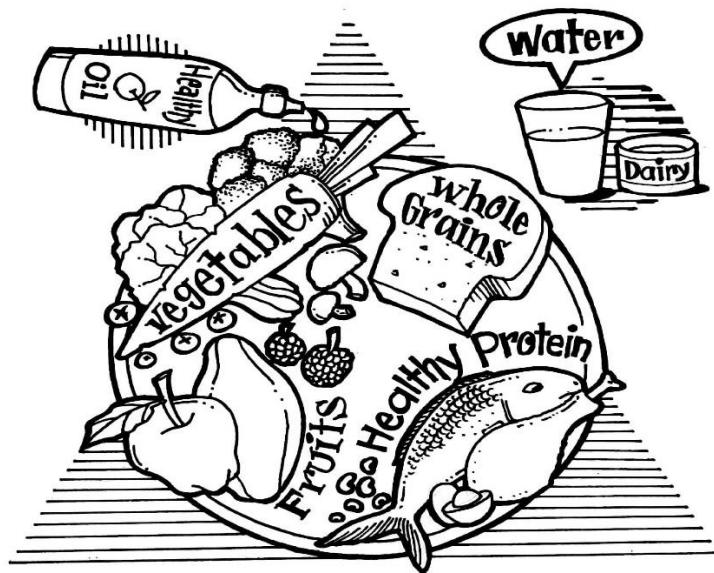
Directions: Read each item carefully. In your notebook, write the letter of your answer to the questions from the given choices.

1. How many food groups are there in the Food Guide Pyramid?
 - A. Four
 - B. Five
 - C. Six
 - D. Eight
2. Why is it unhealthful to eat foods high in fats and sugar?
 - A. Because these are major risk factors for skin diseases, such as tinea flava and ringworm.
 - B. Because these are major risk factors for respiratory diseases, such as tuberculosis and flu.
 - C. Because these are major risk factors for chronic diseases, such as heart disease and diabetes.
 - D. Because these are major risk factors for sexually transmitted diseases, such as AIDS and gonorrhea.
3. Why are there six spaces on the Food Guide Pyramid?
 - A. There are six food groups with recommendations for daily servings from each.
 - B. An extra space is needed for snacks.
 - C. The sixth space is for fats, oils, and sweets.
 - D. An extra space was drawn for your favorite foods.
4. What Food Group serves as the base of the Food Guide Pyramid?
 - A. Fats, Oils, & Sweets
 - B. Vegetables
 - C. Fruits
 - D. Bread, Pasta, Rice and Cereal
5. How many average servings from the Grains Group do teens need daily?
 - A. 9-10
 - B. 10-11
 - C. 6-8
 - D. 4-5
6. Which Food Group is made up of plants and is a major source of Vitamin A?
 - A. Dairy Group
 - B. Meat Group
 - C. Vegetable Group
 - D. Grains Group

7. How many vegetable servings do teens need daily?
- A. 3
 - B. 1
 - C. 6
 - D. 4
8. What is another plant-based food group that is a good source for Vitamin C?
- A. Milk Group
 - B. Fruit Group
 - C. Meat Group
 - D. Bread Group
9. What mineral from the body is lost by excessive perspiration during strenuous physical activities?
- A. Calcium
 - B. Potassium
 - C. Water
 - D. Zinc
10. It's a good idea to avoid foods with a lot of:
- A. Fiber
 - B. Sugar
 - C. Protein
 - D. Water
11. When you choose a snack, think about:
- A. The calorie intake
 - B. How much sugar and fat it has
 - C. How much protein and other nutrients it has
 - D. Fat percentage intake
12. How many servings of fruits do teens need to eat daily?
- A. 3
 - B. 4
 - C. 2
 - D. 1
13. Which food group comes from both plant and animal sources?
- A. Milk Group
 - B. Vegetable Group
 - C. Bread Group
 - D. Meat Group
14. How many servings do teens need daily from the protein group?
- A. 3-4
 - B. 1-2
 - C. 2-3
 - D. 4-5
15. Soft drinks can be a healthy snack killer because:
- A. They are usually high in sugar and calories
 - B. They make you feel full
 - C. They take all your vending machine money
 - D. They give you gas

**Lesson
1**

Nutrition: Food Guide Pyramid for 13-19 Age Group



The sudden growth during adolescence creates increased demand for energy and nutrients. As an adolescent, your total nutrient needs are higher at this stage than at any other stage in your lifecycle. It only shows that nutrition and physical growth are essentially related; the right nutrition is necessary for achieving your full growth potential.

Due to your rapid growth and development at this stage, you have a greater need for certain nutrients, such as calcium, iron, protein, and energy foods. As appetite is also likely to increase, it is important that food choices are carefully made.

Good dietary guidance has three important elements: pyramids, plates, and real food.

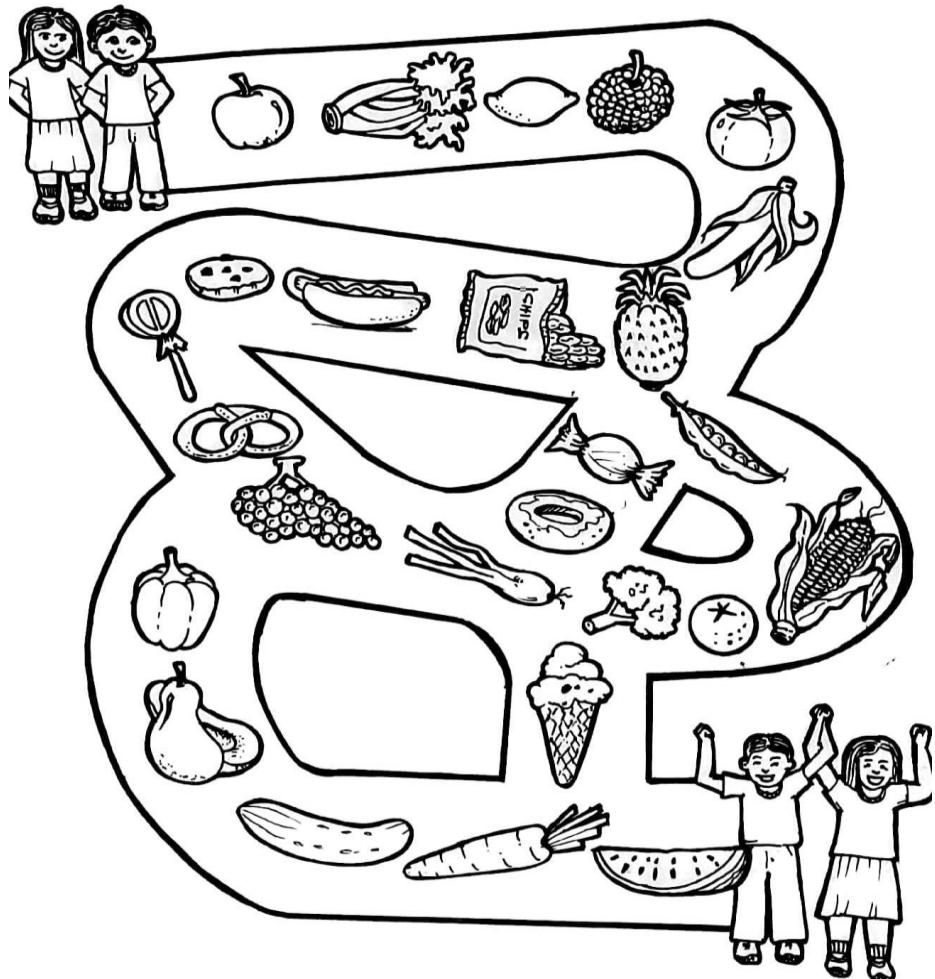


What's In

Activity 1: Treats to Eat!

You learned about the foods which are healthy and not so healthy. Let's find out if you still can remember those.

Directions: Fruits and vegetables help our bodies grow big and strong. Help Lue and Lee follow the maze of fruits and vegetables by coloring and tracing the right food until they reach the end and become healthy. Do this in a separate photocopied material given by your teacher.





What's New

Activity 1: Word hunt!

Directions: Look for 15 words in the grid that are related to nutrition. The words can be located horizontally, vertically, or diagonally. Write your answer in your notebook.

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

The words that you may find in this table are related to the lessons in the next pages of this module.

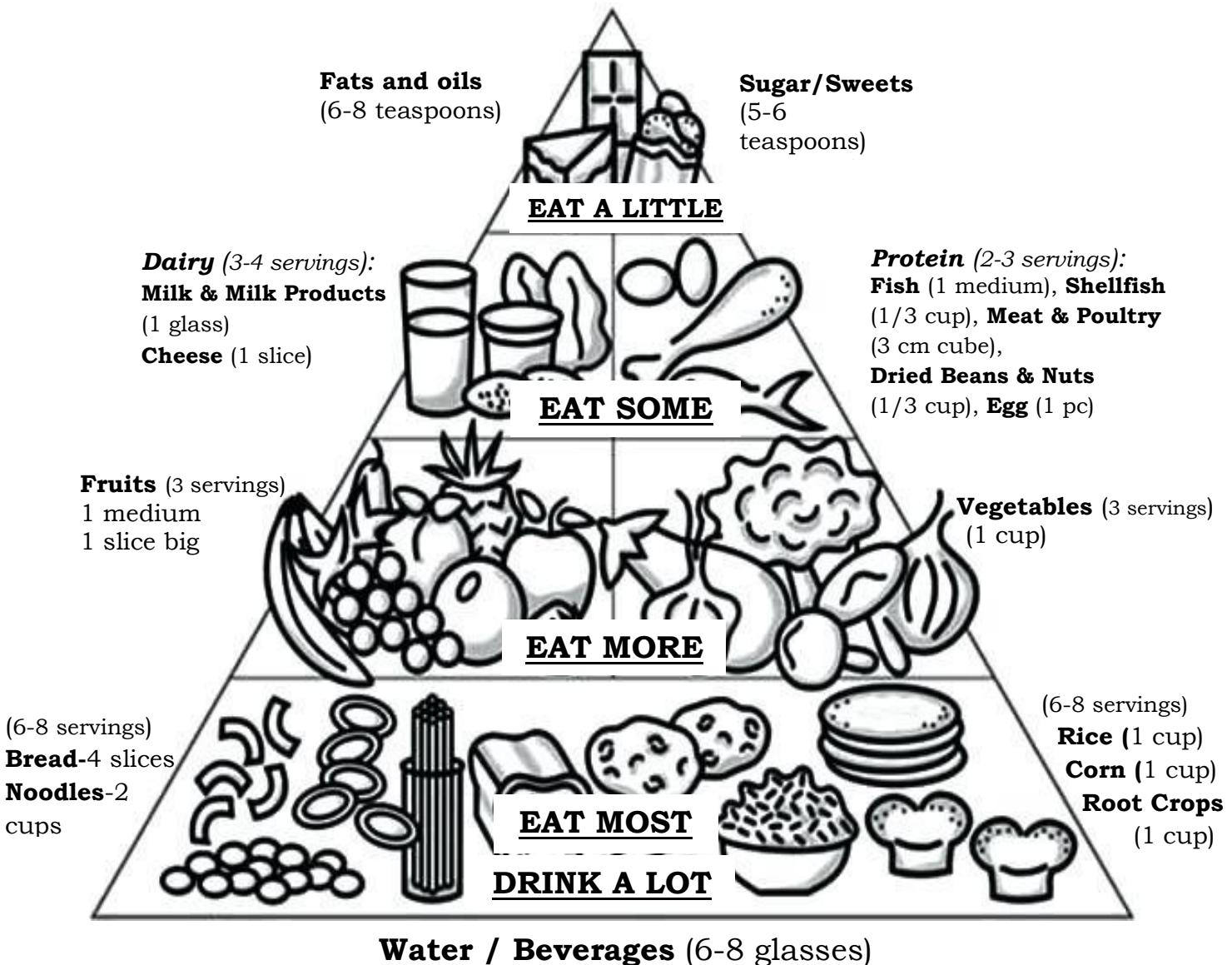


What is It

What is the Food Guide Pyramid?

A food pyramid or diet pyramid is a triangular diagram representing the optimal number of servings to be eaten each day from each of the basic food groups.

Food Guide Pyramid for 13 to 19 age Group



**EXERCISE AND PERSONAL AND ENVIRONMENTAL HYGIENE
FOOD PYRAMID FOR AGES 13-19**

The base of the pyramid is exercise and personal and environmental hygiene. It is suggested that an adolescent like you must engage in physical activities rather than watch television or play games on mobile devices.

It is also suggested to avoid cigarette smoking and taking alcoholic beverages.

The Food Guide Pyramid emphasizes the importance of eating a balanced diet. As you can see, the pyramid shows different types of foods and the right portions to be included in the daily meal. Through this food diagram, you can develop a healthy way of life, with equal emphasis on diet and activity as mentioned at the pyramid's base

There are five main food groups which are, **grains, fruits, vegetables, dairy products, and proteins.**

1. Dairy (3-4 servings). All liquid and solid food products that are derived from animal milk fall under this group. Milk, yogurt, and cheese are the most popular forms of dairy products that you can find today. The key ingredient is calcium, which builds strong teeth and bones.



2. Protein foods (2-3 servings). Meat, fish, beans, nuts, and eggs are the most common foods that supply protein to the body. It is the source of energy for our bodies. It also helps form the blocks of body muscles and tissues.

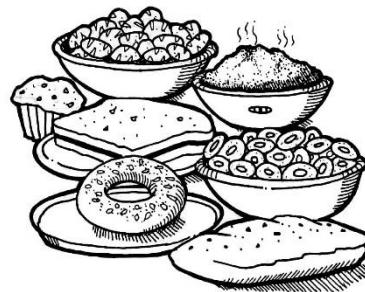
3. Fruits (2-4 servings). These foods are rich in vitamins and minerals and other nutrients that you need for growth. These are also excellent sources of vitamin C which heal cuts and keep skin healthy. Fruits also give fiber which helps your digestion.





4. Vegetables (3-5 servings) are also great sources of nutrients and also rich in fiber and Vitamin A. They can be eaten raw, cooked, or semi-cooked. Just remember you can get more nutrients from darker colored vegetables like carrots and brocolli.

5. Grains (6-11 servings). Food made of grains like rice, wheat, millets, corn, quinoa, barley, and oats fall under this category. Examples of grain foods include whole-wheat bread or pasta, brown rice, cornbread, popcorn, and cooked cereals. These are energy-giving nutrients because they contain carbohydrates.



Why is Food Pyramid important?

This food guide can educate you, your parents even your teachers on the types of food you may include in your diet to ensure complete nutrition. The food pyramid will guide you on how many servings from each food group is recommended daily. The serving requirements of each depend on age, sex, size, and activity level. This is to meet the daily requirements of vitamins, minerals, proteins, fiber, and carbohydrates of an individual.

What is Pinggang Pinoy?

Let us read the conversation between Lue and Caleb, grade 7 students like you, who want to know more about the Pinggang Pinoy.

Hi Lue! Have you read about the Food Guide Pyramid for 13-19-year-old teenagers like us?

Hi Caleb! Yes of course, I read about that pyramid and I learned a lot about the right amount of food we should take daily.

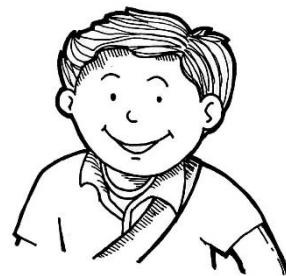
Yes it is very important for a teenager like us to know about the food we eat. But have you heard about the Pinggang Pinoy?



Nope! We can ask Ms. Beth our School Nurse about Pinggang Pinoy.



That's a good idea! So what are you waiting for! Let's go to the clinic.



Good Morning Ms. Beth! How are you? Are you busy today?

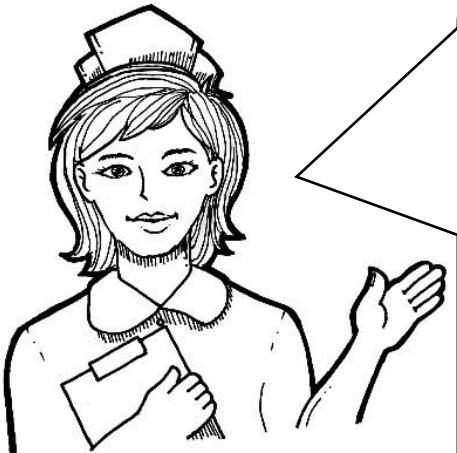


Hey Caleb and Lue, Come in! I am happy to see you here. I am not busy at this moment. How may I help you?

Thank you Ms. Beth, we are just curious about Pinggang Pinoy. Will it replace the Daily Nutritional Guide Pyramid?



Let me show you a picture of Pinggang Pinoy



Pinggang Pinoy is a new and easy way to understand the food guide that uses a familiar food plate model to convey the right food group proportions on a per-meal basis, to meet the body's energy and nutrient needs of Filipino adults.

Definitely, it will not replace the Food Guide Pyramid. The "Pinggang Pinoy" can be used side by side with the existing DNG Pyramid for Filipinos, but it will not replace it. According to Food and Nutrition Research Institute (FNR)I, Pinggang Pinoy is a quick and easy guide on how much to eat per mealtime, while the DNG Pyramid shows at a glance the whole day food intake recommendation.



So, Ms. Beth, Food Pyramid is a guide for the whole day while Pinggang Pinoy is an eating guide per meal? Did I get it right? They both give us information on the right amount of food per day and the right food our plate should contain per meal.

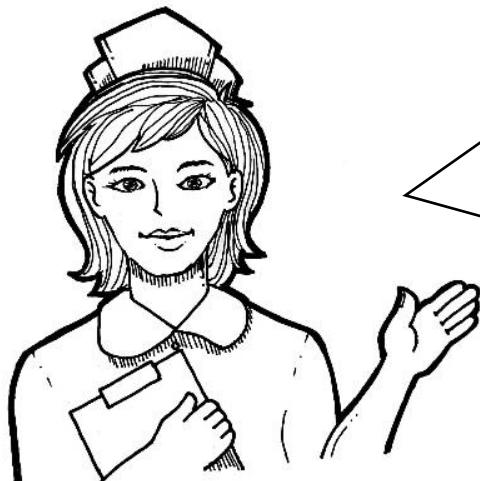


That is correct Ms. Lue. Daily Nutritional Guide (DNG) Pyramid is a simple and a trustworthy guide in choosing a healthy diet. It builds from the base, showing that we should eat more foods from the bottom part of the pyramid like vegetables, whole grains and less from the top such as red meat, sugar, fats and oils. When it's time to eat, most of us use a plate. So, it is just appropriate to use the "Pinggang Pinoy" as a guide for a typical balanced meal.

Let me see if you can still remember your Food Guide Pyramid Lesson. What is the suggested amount of food for a teenager like you? Can you give me an example Mr. Caleb?



Well, thank you for such an easy question Ms. Beth. As what I remember; 1 glass of milk or milk products, 1 egg a day, 3 serving of vegetables and 3 serving of fruits, 6- 8 servings of rice or cereal or root crops or could be noodles. Remember also that we should consume sweets and fats very thinly. And importantly, we should drink at least 6-8 glasses of water.



Wow! That's amazing! Always remember that healthy eating will reduce your risk of having diseases like cancer, heart disease, stroke and diabetes. It can also prevent health problems like obesity, dental caries, iron deficiency, and osteoporosis. Take note Lee, women like us are prone to osteoporosis, so we must eat calcium-rich foods.

Do you have any other concerns?

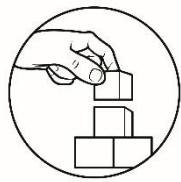


Thank you, Ms. Beth! We learned a lot from you today. Do not worry, we are going to tell our classmates of what we learned today, so they can also choose healthy foods.

Again, thank you for the time Ms. Beth! Until next time...



You're welcome guys! If you have questions don't hesitate to visit me here in our clinic.

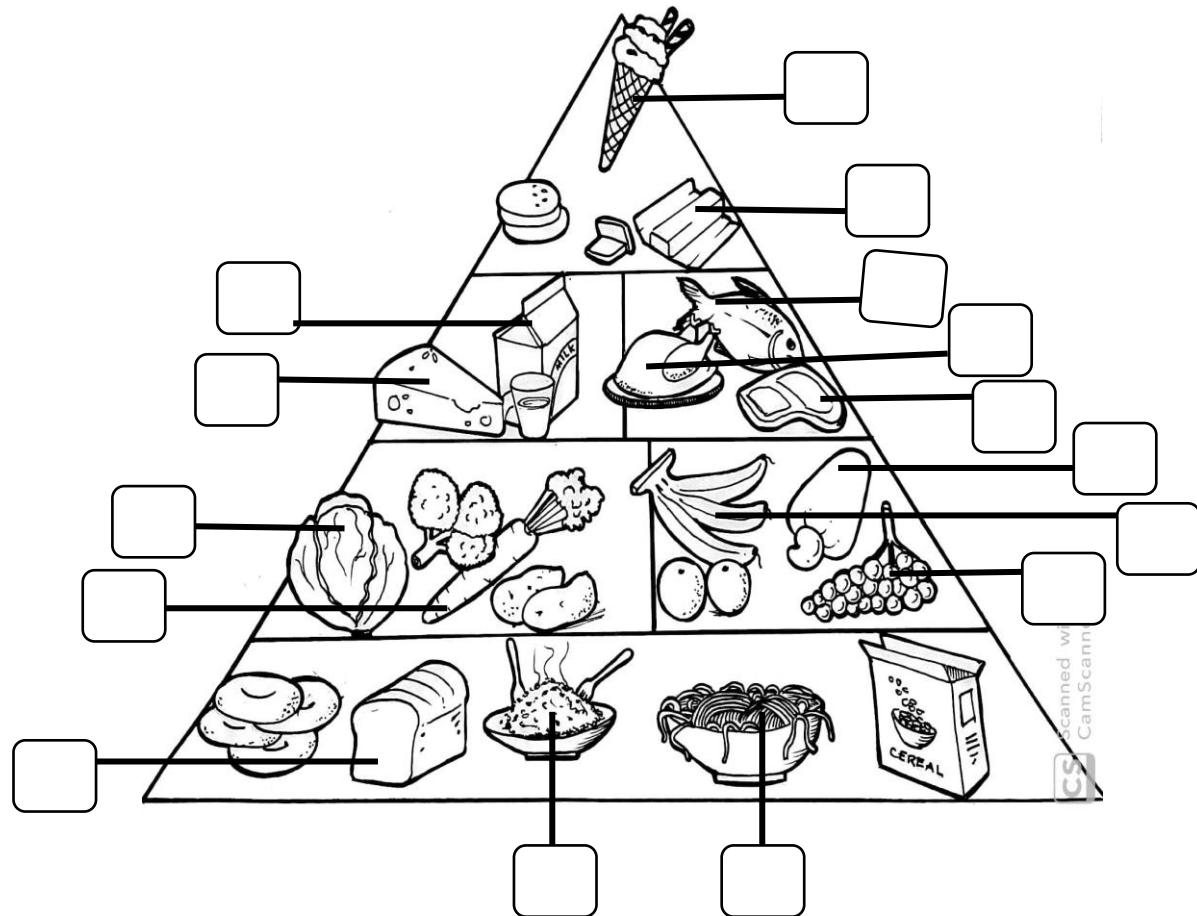


What's More

Activity 1: Label It!

You learned about the different types of food in the Food Guide Pyramid. Let us see if you can still remember the food at each level.

Directions: Label the food according to the names written below. Write the number in the squares beside each food. Do this in the separate photocopied material given by your teacher.



- | | | |
|--------------|------------|-------------|
| 1. Cheese | 6. Bread | 11. Milk |
| 2. Pasta | 7. Banana | 12. Cabbage |
| 3. Meat | 8. Rice | 13. Carrots |
| 4. Ice cream | 9. Fish | 14. Grapes |
| 5. Cashew | 10. Butter | 15. Chicken |

Activity 2: Am I Eating the Right Food?

Do you include different foods in your daily meal? To check if you are eating the right foods, do the following activity.

Directions: List all the foods and drinks you usually eat the whole day. List them in the space below. Check the column of the food group where each food belongs. Please copy the table in your notebook.

List of Foods	Fats, oil & sweets	Milk and milk products group	Meat, poultry, dry beans, eggs, and nuts group	Vegetable group	Fruit Group	Bread, cereal, rice, and rice products and root crops group

Based on your list, answer the following questions:

1. What do you observe about your food intake?

2. Which food group you have most in your list?

3. Which food group do you have less in your list?

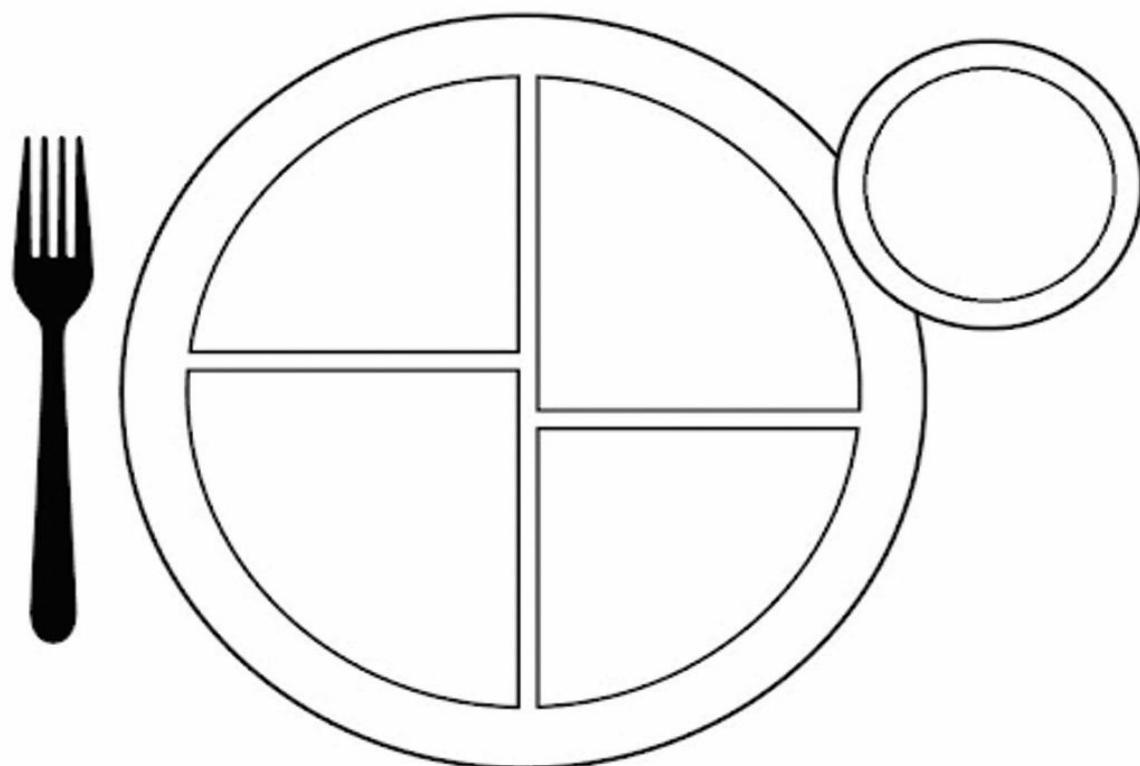
4. Why did you choose those foods?

5. What do you plan to do with your eating habits?

Activity 3: Show me your plate!

You already know that you should follow the nutritional guidelines for a healthful diet. As a teenager, to meet the daily requirements of vitamins, minerals, protein, fiber, and carbohydrates, you have to show us the foods that are present in a meal.

Directions: From the old magazines, cut pictures of foods that your plate must contain. Draw the plate in your notebook and paste the pictures to show us your healthy meal.



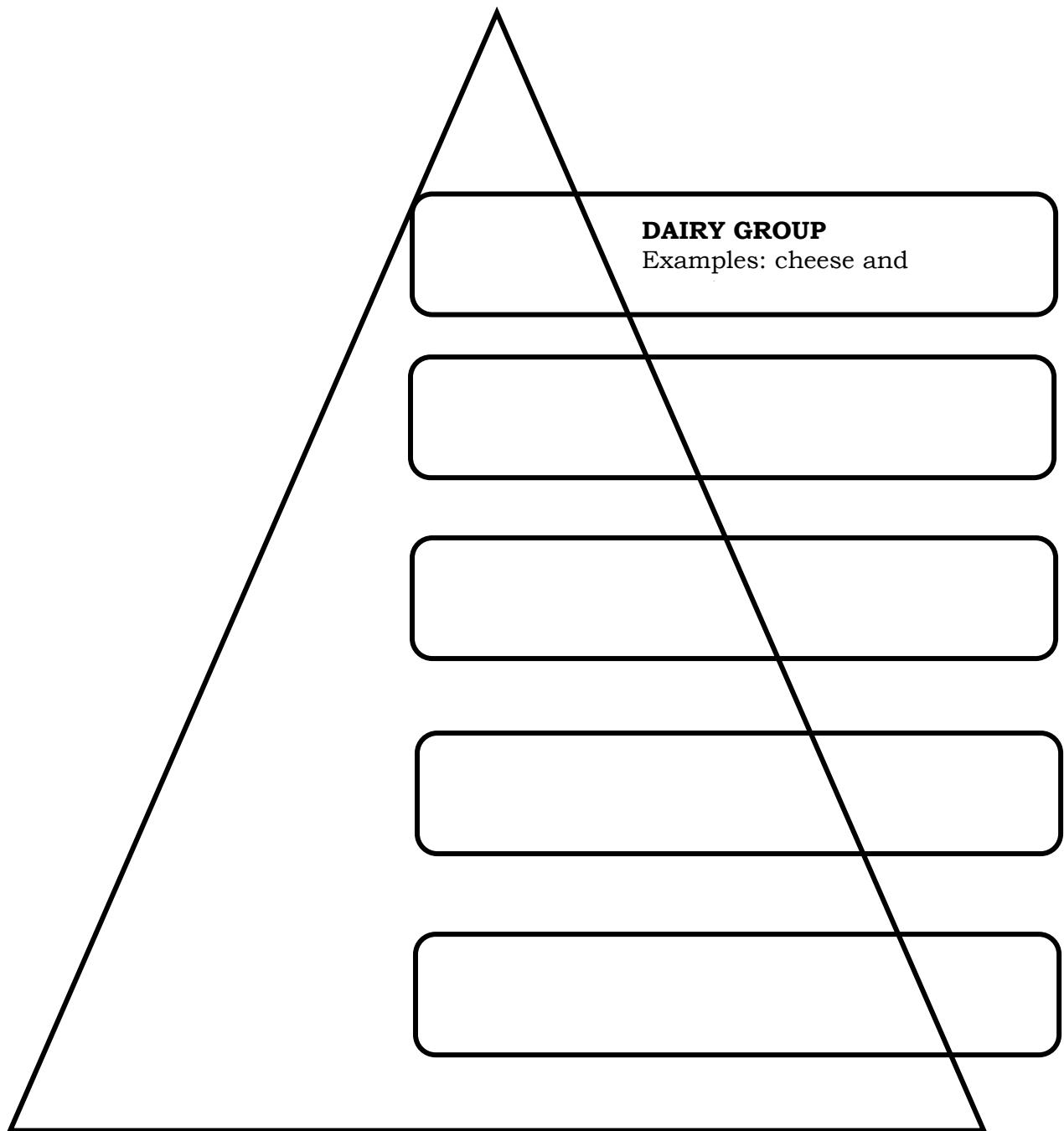
After learning about the Food Guide Pyramid, you can choose a healthy menu for your breakfast, lunch, snacks, and dinner. Make sure that you follow the nutritional guidelines you have learned. Include foods from the different food groups in the Food Guide Pyramid. So, from now on, it is up to you if you want to live a healthy life or not, depending on your food choices. The decision is yours!

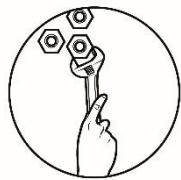


What I Have Learned

To sum up the lessons, copy and answer the following in your notebook.

Directions: Name the 5 food groups mentioned in the Food Guide Pyramid and give at least 2 examples for each. The first group is done for you. Write your answer in your notebook.





What I Can Do

Activity 1: A healthy meal for me!

After learning about the Food Guide Pyramid, can you prepare a healthy menu for your breakfast, lunch, and dinner? Be sure to follow the nutritional guidelines you have learned and include food from the different food groups of the Food Guide Pyramid.

Directions: Prepare a healthy meal for your breakfast, lunch, snacks, and dinner. Follow the food guide pyramid for teens in preparing your meals. Be sure to include foods from all the food groups in the food guide pyramid. Do this activity in your notebook.

A Healthy Meal

Breakfast	Lunch	Dinner

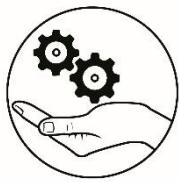


Assessment

Directions: Read each item carefully. In your notebook, write the letter of your answer to the questions from the given choices.

1. How many food groups are there in the Food Guide Pyramid?
 - A. Four
 - B. Five
 - C. Six
 - D. Eight
2. Why is it unhealthful to eat foods high in fats and sugar?
 - A. Because these are major risk factors for skin diseases, such as tinea flava and ringworm.
 - B. Because these are major risk factors for respiratory diseases, such as tuberculosis and flu.
 - C. Because these are major risk factors for chronic diseases, such as heart disease and diabetes.
 - D. Because these are major risk factors for sexually transmitted diseases, such as AIDS and gonorrhea.
3. Why are there six spaces on the Food Guide Pyramid?
 - A. There are six food groups with recommendations for daily servings from each.
 - B. An extra space is needed for snacks.
 - C. The sixth space is for fats, oils, and sweets.
 - D. An extra space was drawn for your favorite foods.
4. What Food Group serves as the base of the Food Guide Pyramid?
 - A. Fats, Oils, & Sweets
 - B. Vegetables
 - C. Fruits
 - D. Bread, Pasta, Rice and Cereal
5. How many average servings from the Grains Group do teens need daily?
 - A. 9-10
 - B. 10-11
 - C. 6-8
 - D. 4-5
6. Which Food Group is made up of plants and is a major source of Vitamin A?
 - A. Dairy Group
 - B. Meat Group
 - C. Vegetable Group
 - D. Grain Group

7. How many vegetable servings do teens need daily?
- A. 3
 - B. 1
 - C. 6
 - D. 4
8. What is another plant-based food group that is a good source for Vitamin C?
- A. Milk Group
 - B. Fruit Group
 - C. Meat Group
 - D. Bread Group
9. What mineral from the body is lost by excessive perspiration during strenuous physical activities?
- A. Calcium
 - B. Potassium
 - C. Water
 - D. Zinc
10. It's a good idea to avoid foods with a lot of:
- A. Fiber
 - B. Sugar
 - C. Protein
 - D. Water
11. When you choose a snack, think about:
- A. The calorie intake
 - B. How much sugar and fat it has
 - C. How much protein and other nutrients it has
 - D. Fat percentage intake
12. How many servings of fruits do teens need to eat daily?
- A. 3
 - B. 4
 - C. 2
 - D. 1
13. Which food group comes from both plant and animal sources?
- A. Milk Group
 - B. Vegetable Group
 - C. Bread Group
 - D. Meat Group
14. How many servings do teens need daily from the protein group?
- A. 3-4
 - B. 1-2
 - C. 2-3
 - D. 4-5
15. Soft drinks can be a healthy snack killer because:
- A. They are usually high in sugar and calories.
 - B. They make you feel full.
 - C. They take all your vending machine money.
 - D. They give you gas.



Additional Activities

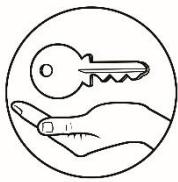
To determine whether you eat all of the food groups in appropriate amounts and to ensure your good nutrition, you are going to keep track of your daily meal for a week. Are you excited?

Activity: Healthful Pursuit!

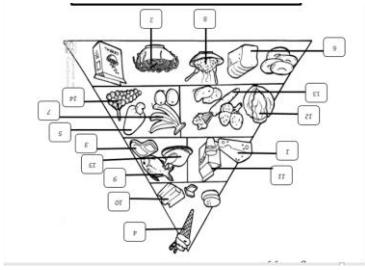
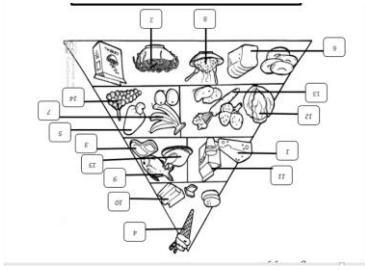
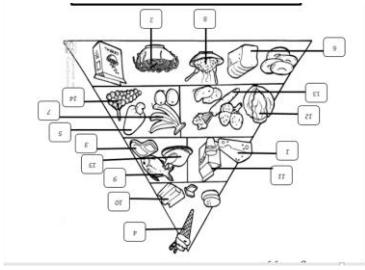
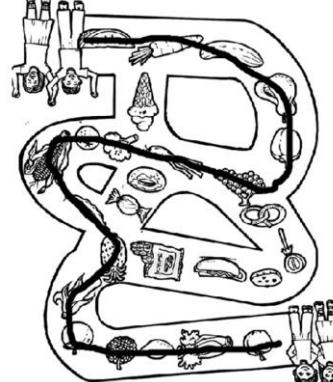
Directions: You have to carefully and honestly record your food intake for a week. Copy the following table in your notebook and record your meal. Choose a healthy diet! Good luck ☺



Food Group	Day 1		Day 2		Day 3		Day 4		Day 5	
	Food Item	Serving Size								
Breakfast										
Grains										
Vegetables										
Fruits										
Dairy										
Protein										
Others										
Lunch										
Grains										
Vegetables										
Fruits										
Dairy										
Protein										
Others										
Dinner										
Grains										
Vegetables										
Fruits										
Dairy										
Protein										
Others										



Answer Key

What I know	Assessment	What's new
1. B 2. C 3. C 4. D 5. C 6. C 7. A 8. B 9. B 10. B 11. A 12. A 13. C 14. C 15. A.	What's More 	Activity 1  Activity 2  Activity 3  Cut outs of pictures 

References

1. Department of Education. *Physical Education and Health Learner's Material Grade 7*. Pasig City: Department of Education, 2017
2. Department of Education. *Physical Education and Health Teacher's Material Grade 7*. Pasig City: Department of Education, 2017
3. Plan International. *Health Self- Instructional Module for Open High School Program Grade 7*.
4. Department of Health. “*PINGGANG PINOY: HEALTHY FOOD PLATE FOR FILIPINO ADULTS*”. Accessed November 11, 2019
<https://www.doh.gov.ph/node/223>
5. FNRI. “Daily Nutritional Guide Pyramid for Filipino children (13-19 years old). Accessed October 11, 2019.
<https://www.fnri.dost.gov.ph/index.php/tools-and-standard/nutritional-guide-pyramid>

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph