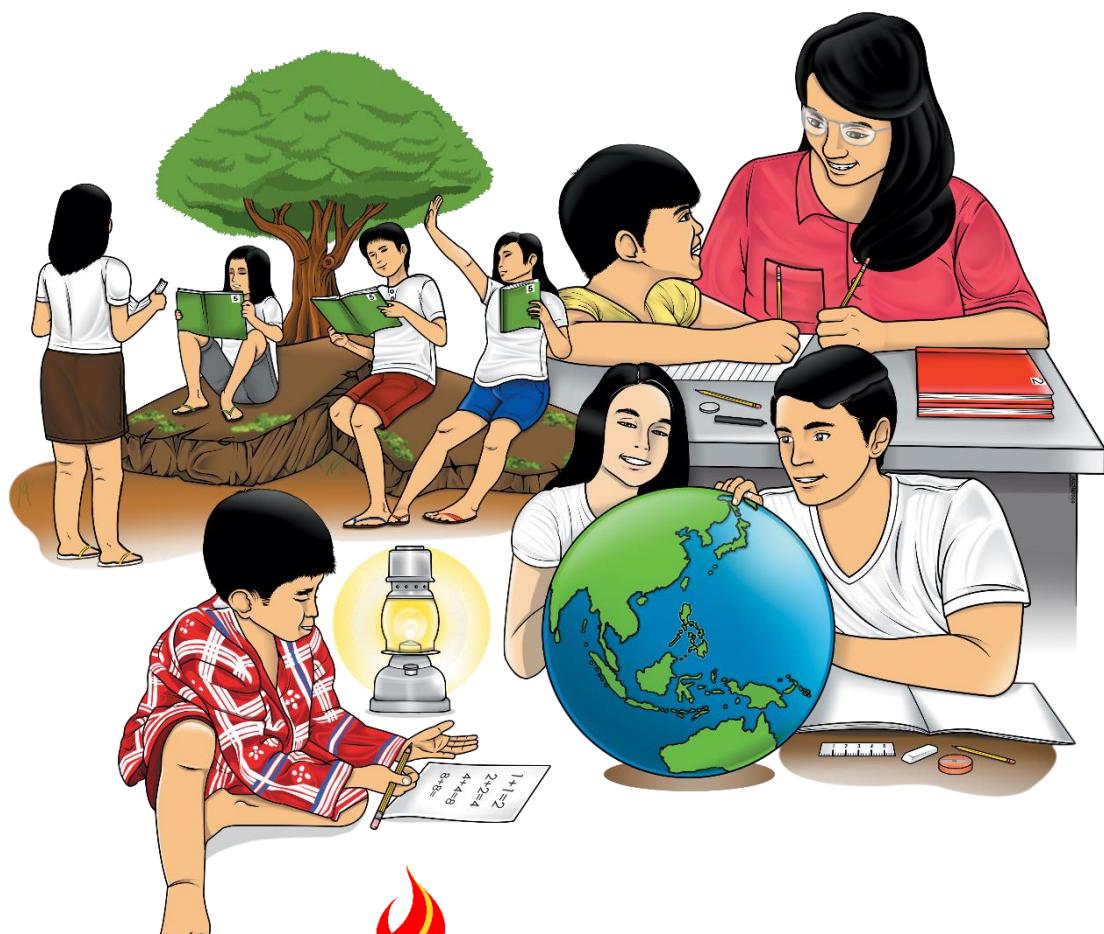


# Health

## Quarter 2 – Module 6: Applying Decision-Making Skills to Prevent Nutritional Problems



**Health – Grade 7**

**Alternative Delivery Mode**

**Quarter 2 – Module 6: Applying Decision-Making Skills to Prevent Nutritional Problems**

**First Edition, 2020**

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Published by the Department of Education

Secretary: Leonor Magtolis Briones

Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by \_\_\_\_\_

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# Health

**Quarter 2 – Module 6:  
Applying Decision-Making Skills  
to Prevent Nutritional Problems**

## **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

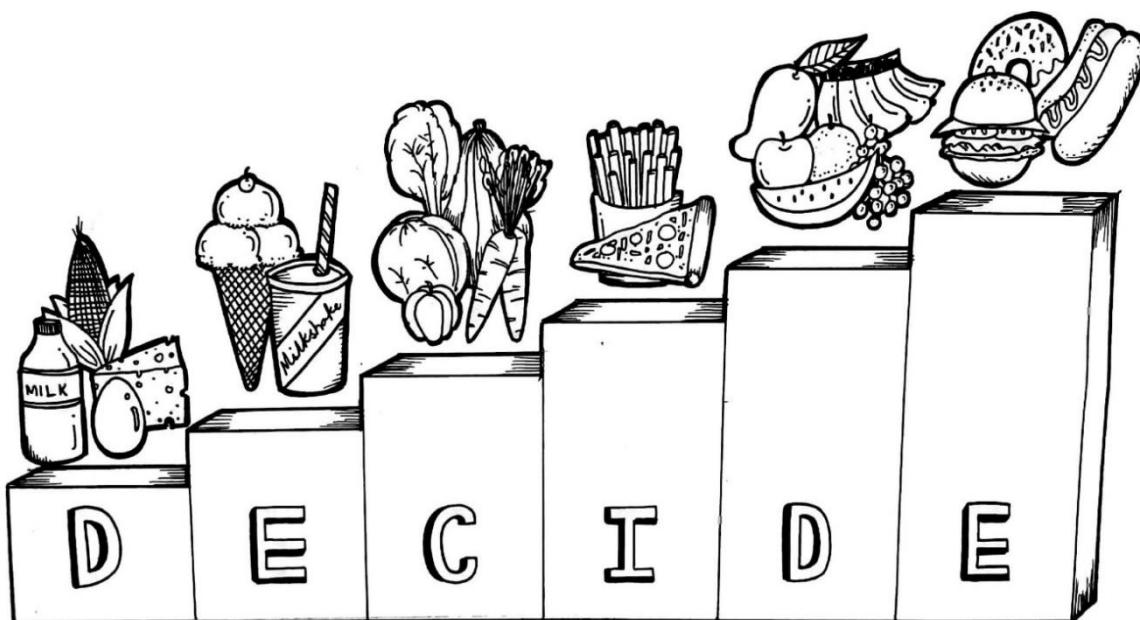
This module was designed and written with you in mind. It will help you understand your nutritional needs and will guide you to choose the right foods for adolescents.

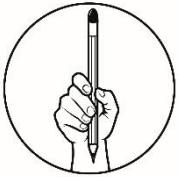
This module focuses on this lesson:

Lesson 6: Applying Decision-Making Skills to Prevent Nutritional Problems of Adolescents.

After going through this module, you are expected to:

- apply decision-making and critical thinking skills to prevent nutritional problems of adolescents (*H7N-IIg-h-27*)





## What I Know

### Part I: Multiple Choice

**Directions:** Read each item carefully. Write the letter of your answer in your activity notebook.

1. Which of the following is NOT healthful to do?
  - A. Eat fruits and vegetables daily.
  - B. Limit the intake of sugar and salt.
  - C. Increase the consumption of fatty foods.
  - D. Eat breakfast high in fiber like oatmeal.
2. You were asked by your mother to go to the market and buy some food for your lunch since she is sick and cannot cook. What will you buy?
  - A. Longganisa, fried rice, egg, and coffee
  - B. Fried chicken, rice, longganisa, and orange juice
  - C. Barbeque, rice, watermelon, and soda
  - D. Sinigang, rice, pakbet, and ripe banana
3. Which of the following is best for a healthful diet?
  - A. Sweet foods
  - B. Processed foods
  - C. Fibers from vegetables and fruits
  - D. Coffee and salty foods
4. When done every day, which of the following practices is NOT good for the body?
  - A. Drinking sodas
  - B. Drinking eight glasses of water
  - C. Eating a variety of fruits and vegetables
  - D. Eating nutritious foods
5. Which food group is best if you want to get enough energy?
  - A. Meat group
  - B. Milk and eggs
  - C. Fats, Lipids, and oils
  - D. Bread and rice

6. Your mother told you to avoid eating foods that contain more fats. Which of the following foods you should not eat?
- Fresh fruits
  - Fried chicken
  - Milk products
  - Green leafy vegetables
7. Which of the following is the best way to get all the nutrients your body needs?
- Eat foods rich in fat
  - Eat a combination of nutritious foods
  - Drink alcohol in moderation
  - Eat the same foods over and over again
8. In what way can you eat a variety of foods?
- Eat at fast food restaurants every day.
  - Eat only your favorite foods.
  - Eat different kinds of foods from each food group every day.
  - Eat plenty of the same foods every day.
9. Your mother is suffering from high blood pressure. Which of the following foods she should avoid eating?
- Foods rich in calcium
  - Foods rich in sodium
  - Foods rich in iron
  - Foods rich in magnesium
10. Which of the following is NOT the best practice in choosing the food you eat for your healthy body?
- Identify the ingredients of the food you eat.
  - Consider the preparation of the food you eat.
  - Choose affordable but healthy food.
  - Buy anything you want.

**PART II:** True or False.

**Directions:** Write **TRUE** if the statement is correct and **FALSE** if it is wrong. Write your answer in your activity notebook.

- \_\_\_\_\_ 11. The food you eat affects your overall health condition including your ability to stay active.
- \_\_\_\_\_ 12. Nutritional problem among adolescents is due to poor food choices and poor food intake.
- \_\_\_\_\_ 13. Eating a variety of foods is a good nutritional habit.
- \_\_\_\_\_ 14. Eating plenty of grains, vegetables, and fruits provides you more fats and vitamins.
- \_\_\_\_\_ 15. Eating in fast food most of the time is a good eating practice.

**Lesson  
1**

# **Nutrition: Applying Decision-Making Skills to Prevent Nutritional Problems**

Good health is not a matter of chance. It is a product of good nutrition and proper decision-making skills. Every day you make decisions about what you will eat. The decisions you make affect your health and how you feel about yourself. This module will enhance your decision making and critical thinking skills to prevent nutritional problems and to attain optimal health.



## **What's In**

In your previous lesson, you successfully learned the different eating disorders; their characteristics, signs, and symptoms as well as the ways and means to prevent them.

### **Activity 1: Who Am I?**

In this activity, you will be assessed if you still remember the different eating disorders.

Directions: Complete the table below with the needed information. Choose your answer from the choices in the box below. Write your answer in your activity notebook.

Anorexia Nervosa      Binge Eating      Discover      Bulimia

<b>Eating Disorder</b>	<b>Characteristics</b>
	I am a disorder characterized by impulsive eating.
	I am an eating disorder characterized by self-imposed starvation leading to excessive weight loss.
	I am a disorder in which the clearing of the digestive tract follows cycles of overeating.

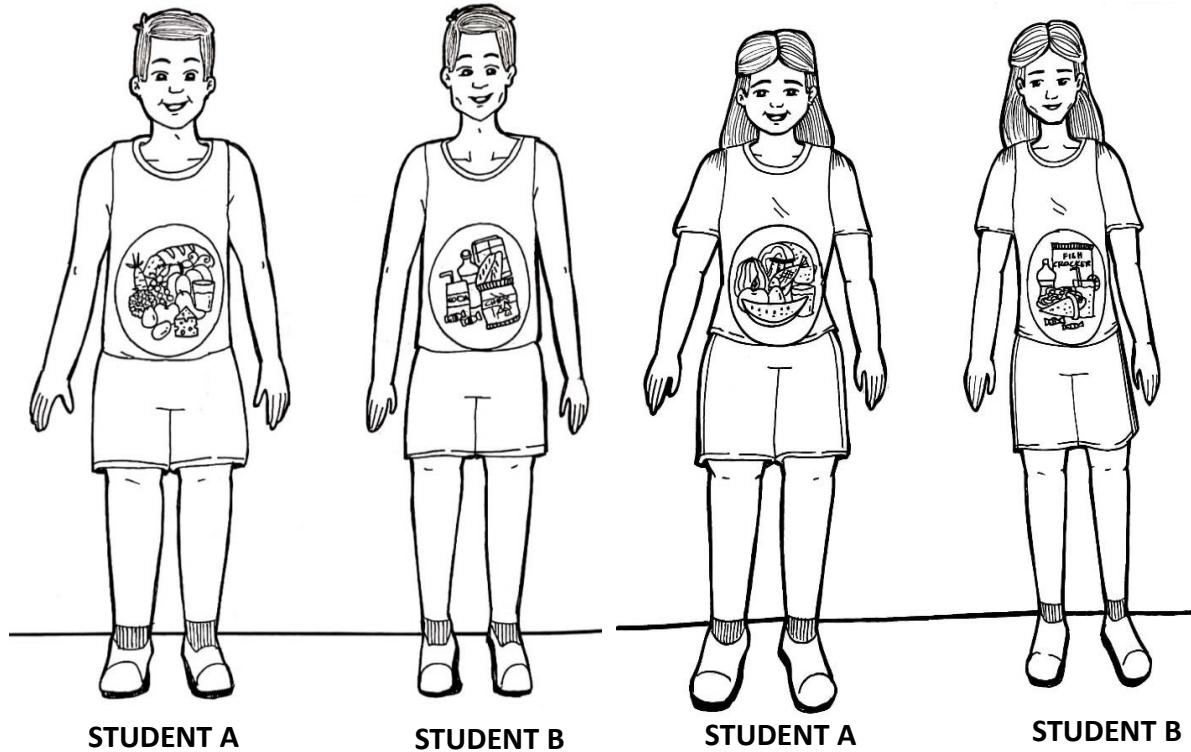


## What's New

### Activity 1: It's Your Choice!

This activity will help you strengthen your decision-making skills to choose the kind of individual you want to be.

Directions: Analyze the illustrations below and answer the questions that follow. Do this in your activity notebook.





## **What is It**

Based on the activity It's Your Choice, answer the following questions.  
Write your answer in your activity notebook.

1. What conclusion can you draw based on the photo?

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2. If you were to choose, who you want to be, student A or student B? Why?

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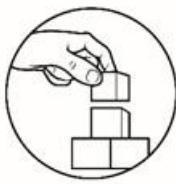
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As an adolescent, you are now responsible to choose the foods you eat and to make a decision about your health. The food you eat affects your overall health including your ability to stay active. If you choose the right foods to eat, this will provide your body with the nutrients it needs to help you look healthy and to perform at your best. Your decision-making and critical thinking skills will help you make good decisions based on your needs and desires.

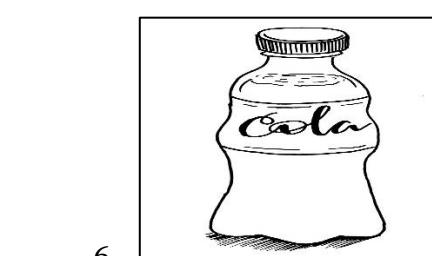
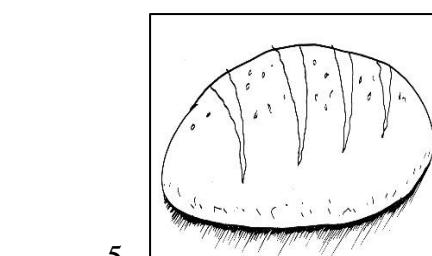
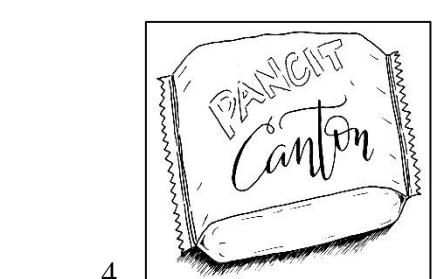
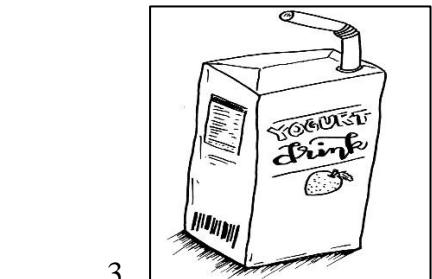
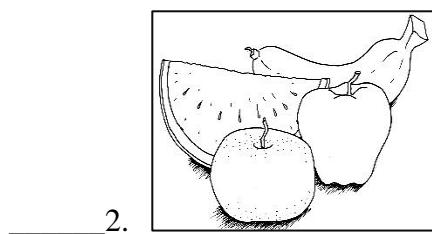
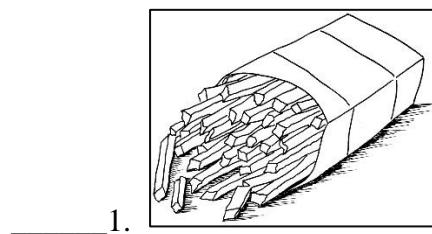


## What's More

### Activity 1: Healthy or Unhealthy

In this activity, you will classify foods as healthy or unhealthy. This task will strengthen your decision-making skills.

**Directions:** Write **H** if the food is healthy and **UH** if the food is unhealthy. Write your answer in your activity notebook.



Questions:

1. What did you consider in classifying the following foods as healthy and unhealthy?

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2. Does eating healthy food help prevent nutritional problem? Why or why not?

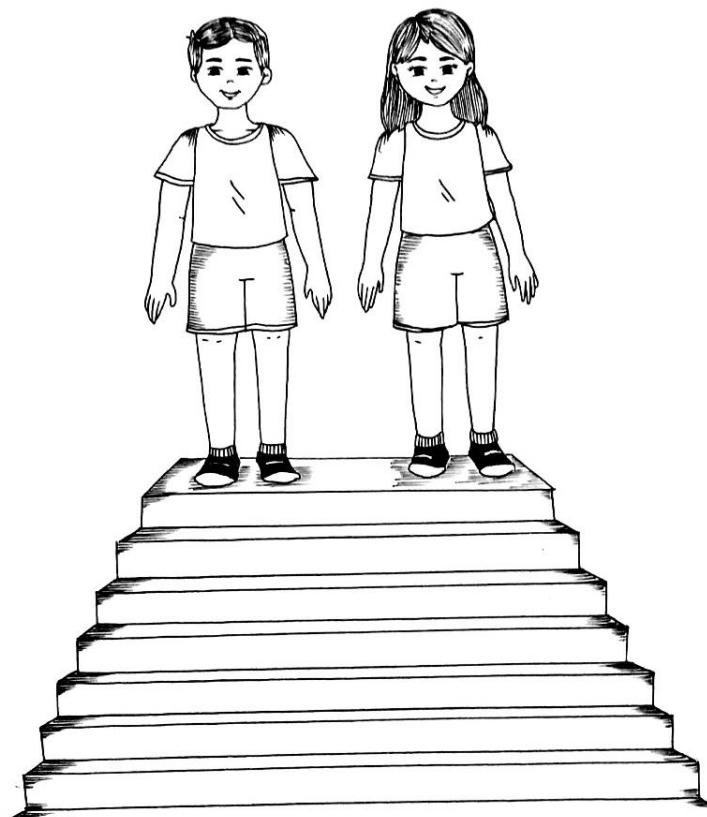
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## Activity 2: Stairway to Being Healthy

This activity will help you identify the eating practices that contribute to a healthy body and somehow assess your eating practices.

**Directions:** Choose from the box below the eating practices that contribute to achieving a healthy body. Write your answers on any step of the stairs below. Do this in your activity notebook. (Do this in the separate photocopied material given by your teacher.)

eats 3 meals a day	eats a variety of fruits every day
skips breakfast	eats on time
eats unprocessed foods	eats fast foods most of the time
drinks 8 glasses of water a day	eats more foods rich in fiber
eats green leafy vegetables	eats foods rich in fats



Question:

1. Of the eating practices you wrote on the stairs, how many of those that you are already practicing? \_\_\_\_\_

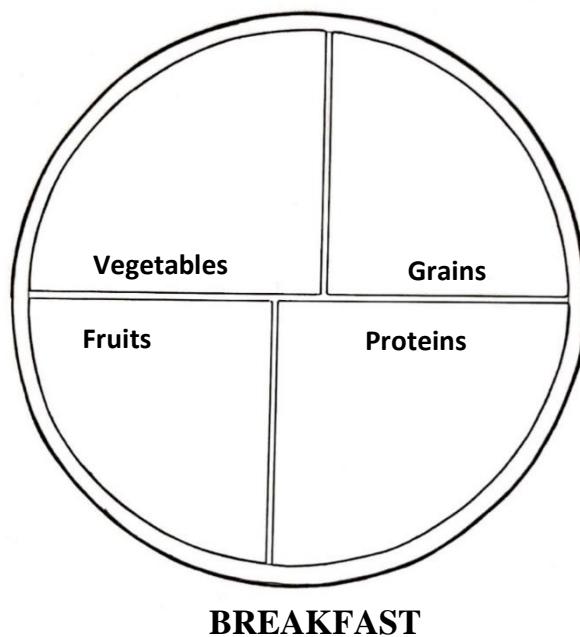
How's your score? If you got 6 and above, congratulations! You are on the right path. If you answered less, you need to reflect on your eating habits and make plans to improve it.

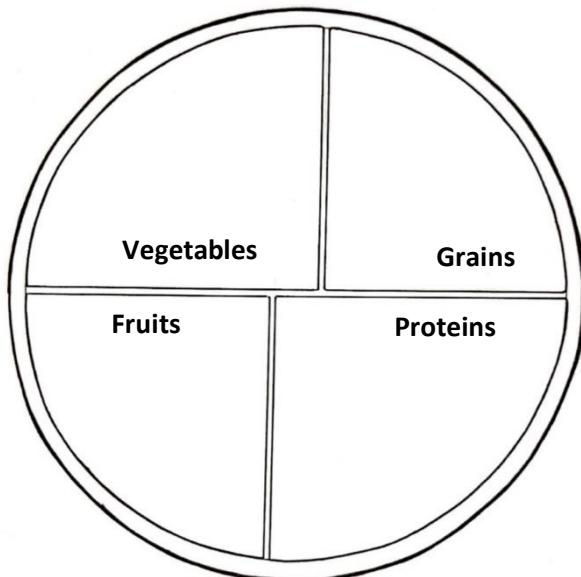
### Activity 3: My Plate of Foods

This activity will assess your decision-making to choose the right foods for breakfast, lunch and dinner that is needed by your body.

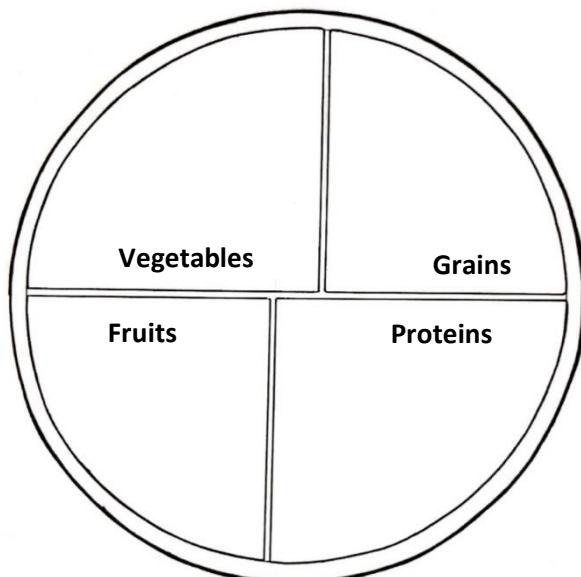
**Directions:** From the choices in the box, choose your own food suitable for breakfast, lunch, and dinner. Considering the right nutrition, choose only two variety of foods for each category. Write your answer in your activity notebook. (Draw the plate in your activity notebook.)

Fruits	Vegetables	Protein	Grains
Banana	Chopsuey	Fried egg	Rice
Watermelon	Ginisang sayote with pork meat	Boiled egg	Corn
Apple	Fried eggplant	Fried Tilapia	Oat bread
Mango	Pinakbet	Inihaw na liempo	Cereals
Pears	Laing na gabi with dilis	Sinigang na hipon	
Guyabano	Ginataang langka with dilis	Steam tuna	
Avocado	Adobong sitaw with chicharon	Fried Tapa	
	Fried okra	Beef steak with beans	
	Ginisang monggo	Roasted Chicken	
	Ginisang repolyo with chicken	Fried Pork Chop	
	Steam pechay	Nilagang Baka	
		Tinola	
		Sinigang na Bangus	





**LUNCH**



**DINNER**

After doing the activity, answer the following questions:

1. What are your bases in choosing the foods for your meals?
2. Do you think the foods you chose provide enough nutrients your body needs?

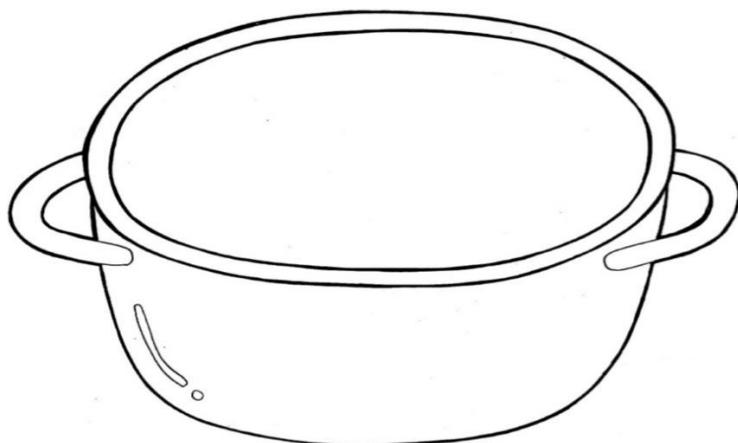
In choosing foods that we eat; we should consider the nutrients that we can get from these foods. It is important that you eat a variety of foods for you to get enough nutrients your body needs. The preparations and ingredients are also important to consider.

## **Activity 4: My Own Corn Soup**

This activity will help you decide what ingredients are best to use to get the essential nutrients that your body needs to become healthy.

**Directions:** Make a healthy corn soup for your family. Choose from the ingredients in the box below. Write your chosen ingredients in the pot below. Do this in your activity notebook.

onion	salt	soy sauce
garlic	all-purpose flour	artificial seasonings
margarine	water	whole corn kernel
patis	chicken broth	egg
cooking oil	pepper	corn starch



*CONGRATULATIONS! You made your own corn soup.*

Questions:

1. Are you confident that your corn soup is nutritious? Why or why not? \_\_\_\_\_
2. How will you convince your family to eat your corn soup?  
\_\_\_\_\_

In cooking, choosing the right ingredients is very essential because the nutrients from the ingredients affect the body. When you eat healthy foods, you improve your chance of staying healthy.

## **Activity 5: Our Foods for the Party**

The next task will assess your knowledge and skills in making decisions about which food is good for the body.

**Directions:** Read the situation below and then answer the questions that follow. Write your answer in your activity notebook.

Situation:

Your class is planning a simple birthday party for your class adviser. You are in charge of the refreshments. You asked your classmates to suggest foods and beverages. The suggested foods and beverages are listed below.

burger	corn chips
vegetables salad	soft drinks
French fries	pizza
hotdogs	buko juice
sugarless oatmeal cookies	rice
chopsuey	donuts

Questions:

1. If you were to choose, which foods would you like for the party?

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2. Why do you choose these foods?

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3. How will you convince your classmates to agree with the food you chose?

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Choosing healthy foods is very important. Healthy foods provide your body with the nutrients needed for your good health. Healthful foods help you grow.



## **What I Have Learned**

### **Activity 1: Let's Sum It Up**

This activity will help you generalize the important concepts to remember in this module.

**Directions:** Choose the appropriate word(s) from the box that will complete the thought of the paragraph, then answer the question below. Write your answer in your activity notebook.

right foods	variety
decision	health
nutrients	

The food you eat greatly affects your overall \_\_\_\_\_ including your ability to stay active. If you choose the \_\_\_\_\_ to eat, these will provide your body with the \_\_\_\_\_ it needs to help you look to perform at your best. It is important that you eat a \_\_\_\_\_ of foods for you to get enough nutrients your body need. Your \_\_\_\_\_ making and critical thinking skills will help you make a good decision based on your needs and desire.

Question:

1. What are the important things to consider in choosing the right foods to prepare to prevent nutritional problems?

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If you got the correct answers, Congratulations! You are ready to work on the next task prepared for you!



## **What I Can Do**

### **Activity 1: My Own Menu for a Week!**

This activity will measure your understanding about your nutritional needs and how to choose the right foods for adolescents.

**Directions:** Create a one-week meal plan following the food pyramid guide. (Do this in the separate photocopied material given by your teacher.)

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

For good health, you need a plan to eat the nutrients your body needs. Choosing foods from the healthful food groups and eating a wide variety of healthy foods ensure we get the essential nutrients we need.



## Assessment

### Part I: Multiple Choice

**Directions:** Read each item carefully. Write the letter of your correct answer in your activity notebook.

1. Which of the following is NOT healthful to do?
  - A. Eat fruits and vegetables daily.
  - B. Limit the intake of sugar and salt.
  - C. Increase the consumption of fatty foods.
  - D. Eat breakfast high in fiber like oatmeal.
2. You were asked by your mother to go to the market and buy some food for your lunch since she is sick and cannot cook. What will you buy?
  - A. Longganisa, fried rice, egg, and coffee
  - B. Fried chicken, rice, longganisa, and orange juice
  - C. Barbeque, rice, watermelon, and soda
  - D. Sinigang, rice, pakbet, and ripe banana
3. Which of the following is best for a healthful diet?
  - A. Sweet foods
  - B. Processed foods
  - C. Fibers from vegetables and fruits
  - D. Coffee and salty foods
4. When done every day, which of the following practices is NOT good for the body?
  - A. Drinking sodas
  - B. Drinking eight glasses of water
  - C. Eating a variety of fruits and vegetables
  - D. Eating nutritious foods
5. Which food group is best if you want to get enough energy?
  - A. Meat group
  - B. Milk and eggs
  - C. Fats, Lipids, and oils
  - D. Bread and rice

6. Your mother told you to avoid eating foods that contain more fats. Which of the following foods you should not eat?

- A. Fresh fruits
- B. Fried chicken
- C. Milk products
- D. Green leafy vegetables

7. Which of the following is the best way to get all the nutrients your body needs?

- A. Eat foods rich in fat
- B. Eat a combination of nutritious foods
- C. Drink alcohol in moderation
- D. Eat the same foods over and over again

8. In what way can you eat a variety of foods?

- A. Eat at fast food restaurants every day.
- B. Eat only your favorite foods.
- C. Eat different kinds of foods from each food group every day.
- D. Eat plenty of the same foods every day.

9. Your mother is suffering from high blood pressure. Which of the following food she should avoid eating?

- A. Foods rich in calcium
- B. Foods rich in sodium
- C. Foods rich in iron
- D. Foods rich in magnesium

10. Which of the following is NOT the best practice in choosing the food you eat for your healthy body?

- A. Identify the ingredients of the food you eat.
- B. Consider the preparation of the food you eat.
- C. Choose affordable but healthy food.
- D. Buy anything you want.

## PART II: True or False.

**Directions:** Write **TRUE** if the statement is correct and **FALSE** if it is wrong. Write your answer in your activity notebook.

\_\_\_\_\_ 11. The food you eat affects your overall health condition including your ability to stay active.

\_\_\_\_\_ 12. Nutritional problem among adolescents is due to poor food choices and poor food intake.

\_\_\_\_\_ 13. Eating a variety of foods is a good nutritional habit.

\_\_\_\_\_ 14. Eating plenty of grains, vegetables, and fruits provides you more fats and vitamins.

\_\_\_\_\_ 15. Eating in fast food most of the time is a good eating practice.

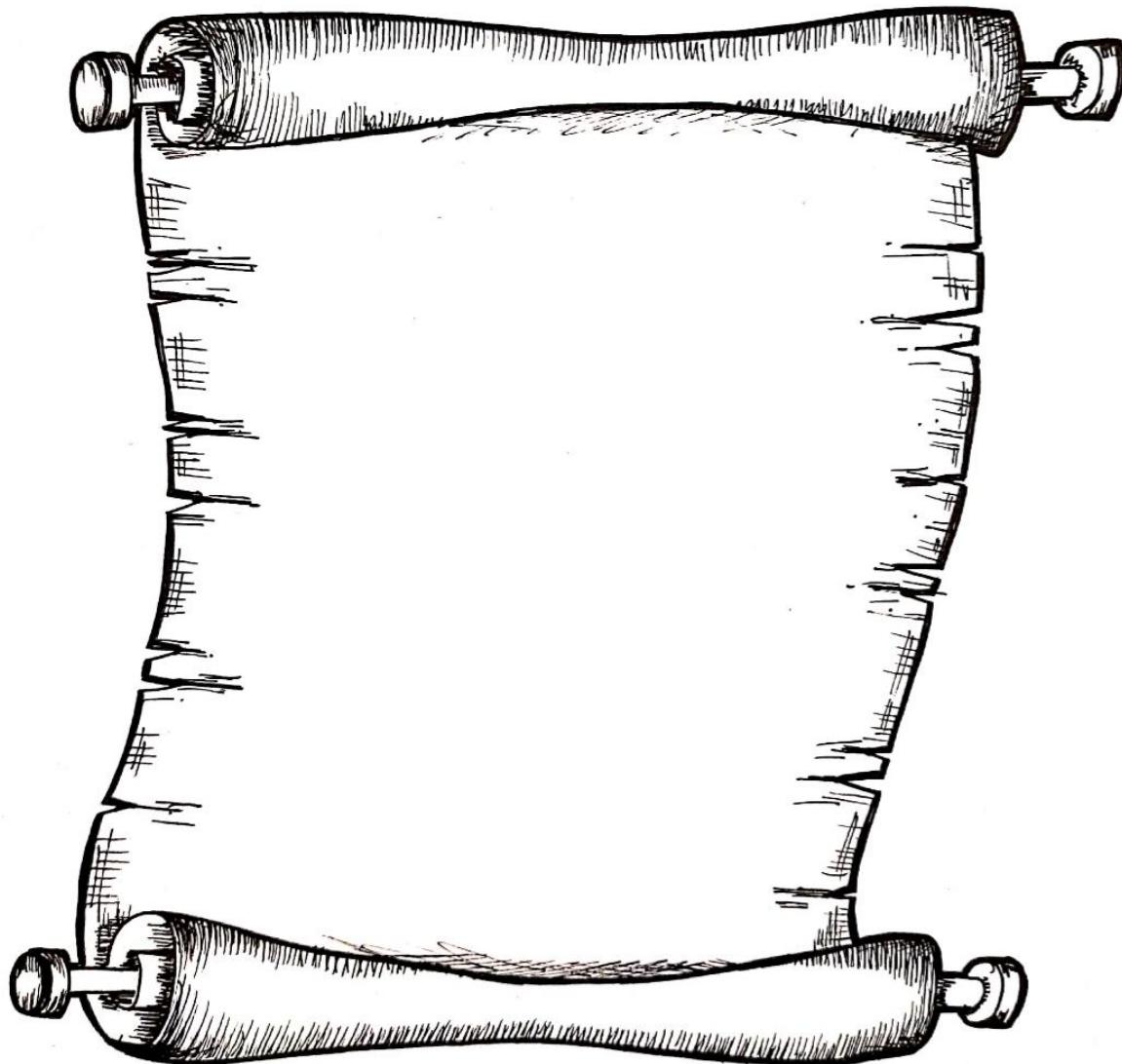


## ***Additional Activities***

### **Activity 1: My Healthy Snack**

This activity will strengthen your understanding of nutritional needs of adolescents and improve your critical thinking and decision-making skills to choose the best foods to prevent nutritional problems.

**Directions:** Design your own healthful snack. Give your snack a name. Include nutrition information on your label. You can cut pictures from magazines, brochures, pamphlets, and other materials or you can draw your own snack.





## Answer Key

What I Know	What's In	What I Learned	Assessment
1. C 2. D 3. C 4. A 5. B 6. B 7. B 8. C 9. C 10. D	1. Binge Eating Disorder 2. Anorexia Nervosa 3. Bulimia 4. A 5. B 6. B 7. B 8. C 9. C 10. D	1. Health 2. Right foods 3. Nutrients 4. Variety 5. Decision 6. UH 7. H 8. UH 9. H 10. UH	1. health 2. right foods 3. nutrients 4. variety 5. decision 6. UH 7. H 8. UH 9. H 10. UH
11. True 12. True 13. True 14. False 15. False	11. True 12. True 13. True 14. False 15. False	11. True 12. True 13. True 14. False 15. False	11. True 12. True 13. True 14. False 15. False
16. C 17. C 18. C 19. C 20. D	16. C 17. C 18. C 19. C 20. D	16. C 17. C 18. C 19. C 20. D	16. C 17. C 18. C 19. C 20. D

## **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 Teaching Guide Grade 7*. Pasig City: Department of Education, 2017

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