

K to 12 BASIC EDUCATION CURRICULUM

Grading Period	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10
First Quarter	Nutrition	Personal Health/ Nutrition	Nutrition	Nutrition	Personal Health	Personal Health	Growth and Development	Family Health I	Community and Environmental Health	Consumer Health
Second Quarter	Personal Health	Personal Health Prevention and Control of Diseases & Disorders	Personal Health Prevention and Control of Diseases & Disorders	Prevention and Control of Diseases & Disorders	Personal Health/ Growth & Development	Prevention and Control of Diseases & Disorders	Nutrition	Family Health II	Injury Prevention, Safety and First Aid (Unintentional Injuries)	Health Trends, Issues and Concerns (National Level)
Third Quarter	Personal Health	Family Health	Consumer Health	Substance Use and Abuse	Substance Use and Abuse	Consumer Health/ Environmental Health	Personal Health	Prevention and Control of Diseases and Disorders (Communicable)	Substance Use and Abuse (Drug scenario)	Health Trends, Issues and Concerns (Global Level)
Fourth Quarter	Injury Prevention, Safety and First Aid	Injury Prevention, Safety and First Aid	Injury Prevention, Safety & First Aid /Community & Environmental Health	Injury Prevention, Safety & First Aid	Injury Prevention, Safety & First Aid/Community and Environmental Health	Injury Prevention, Safety & First Aid/ Consumer Health	Injury Prevention, Safety and First Aid (Intentional Injuries)	Prevention and Control of Diseases and Disorders (Non-Communicable)	Substance Use and Abuse (Gateway drugs)	Planning for a Health Career

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GRADE 1

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
Grade 1 - NUTRITION – 1ST QUARTER (H1N)					
A. Healthful and less healthful foods 1. Water and milk vs. soft drinks 2. Fruits and vegetables vs. sweets, salty and processed food	The learner... understands the importance of good eating habits and behavior	The learner... practices healthful eating habits daily	The learner... 1. distinguishes healthful from less healthful foods	H1N-Ia-b-1	1. BLLM PDF 24. Wastong Nutrisyon. Aralin 5. 2. Growing with Science and Health 1. Teacher’s Manual. Domanais, Lucia, et.al 1997. pp. 17-19.* 3. Moving Onward with Science and Health 1. Teacher’s Manual. Dungan-Ramirez, Cristeta. 1997. p. 19.* 4. Science and Health 1. Teacher’s Manual. Coronel, Carmelita. 1997. pp. 24-25.* 5. Science and Health Today 1. Apolinario, Nenita. 1997. pp. 37.* 6. Science for Everyone 1. de Lara, Ruth. 1997. pp. 20-21, No.4, 38.* 7. Science and Health Today 2. Teacher’s Manual. Apolinario, Nenita A. 1997. No.5 pp. 35-36.* 8. Science and Health For Life 2. Caralde, Lourdes R. et. al. 1997. p. 31.*
B. Consequences of eating less healthful food			2. tells the consequences of eating less healthful foods	H1N-Ic-d-2	Science and Health Today 2. Apolinario, Nenita A. 1997. pp. 39-40.*
C. Good eating habits 1. Eat regular meals. 2. Eat a healthful breakfast daily. 3. Chew food thoroughly.			3. practices good decision-making skill in food choices	H1N-Ie-f-3	1. Growing with Science and Health 1. Teacher’s Manual. Domanais, Lucia C. et. al. 1997. p. 19.* 2. Science and Health 1. Santiago, Ma. Lourdes B. 1997. pp. 20-21.* 3. Science and Health Today 1. Teacher’s Manual. Apolinario, Nenita A. 1997. pp. 25-28.* 4. Science and Health Today 1. Apolinario, Nenita A. 1997. p. 37.* 5. Growing with Science and Health 2.

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
<p>C. Good eating habits</p> <ol style="list-style-type: none"> 1. Eat regular meals. 2. Eat a healthful breakfast daily. 3. Chew food thoroughly. 	<p>The learner... understands the importance of good eating habits and behavior</p>	<p>The learner... practices healthful eating habits daily</p>	<p>4. practices good eating habits that can help one become healthy</p>	<p align="center">H1N-Ig-j-4</p>	<p>Domanais, Lucia C. 1997. pp. 33-34.* 6. Science and Health Today 2. Apolinario, Nenita A. 1997. pp. 40, 59.* 7. Science for Daily Use 2. Teacher’s Manual. Menguito, Perla B. et. al. 1997. pp. 29-30.*</p> <p>1. Science and Health 1. Banez, Resurrection S. et. al. 1997. p. 46.* 2. Science and Health 1. Teacher’s Manual. Banez, Resurrection S. et. al. 1998. pp. 13-14.* 3. Science and Health Today 1. Teacher’s Manual. Apolinario, Nenita A. 1997. pp. 27-28.* 4. Science and Health Today 1. Apolinario, Nenita A. 1997. pp. 38-39.* 5. Science for Everyone 1. Teacher’s Manual. de Lara, Ruth G. 1997. Application p. 39.* 6. Science for Everyone 1. de Lara, Ruth G. 1997. p. 42.* 7. INTO THE FUTURE: SCIENCE AND HEALTH 2. Estrella, Sonia V. et. al. 1997. p. 17.* 8. Science Around Us 2. Garcia, Ligaya B. et. al. 1997. pp. 27-28.* 9. Science and Health 2. Apostol, Joy A. et. al. 1997. p. 36.* 10. Science and Health For Life 2. Carale, Lourdes R. et. al. 1997. pp. 36-37, 39.* 11. Science and Health Today 2. Apolinario, Nenita A. 1997. pp. 38-39, 42-43.* 12. Growing with Science and Health 3. Teacher’s Manual. Balagtas, Marilyn U. et. al. 1999. pp. 57-59.* 13. Science and Health 3. Teacher’s Manual. Jacinto, Emilio. et. al. 1997. pp. 36-38.* 14.</p>

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
Grade 1 – PERSONAL HEALTH – 2ND QUARTER (H1PH)					
A. Health habits and hygiene 1. Proper behavior during mealtime. 2. Proper hand washing 2.1 before and after eating 2.2 after using the toilet 2.3 when the hands get dirty 3. Washing the feet when dirty, before going to bed, and after wading in flood waters 4. Taking a bath every day 5. Wiping hands and face with a clean handkerchief 6. Covering cough and sneeze with clean handkerchief or tissue paper when coughing or sneezing 7. Coughing or sneezing into the crook of the elbow rather than the hand 8. Wearing clean	The learner... demonstrates understanding of the proper ways of taking care of one's health	The learner... practices good health habits and hygiene daily	1. identifies proper behavior during mealtime	H1PH-IIa-b-1	1. Science and Health 1. Banez, Resurrection. et. al. 1998. Teacher's Manual. p. 26.* 2. Science and Health Today 1. Apolinario, Nenita. 1997. pp. 38-39.* 3. Science and Health Today 1. Teacher's Manual. Apolinario, Nenita. 1997. pp. 27-28.*
			2. demonstrates proper hand washing	H1PH-IIc-d-2	1. Science and Health Today 1. Teacher's Manual. Apolinario, Nenita. 1997. p. 20.* 2. Science and Health Today 1. Apolinario, Nenita. 1997. pp. 23-24.* 3. Science and Health Today 2. Apolinario, Nenita. 1997. p. 32.*
			3. realizes the importance of washing hands	H1PH-IIe-3	1. Science and Health Today 1. Teacher's Manual. Apolinario, Nenita. 1997. pp. 20-21.* 2. Science and Health Today 1. Apolinario, Nenita. 1997. pp. 23-25.* 3. Science for Daily Use 1. Menguigo, Perla. et. al. 1997. p. 49.*
			4. practices habits of keeping the body clean & healthy	H1PH-IIf-i-4	1. Growing with Science and Health 1. Teacher's Manual. Domanais, Lucia. et. al. 1997. pp. 27-29, 33-35.* 2. INTO THE FUTURE: Science and Health 1. Estrella, Sonia. et. al. 1997. pp. 18-30.* 3. Moving Onward with Science and Health 1. Dungan-Ramirez, Cristeta. 1997. pp. 22-28.* 4. Moving Onward with Science and Health 1. Teacher's Manual. Dungan-Ramirez, Cristeta. et. al. 1997. pp. 8-14, 25.*

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
<p>clothes appropriate to the activity</p> <p>9. Having enough rest and sleep</p> <p>10. Maintaining good posture</p> <p>11. Engaging in physical activity</p>	<p>The learner...</p> <p>demonstrates understanding of the proper ways of taking care of one's health</p>	<p>The learner...</p> <p>practices good health habits and hygiene daily</p>			<ol style="list-style-type: none"> 5. OUR WORLD of SCIENCE and HEALTH 1. Santiago, Erlinda. 1997. pp. 20-22, 25-26, 35-36.* 6. Science and Health 1. Teacher's Manual. Banez, Resurrection. et. al. 1998. pp. 25-29.* 7. Science and Health 1. Banez, Resurrection. et. al. 1998. pp. 16-20.* 8. Science and Health Today 1. Apolinario, Nenita. 1997. pp. 23-31, 53-56.* 9. Science and Health Today 1. Teacher's Manual. Apolinario, Nenita. 1997. pp. 21, 23, 37-38.* 10. Science for Daily Use 1. Menguito, Perla. et. al. 1997. pp. 49-50.* 11. Science for Everyone 1. de Lara, Ruth. 1997. pp. 14-16 ,22-26, 31, 41, 44-45.* 12. Science for Everyone 1. Teacher's Manual. de Lara, Ruth. 1997. No.1 p. 22, No.3 p. 23, Evaluation p. 39.* 13. Science and Health 2. Apostol, Joy. 1997. p. 39.* 14. Exploring Science 3. Alsim-Madriaga, Lucita. 2000. pp. 30-32.* 15. Growing with Science and Health 3. Teacher's Manual. Balagtas, Marilyn. et. al. 1999. p. 57.*
			<p>5. realizes the importance of practicing good health habits</p>	<p>H1PH-IIj-5</p>	<ol style="list-style-type: none"> 1. Infed modules pdf (Street Children) PDF. Pag aayos ng katawan. 2. Infed modules pdf (Street Children) PDF. Bata Bata Maglaro Tayo. 3. Infed modules pdf (various sectors and other groups). Ang galing ng dating. 4. Growing with Science and Health 1. Teacher's Manual. Domanais, Lucia. et. al. 1997. pp. 27-29, 33-35.*

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
<p>A. Health habits and hygiene</p> <ol style="list-style-type: none"> 1. Proper behaviour during mealtime. 2. Proper hand washing <ol style="list-style-type: none"> 2.1 before and after eating 2.2 after using the toilet 2.3 when the hands get dirty 3. Washing the feet when dirty, before going to bed, and after wading in flood waters 4. Taking a bath every day 5. Wiping hands and face with a clean handkerchief 6. Covering cough and sneeze with clean handkerchief or tissue paper when coughing or sneezing 7. Coughing or sneezing into the crook of the elbow rather than the hand 8. Wearing clean clothes appropriate to the activity 9. Having enough rest and sleep 10. Maintaining good posture 	<p>The learner... demonstrates understanding of the proper ways of taking care of one's health</p>	<p>The learner... practices good health habits and hygiene daily</p>			<ol style="list-style-type: none"> 5. Moving Onward with Science and Health 1. Dungan-Ramirez, Cristeta. 1997. pp. 24-28.* 6. OUR WORLD of SCIENCE and HEALTH 1. Santiago, Erlinda. 1997. pp. 23, 37.* 7. Science and Health 1. Teacher's Manual. Banez, Resurrection. et. al. 1998. pp. 16-17, 25-29.* 8. Science and Health Today 1. Apolinario, Nenita. 1997. p. 29.* 9. Science for Everyone 1. Teacher's Manual. de Lara, Ruth. 1997. pp.14-16, No.4&5 pp.24,37-38.* 10. Science for Everyone 1. de Lara, Ruth. 1997. pp.14-16,22-23,25,29,41-42,45* 11. Science and Health 2. Apostol, Joy. 1997. pp.38-39* 12. Science and Health Today 2. Apolinario, Nenita. 1997. Application pp.33-34, No.6 pp.36, 41-42* 13. Exploring Science 3. Madriaga, Lucita, 2000 pp. 30-32,35* 14. Growing with Science and Health 3. Teacher's Manual. Balagtas, Marilyn, et. al. SEMP/TEEP. 1999. pp.52-54* 15. Science and Health for Better Life 3. Teacher's Manual.PRODED. IMDC/DepED. Abracia,Norma M. et.al. 1985,1989. pp.8-13 16. Science for Everyone 3. Teacher's Manual. de Lara, Ruth . 1997. pp.36-38*

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS	
11. Engaging in physical activity						
Grade 1 – FAMILY HEALTH – 3RD QUARTER (H1FH)						
A. Characteristics of a healthful home environment 1. Clean water 2. Clean indoor air	The learner... understands the importance of keeping the home environment healthful.	The learner... consistently demonstrates healthful practices for a healthful home environment.	The learner... 1. describes the characteristics of a healthful home environment	H1FH-IIIa-1	1. Growing with Science and Health 1. Teacher’s Manual. Domanais, Lucia, et.al. 1997. pp.164-165* 2. Science and Health Today 1. Apolinario, Nenita. 1997. pp.40-42* 3. Exploring Science 3. Alsim-Madriaga, Lucita. 2000. pp.37* 4. Science around us 3. Garcia, Ligaya, et.al. 1997. pp.39* 5. Science and Health for Better Life 3. Teacher’s Manual. PRODED. IMDC/DepED. Abracia, Norma M. et.al. 1985, 1989. pp.13-15	
			2. discusses the effect of clean water on one’s health			H1FH-IIIb-2
			3. discusses how to keep water at home clean			
A. Characteristics of a	The learner...	The learner...			1. Exploring Science 3. Alsim-Madriaga, Lucit. 2000. pp.184* 2. Science and Health For Better Life 5. PRODED. IMDC/DepED. Abracia, Norma M. et.al. 1987. pp. 125-126	

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
					et.al . 1997. pp.176-177*
B. Ways to keep the healthful home environment	understands the importance of keeping the home environment healthful.	consistently demonstrates healthful practices for a healthful home environment.	8. explains the effect of a home environment to the health of the people living in it	H1FH-IIIhi-8	<ol style="list-style-type: none"> 1. PILOT School MTB_MLE Health TG Q1-Q4 Grade 3 . Q1 W9&10 pp.22-25 2. Science for Everyone 1. Teacher’s Manual. de Lara, Ruth. 1997. pp.130-132* 3. INTO THE FUTURE: SCIENCE AND HEALTH 2. Estrella, Sonia, et al. 1997 pp.152-153* 4. Science Around Us 2. Garcia, Ligaya, et. al. 1997. pp.164-165* 5. Growing with Science and Health 3. Teacher’s Manual. Balagtas, Marilyn, et. al. SEMP/TEEP. 1999. pp. 60-61.*
			9. describes ways on how family members can share household chores in keeping a healthful home environment	H1FH-IIIhi-9	<ol style="list-style-type: none"> 1. Pilot School MTB_MLE Health TG Q1-Q4 Grade 3 Q1 W9&10 pp. 22-25. 2. BLLM PDF 24, Ang Aming mga Gawain, Aralin 1, Manwal. 3. Moving Onward with Science and Health 1. Dungan-Ramirez, Cristeta. 1997. pp. 190-194.* 4. Moving Onward with Science and Health 1. Teacher’s Manual. Dungan-Ramirez, Cristeta. 1997. pp. 85-87.* 5. Science for Everyone 1. de Lara, Ruth. 1997. pp. 164-166.*
			10. demonstrates how to keep the home environment healthful	H1FH-IIIj-10	<ol style="list-style-type: none"> 1. Pilot School MTB_MLE Health TG Q1-Q4 Grade 3 Q1 W9&10 pp. 22-25. 2. Science and Health 1. Banez, Resurrection. et. al. 1998. pp. 178-180.* 3. Science Around Us 2. Garcia, Ligaya. et. al. 1997. pp. 166-167.* 4. Exploring Science 3. Alsim-Madriaga, Lucita. 2000. pp. 38-41.*

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
Grade 1 – INJURY PREVENTION, SAFETY AND FIRST AID – 4th QUARTER (H1IS)					
A. Knowing personal information and ways to ask for help	The learner... demonstrates understanding of safe and responsible behavior to lessen risk and prevent injuries in day-to-day living	The learner... appropriately demonstrates safety behaviors in daily activities to prevent injuries	The learner... 1. identifies situations when it is appropriate to ask for assistance from strangers	H1IS-IVa-1	
			2. gives personal information, such as name and address to appropriate persons	H1IS-IVb-2	
			3. identifies appropriate persons to ask for assistance	H1IS-IVc-3	
			4. demonstrates ways to ask for help	H1IS-IVc-4	
			5. follows rules at home and in school.	H1IS-IVd-5	
B. Preventing childhood Injuries 1. Safety rules at home 2. Safety rules in school, including fire and other disaster drills 3. Safety with animals	The learner... demonstrates understanding of safe and responsible behavior to lessen risk and prevent injuries in day-to-day living	The learner... appropriately demonstrates safety behaviors in daily activities to prevent injuries	6. follows rules during fire and other disaster drills	H1IS-IVe-6	
			7. observes safety rules with stray or strange animals	H1IS-IVf-7	
			8. describes what may happen if safety rules are not followed	H1IS-IVg-8	Science Around Us 3. Garcia, Ligaya. et. al. 1997. pp. 71-73.*
C. Ways by which people are intentionally helpful or harmful 1. Good touch and			9. describes ways people can be intentionally helpful or harmful to one another	H1IS-IVh-9	

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
bad touch 2. Protection against violent or unwanted behaviors of others			10. distinguishes between good and bad touch	H1IS-IVi-10	
			11. practices ways to protect oneself against violent or unwanted behaviors of others	H1IS-IVj-11	

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Community and Environmental Health	Situates the learner as an integral part of his/her community and the environment, with responsibility to help protect the environment, supported by individual and community actions and legislation to promote a standard of health, hygiene and safety in food and water supply, waste management, pollution control, noxious animal control, and the delivery of primary health care
Consumer health	Application of consumer skills in the wise evaluation, selection and use of health information, products, and services
Culture-responsive	Uses the cultural knowledge, prior experiences, and performance styles of diverse students to make learning more appropriate and effective for them (Gay, 2000)
Epidemiological	Studies the incidence and prevalence of disease in large populations, including detection of the source and cause of epidemics
Family Health	The human life cycle related to the personal interactions within the family that nurtures the individual and that provides a home environment that enhances his/her growth as a person and the development of ideals, values and standards of behavior regarding sexuality and responsible parenthood
Growth and Development	Developmental milestones in childhood and adolescence with emphasis on attention to personal health and the development of self-management skills to cope with life's changes.
Health and Life skills-based	Applies life skills to specific health choices and behaviors
Holistic	Analyzes the interrelationship among the factors that influence the health status, the areas of health, and the dimensions of health (physical, mental, social, emotional, moral/spiritual)

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Injury Prevention, Safety and First Aid	Causes, cost, and prevention of accidents and injuries at home, in the school and in the community and in the performance of different activities, through promotion of safe environments, safety programs, procedures and services, including first aid education
Learner-centered	Focuses on the student's needs, abilities, interests, and learning styles with the teacher as a facilitator of learning
Nutrition	Recognition of the nutrients children and adolescents need, analysis of the quality and quantity of their food intake, and development of proper eating habits to meet physiological, psychological and social needs, including diseases and disorders that arise from improper eating habits
Personal Health	Development and daily practice of health behaviors that promote physical, mental, social, emotional, and moral/spiritual health and prevention and management of personal health problems
Prevention and Control of Diseases and Disorders	Prevention and control of communicable and non-communicable diseases and disorders through the development of health habits and practices and health programs supported by legislation and provision of health services in the school and the community
Preventive	Helps people take positive action on their health and lifestyle to prevent disease and achieve optimum health
Rights-based	Furtheres the realization of human rights as laid down in the Universal Declaration of Human Rights and other international human rights instruments
Standards and outcomes-based	Requires students to demonstrate that they have learned the academic standards set on required skills and content

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Substance Use and Abuse	The prevention and control of the use and abuse of substances: their identification; causes; effects on the person, the family, society and the nation
Values-based	Promotes an educational philosophy based on valuing self, others and the environment, through the consideration of ethical values as the bases of good educational practice

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Code Book Legend

Sample: H9S-IVg-h-34

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Health	H9
	Grade Level	Grade 9	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Prevention of Substance Use and Abuse	S
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	Fourth Quarter	IV
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week seven to eight	g-h
			-
Arabic Number	Competency	Suggests healthy alternatives to cigarettes and alcohol to promote healthy lifestyle (self, family, community)	34

DOMAIN/ COMPONENT	CODE
Growth and Development	GD
Nutrition	N
Personal Health	PH
Injury Prevention, Safety and First Aid	IS
Family Health	FH
Prevention and Control of Diseases and Disorders	DD
Community and Environmental Health	CE
Prevention of Substance Use and Abuse	S
Consumer Health	CH
Health Trends, Issues and Concerns	HC
Planning for Health and Career	PC

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