

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

K to 12 BASIC EDUCATION CURRICULUM

GRADE 10

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
GRADE 10 – CONSUMER HEALTH – 1st Quarter (H10CH)					
A. Guidelines and Criteria in the Selection and Evaluation of: 1. Health information 2. Health products 3. Health services	The learner... understands the guidelines and criteria in the selection and evaluation of health information, products, and services.	The learner... demonstrates critical thinking and decision-making skills in the selection, evaluation and utilization of health information, products and services.	1. differentiates reliable from unreliable health information, products and services;	H10CH-Ia-b-19	
			2. explains the guidelines and criteria in the selection and evaluation of health information, products and services;	H10CH-Ia-b-20	
B. Health Service Providers 1. health professionals 2. health facilities; 3. health care plans and financing systems (PhilHealth, Health Maintenance Organization, private health insurance)			3. discusses the various forms of health service providers and healthcare plans;	H10CH-Ia-b-21	
			4. selects health professionals, specialists and health care services wisely;	H10CH-Ic-22	
			5. explains the nature and dangers of quackery;	H10CH-Ic-23	Edukasyong Pangkataan, Kalusugan, at Musika III. Adriano,Celia,et.al. 1999. pp.195-196.*
C. Quackery: Types (medical, nutrition, device) and Harmful Physical and Psychological Effects			6. reports fraudulent health services	H10CH-Ic-24	Edukasyong Pangkataan, Kalusugan, at Musika III. Adriano,Celia,et.al. 1999. pp.202-204.*
			D. Complementary and Alternative Healthcare Modalities Herbal medicine (medicinal plants approved by the	7. explains the different kinds of complementary and alternative health care modalities.	H10CH-Id-25

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
Department of Health) 1. Acupuncture 2. <i>Ventosa</i> massage cupping therapy 3. Reflexology 4. Naturopathy					
E. Consumer welfare and protection 1. Consumer law 2. Consumer protection agencies and organizations			8. explains the importance of consumer laws to protect public health	H10CH-Id-26	Edukasyong Pangkatawan, Kalusugan, at Musika III. Adriano,Celia,et.al. 1999. pp.203-206.*
			9. identifies national and international government agencies and private organizations that implement programs for consumer protection	H10CH-Ie-f-27	
			10. participates in programs for consumer welfare and protection	H10CH-Ig-h-28	
GRADE 10 – HEALTH TRENDS, ISSUES AND CONCERNS (National Level) – 2nd Quarter (H10HC)					
A. Existing National Laws Related to Health Trends, Issues, and Concerns 1. Responsible Parenthood and Reproductive Health Act(RA10354) , 2. Tobacco Regulation Act of 2003 (RA 9211) 3. Comprehensive Dangerous Drugs Act of 2002 (RA 9165) 4. Consumer Act (RA 7394) 5. National Environmental Awareness and Education Act of 2008	The learner demonstrates understanding of current health trends, issues and concerns in the local, regional, and national, levels	The learner consistently demonstrates critical thinking skills in exploring local, regional and national health trends, issues, and concerns	11. discusses the existing health related laws;	H10HC-IIa-1	1. Mahusay na Pamimili. A&E. NFE Accreditation and Equivalency Learning Material. DepED 2001. pp.35-43 2. Enjoy Life with P.E and Health II. Darilag, Agripino, et.al. 2012. pp.251-254.* 3. Buying Wisely. A&E. NFE Accreditation and Equivalency Learning Material. DepEd. 2001. pp. 35-43
			12. explains the significance of the existing health related laws in safeguarding people’s health;	H10HC-IIb-2	Enjoy Life with P.E and Health II. Darilag, Agripino,et.al 2012. pp.251-254.*
			13. follows existing health related laws	H10HC-IIc-d-3	
			14. critically analyzes the impact of current health trends, issues, and concerns	H10HC-IIc-d-4	

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
(RA 9512)Traditional and Alternative Medicine Act of 1997 (RA 8423) 6. Philippine AIDS Prevention and Control Act of 1998 (RA 8504) 7. National Blood Services Act of 1994 (RA 7719) 8. Seat Belts Use Act of 1999 (RA 8750) 9. Cybercrime Prevention Act of 2012 (RA 10175) 10. Anti-Pornography Act (RA 9775)			15. recommends ways of managing health issues, trends and concerns	H10HC-IIe-g-5	
GRADE 10 - HEALTH TRENDS, ISSUES AND CONCERNS (GlobalLevel) – 3rd Quarter (H10HC)					
A. Existing Global Health Initiatives 1. Millennium Development Goals (MDGs) 2. WHO Framework Convention on Tobacco Control 3. Global Mental Health Action Plan 4. Global Strategy to Reduce the Harmful Use of Alcohol 5. Global Alliance for Vaccines and Immunizations	The learner... demonstrates awareness of global health initiatives	The learner... demonstrates competence in applying knowledge of global health to local or national context global initiatives	16. discusses the significance of global health initiatives; 17. describes how global health initiatives positively impact people’s health in various countries; 18. analyzes the issues in the implementation of global health initiatives; 19. recommends ways of adopting global health initiatives to local or national context	H10HC-IIIa-1 H10HC-IIIb-c-2 H10HC-IIIb-c-3 H10HC-IIIId-e-4	

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
GRADE 10 – Planning for a Health Career – 4th Quarter (H10PC)					
A. Planning for a Health Career 1. Importance 2. Components Steps 3. Health Career Pathways Disease prevention and control (Public health) 4. Personal health care 5. Maternal and Child care 6. Mental health Occupational health and safety 7. Community health; 8. Environmental health Drug Prevention and Control 9. Nutrition and dietetics 10. Health education 11. Health promotion Dental health 12. Nursing 13. Medical and Allied Health Emergency Medical Services (EMS) 14. Health Career Orientation Program	The learner... demonstrates understanding of the concepts in planning a health career	The learner... prepares an appropriate plan of action in pursuing a health career	20. discusses the components and steps in making a personal health career plan;	H10PC-Iva-b-1	
			21. prepares a personal health career following the prescribed components and steps;	H10PC-Iva-b-2	
			22. explores the various health career paths selects a particular health career pathway based on personal competence and interest; participates in a health career orientation program	H10PC-IVc-d-3	
			23. decides on an appropriate health career path	H10PC-IVc-d-4	

K to 12 BASIC EDUCATION CURRICULUM

GLOSSARY

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)

K to 12 BASIC EDUCATION CURRICULUM

GLOSSARY

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

**K to 12 BASIC EDUCATION CURRICULUM
GLOSSARY**

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

K to 12 BASIC EDUCATION CURRICULUM

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

K to 12 BASIC EDUCATION CURRICULUM

REFERENCES

- Allen, Katy Z., Et al., *Decisions for Health*. (Texas: Holt, Rinehart and Winston, 2004)
- Allen, Katy Z., Et al., *K-8 Physical Education and Health Curriculum Framework*, (Arkansas, 2011)
- Barcelo, Teresita and Ocampo-Balabagno, Benito. *Teaching health and wellness, A sourcebook for elementary teachers*. (Manila: Department of Health, No Publication Date)
- Bureau of Secondary Education, Department of Education. *Basic Education Curriculum*. Pasig City, 2002.
- Bureau of Secondary Education, Department of Education Culture and Sports. *Desired Learning Competencies New Secondary Education Curriculum*. Pasig City, 1991.
- Bureau of Secondary Education, Department of Education Culture and Sports. *Desired Learning Competencies New Secondary Education Curriculum*. Pasig City, 1998.
- Bureau of Secondary Education, Department of Education. *Secondary Education Curriculum*. Pasig City, 2010.
- Department of Health. The Family Health Guide, 1987 "Department of Health Commission on Population and Population Center Foundation Inc." <http://www.popcom.gov.ph/>
- Department of Public Instruction. *Healthful Living-Standard Course of Study and Grade Level Competencies K-12*, (USA: North Carolina, 2006)
<http://www.ncpublicschools.org/curriculum/healthfulliving/scos/>
- Donatelle, Rebecca J., *Health-The Basics*, (USA: Pearson Custom Publishing, 2007)
- Fit for School Inc. *Manual for Teachers for the Implementation of Essential Health Care Package in Schools*. . (Cagayan de Oro City: Fit for School Inc, 2009)
- Galvez Tan, Et al., *The health curriculum in Philippine basic education. A resource book on health for teachers. (V.2)*. (Manila: UNACOM, UP, 2005)
- Galvez Tan, Et al., *The health curriculum in Philippine basic education. A review of the health content in public school textbooks (V.1)*. (Manila: UNACOM, UP, 2005)
- Meeks Linda, Heit Philip & Page Randy. *Comprehensive School Health Education*. (Blacklick, OH: Meeks Heit Pub. 2008)
- Philippine Association of Diabetes Educators, Inc., *Raising a healthier generation*. (Marikina: PADE 2005)
- Times Media Private Limited, *My Pals Are Here! Health Education Teacher-Assist Pack*, Singapore: Times Media Private Limited, 2004)
- Walker, Richard, *Guide to the human body*, (London: Bounty Books, 2006)