

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 6

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
Grade 6 – PERSONAL HEALTH – 1ST QUARTER (H6PH)					
<p>A. Personal Health -Issues and Concerns</p> <ol style="list-style-type: none"> height and weight(stunted growth, underweight, overweight, obesity) hearing (impacted cerumen, swimmer’s ear, otitis media) vision (astigmatism, myopia, hyperopia,xerophthalmia, strabismus) skin, hair andand nail (sunburn, dandruff ,corns, blisters and calluses, ingrown toenails) posture and spine disorders (scoliosis, lordosis, kyphosis) oral/dental problems (cavities, gingivitis, periodontitis, malocclusion, halitosis) 	<p>The learner...</p> <p>Demonstrates understanding of personal health issues and concerns and the importance of health appraisal procedures and community resources in preventing or managing them</p>	<p>The learner...</p> <p>practices self-management skills to prevent and control personal health issues and concerns</p>	<p>The learner...</p> <ol style="list-style-type: none"> describes personal health issues and concerns 	H6PH-Iab-18	<ol style="list-style-type: none"> OHSP Health 1 Q1 Module 1, Reading 2 OHSP Health 1 Q2 Module 1 pp.10-13 Edukasyong Pangkatawan, kalusugan, at Musika I. DepED. Abejo, Mary Placid Sr. et.al. 1991.pp.46-52, 69-76
<p>B. Prevention and Management of Personal Health Issues and Concerns</p> <ol style="list-style-type: none"> Developing Self-management Skills (proper nutrition, proper hygiene, regular physical activity, enough rest and sleep, good posture, oral care) 			<ol style="list-style-type: none"> demonstrates self-management skills 	H6PH-Iab-19	<ol style="list-style-type: none"> Science and Health for the Better Life 5. IMDC-DepED.PRODED. Abracia, Norma,et.al.1995. pp.49 Edukasyong Pangkatawan,Kalusugan,at Musika I. DepED. Abejo, Mary Placid Sr. et. al. 1991. pp.62-64;72-80

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
2. Undergoing Health Appraisal Procedures (height and weight measurement, breast self-examination for girls, hearing test, vision screening, scoliosis test and health and dental examinations) 3. Utilizing School and Community Health Resources 3.1. Medical Professionals / Practitioners (doctor, dentist, nurse) 3.2. Health Facilities 3.3. School Clinic 3.4. Barangay Health Station/Rural Health Unit	The learner... Demonstrates understanding of personal health issues and concerns and the importance of health appraisal procedures and community resources in preventing or managing them	The learner... practices self-management skills to prevent and control personal health issues and concerns	3. discusses health appraisal procedures during puberty	H6PH-Ic-20	1. OHSP Health 1Q1 Module 1 Reading 2 pp. 12-13 2. Edukasyong Pangkatawan,Kalusugan,at Musika I. DepED. Abejo, Mary Placid Sr. et. al. 1991. pp.49-50;54-59;69-71.
			4. explains the importance of undergoing health appraisal procedures	H6PH-Id-f-21	1. OHSP Health 1Q1 Module 1 Reading 2 pp. 8-9 Screening test 2. Edukasyong Pangkatawan,Kalusugan,at Musika I. DepED. Abejo, Mary Placid Sr. et. al. 1991. pp.49-50;54-59;69-71.
			5. regularly undergoes health appraisal procedures	H6PH-Id-f-22	1. OHSP Health 1Q1 Module 1 Reading 2 2. Edukasyong Pangkatawan,Kalusugan,at Musika I. DepED Abejo, Mary Placid Sr. et. al. 1991. pp.49-50;54-59;69-71.
			6. identifies community health resources and facilities that may be utilized to address a variety of personal health issues and concerns	H6PH-Igh-23	1. OHSP Health 1Q1 Module 1 Reading 2 pp. 12 2. Project Ease Module 1 Lesson 3 pp. 10
			7. avails of health services in the school and in the community	H6PH-Igh-24	1. OHSP Health 1Q1 Module 1 Reading 2 pp. 12 2. OSHP Health 1Q4 pp.14 3. Edukasyong Pangkatawan,Kalusugan,at Musika I. DepED. Abejo, Mary Placid Sr. et. al. 1991. pp.53

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
			8. promotes the use of health resources and facilities in the school and in the community	H6PH-Igh-25	OHSP Health 1Q1 Module 1 Reading 2 MY HEALTH PLAN OF ACTION pp. 14-15
Grade 6 – COMMUNITY HEALTH – 2ND QUARTER (H6CMH)					
<p>A. Healthy School and Community Environments</p> <ol style="list-style-type: none"> 1. Characteristics <ol style="list-style-type: none"> 1.1. physical environment (safe, clean, with good air and water quality, aesthetically pleasing, with flexible spaces) 1.2. psychosocial environment (warm atmosphere, healthy interpersonal relations, free from abuse and discrimination) 2. Ways of Building and Maintaining Healthy School and Community Environments 	<p>The learner... understands the importance of keeping the school and community environments healthy.</p>	<p>The learner... demonstrates practices for building and maintaining healthy school and community environments</p>	<p>The learner...</p> <p>1.describes healthy school and community environments</p>	H6CMH-IIa-1	
			<p>2. explains the effect of living in a healthful school and community</p>	H6CMH-IIb-2	
			<p>3. demonstrates ways to build and keep school and community environments healthy</p>	H6CMH-IIc-d-3	<ol style="list-style-type: none"> 1. EASE Health ED II Module 1 Lesson 2 pp.5 2. Enjoy Life with P.E and Health II. Darilag Agripino, et.al. 2012. pp.176.*

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
<p>B. Keeping Homes, Schools and Communities Healthy through Proper Waste Management</p> <p>1. Identification and Separation of Waste</p> <p>1.1 Biodegradable</p> <p>1.1.1 paper</p> <p>1.1.2 kitchen waste</p> <p>1.1.3 yard cuttings-</p> <p>1.2 Non-biodegradable</p> <p>1.2.1 plastics</p> <p>1.2.2 styrofoam</p> <p>1.2.3 glass</p> <p>1.2.4 cans</p> <p>1.3 Hazardous waste</p> <p>1.3.1 chemicals</p> <p>1.3.2 used batteries</p> <p>1.3.3 expired medicines</p> <p>2. Proper Waste Management</p> <p>2.1 Waste Reduction (reuse)</p> <p>2.2 Waste Storage (separation of biodegradable from non-biodegradable, tight-fitting storage containers)</p> <p>2.3 Waste Disposal (composting, recycling, proper disposal of hazardous waste)</p>	<p>The learner... understands the importance of keeping the school and community environments healthy.</p>	<p>The learner... demonstrates practices for building and maintaining healthy school and community environments</p>	4. identifies different wastes	H6CMH-IIe-4	<ol style="list-style-type: none"> EASE Health ED II Module 1, Lesson 3 pp.7,6-10 Let's clean up the environment. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.18 Edukasyong Pangkatawan, Kalusugan, at Musika IV. Sacdalan, Guinevere, et.al. 1999. pp.130-131*
			5. classifies different types of wastes	H6CMH-IIe-5	<ol style="list-style-type: none"> EASE Health II Module 1, Lesson 3 pp.6-10 Edukasyong Pangkatawan, Kalusugan, at Musika IV. Sacdalan, Guinevere, et.al. 1999. pp.130-131*
			6. Describes proper ways of waste disposal	H6CMH-IIf-6	<ol style="list-style-type: none"> EASE Health II Module 1, Lesson 3 pp.6-10 Enjoy Life with P.E and Health II. Darilag,Agripino,et.al.2012.pp.172-175.*
			7. identifies things that can be recycled in school and in the community	H6CMH-IIg-7	<ol style="list-style-type: none"> EASE Health II Module 1, Lesson 3 pp.6-10
			8. practices proper waste management at home, in school, and in the community	H6CMH-IIh-8	<ol style="list-style-type: none"> EASE Health II Module 1, Lesson 3 pp. 6-10 Enjoy Life with P.E and Health II. Darilag,Agripino,et.a;.2012. p.176.*

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
	The learner... understands the importance of keeping the school and community environments healthy.	The learner... demonstrates practices for building and maintaining healthy school and community environments	9. advocates environmental protection through proper waste management	H6CMH-IIIj-9	1. EASE Health II Module 1, Lesson 3 pp. 6-10 2. Let's clean up the Environment. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001 pp.21-26
Grade 6 – ENVIRONMENTAL HEALTH – 3RD QUARTER (H6EH)					
A. Diseases and Disorders caused by Poor Environmental Sanitation 1. Respiratory Diseases 2. Skin Diseases 3. Gastrointestinal Diseases 4. Neurological Impairment (lead and mercury poisoning)	The learner... demonstrates understanding of the health implications of poor environmental sanitation	The learner... consistently practices ways to maintain a healthy environment	The learner... 1. describes diseases and disorders caused by poor environmental sanitation	H6EH-IIIa-1	1. EASE Health ED III Module 6 Lesson 2 ASTHMA 8-9 2. EASE Health ED II Module 1 Lesson 2 3. Let's clean up the Environment. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.15
			2. explains how poor environmental sanitation can negatively impact the health of an individual	H6EH-IIIb-2	1. EASE Health ED II Module 1 Lesson 2 pp.4 2. Wanted: Clean and Fresh Air. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001.pp.15-16
			3. discusses ways to keep water and air clean and safe	H6EH-IIIc-3	1. EASE Health ED II Module 2 Lesson 1 & 2 2. Science and Health for better Life 5. IMDC-DepED.PRODED. Abracia, Norma, et.al.1992. pp.125-126
B. Environmental Sanitation 1. Clean water: access to potable water, making water safer 2. Clean air: prevention of air pollution, tobacco control, anti-					

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
smoke belching drives 3. Control of noise pollution Control of pests and rodents	The learner... demonstrates understanding of the health implications of poor environmental sanitation	The learner... consistently practices ways to maintain a healthy environment	4. explains the effect of a noisy environment	H6EH-III d-4	1. EASE Health ED II Module 2 Lesson 3 pp.11 2. Edukasyong Pangkatawan, Kalusugan at Musika IV. Sacdalan, Guinerve,et.al.1999. pp.155-157.*
			5. suggests ways to control/manage noise pollution	H6EH-III e-5	Edukasyong Pangkatawan, Kalusugan at Musika IV. Sacdalan, Guinerve,et.al.1999. pp.157.*
			6. practices ways to control/manage noise pollution	H6EH-III fg-6	EASE Health ED II Module 2 Lesson 3 ACTIVITY 8 pp.12
			7. explains the effect of pests and rodents to ones health	H6EH-III hi-7	1. Project EASE Module 1 Lesson1 pp.3 2. Edukasyong Pangkatawan, Kalusugan at Musika IV. Sacdalan, Guinerve,et.al.1999. pp.173-174.*
			8. identifies some common diseases caused by pests and rodents	H6EH-III hi-8	1. Project EASE Module 1 Lesson1 pp.3-4 2. Edukasyong Pangkatawan, Kalusugan at Musika IV. Sacdalan, Guinerve,et.al.1999. pp.174-176.*
			9. practice ways to prevent and control pests and rodents	H6EH-III j-9	1. Project EASE Module 1 Lesson1 pp.3 , Lesoon2 pp.8 2. Edukasyong Pangkatawan, Kalusugan at Musika IV. Sacdalan, Guinerve,et.al.1999. pp.175-176.*

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
Grade 6 – CONSUMER HEALTH – 4TH QUARTER (H6CH)					
A. Importance of Consumer Health 1. Wise and informed decision in purchasing products or availing services 2. Protection from fraud and malpractice 3. Ability to differentiate valid health information from myths and misconceptions	The learner... understands the concepts and principles of selecting and using consumer health products.	The learner... consistently demonstrates critical thinking skills in the selection of health products.	The learner... 1. explains the importance of consumer health	H6CH-IVa-13	Buying Wisely. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.8-9
B. Components of Consumer health 1. Health information (sources include books, print ads, radio, television , internet) 2. Health products (pharmaceutical, cleaning agents, food, personal care products) 3. Health services (health professionals, health units, health care plans and programs)			1. enumerates the components of consumer health		
			2. describes the different components of consumer health	H6CH-IVcd-15	1. Pilot School MTB-MLE Health 3. Q4 W5 & W6 2. Edukasyong Pangkatawan, Kalusugan at Musika III. Adriano,Celia,,et.al.1999. pp.190-191.*
C. Medicines as Health Products : Types and Uses 1. Over the Counter (such as antacid, analgesic, antipyretic, antidiarrheal, laxative, and decongestant) 2. Prescription (such as antibiotic, antidepressant, and					
		4. gives example of over the counter and prescription medicines	H6CH-IVe-17		

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
antihypertensive)	The learner... understands the concepts and principles of selecting and using consumer health products.	The learner... consistently demonstrates critical thinking skills in the selection of health products.	5. explains the uses of some over the counter and prescription medicines	H6CH-IVf-18	Pilot School MTB_MLE Health TG Q4 W9 pp.103-105
D. Evaluating Health Products 1. Ask questions (What is the motive of the ad? What is misleading about the ad?) 2. Identify the propaganda techniques used (testimonial, reward, bandwagon, scientific, novelty, humor, fear, plain folks, snob, glittering generality, slogan, false image, and others) 3. Read packaging and label			6. identifies the common propaganda techniques used in advertising	H6CH-IVg-19	1. Pilot School MTB_MLE Health TG Q4 W9 pp.103-105 2. Edukasyong Pangkatawan, Kalusugan at Musika III. Adriano,Celia,,et.al.1999. pp.191-192 3. Project EASE Module 1 Lesson1 pp.3-4
			7. Identifies the common propaganda techniques used in advertising	H6CH-IVg-20	1. Pilot School MTB_MLE Health TG Q4 W9 pp.103-105 2. Edukasyong Pangkatawan, Kalusugan at Musika III. Adriano,Celia,,et.al.1999. pp.191-192.* 3. Project EASE Module 1 Lesson1 pp.3-4
			8. analyzes packaging and labels of health products	H6CH-IVh-21	1. Buying Wisely. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.8-9

K to 12 BASIC EDUCATION CURRICULUM

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<p>E. Use the modified DECIDE Model in the Selection and Purchase of Health Products</p> <p>D-etermine the essential product to purchase. E-xplore the alternatives. C-Consider the consequences of each option I- Identify the factors that you consider important D- Decide what to buy. E- Evaluate your decision.</p>	<p>The learner...</p> <p>understands the concepts and principles of selecting and using consumer health products.</p>	<p>The learner...</p> <p>consistently demonstrates critical thinking skills in the selection of health products.</p>	<p>9. practices good decision making skills in the selection of health products.</p>	<p>H6CH-IVh-22</p>	
<p>F. Protection from Fraudulent Health Products</p> <ol style="list-style-type: none"> 1. Awareness and Vigilance 2. Know How and Where to Seek Help 			<p>11. discusses ways to protect oneself from fraudulent health products</p>	<p>H6CH-IVij-23</p>	<p>Buying Wisely. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.35-38</p>

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

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