# TECHNOLOGY AND LIVELIHOOD EDUCATION (TLE) GRADES 9 or 10

COMPONENT: FAMILY AND CONSUMER SCIENCE

SECTOR: BEAUTY CARE SERVICES

**DESCRIPTION:** This is one of the sectors under Family and Consumer Science consisting of the preliminary competencies in

the specializations of Beauty/Nail Care, Hairdressing, and Barbering. It covers the necessary procedures in

hand and foot spa, manicure and pedicure, and haircutting.

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
<ul> <li>Nail Care</li> <li>services in nail care</li> <li>diseases and conditions of client's nails</li> <li>occupational safety and health procedures</li> </ul>	demonstrate an understanding of the concepts and principles of providing beauty care services	<ol> <li>explain different nail care services</li> <li>discuss diseases and conditions of the nails</li> </ol>
Hand and Foot Spa with Massage Services  • benefits of hand spa and foot spa • pressure points applied in hand and foot massage • massaging techniques		<ol> <li>discuss the benefits of hand and foot spa</li> <li>identify the pressure points applied in hand and foot massage</li> <li>demonstrate the different techniques in hand and foot massage following the safety precautions</li> </ol>

CONTENT	CONTENT STANDARD  The learners	LEARNING COMPETENCIES The learners
Procedures <ul><li>hand and foot spa</li><li>hand and foot massage</li></ul>		6. perform the steps in the hand and foot spa, and massage following the safety precautions
Manicure and Pedicure		7. perform manicure and pedicure following the safety precautions
PERFORMANCE STANDARD	The learners provide nail care services following the safety precautions.	

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES  The learners
Introduction to Haircutting Services	demonstrate an understanding of the concepts and principles of haircutting	1. discuss the haircutting services
Career and Business Opportunities	services	2. determine career and business opportunities in haircutting services
Pre and Post Haircutting Services		3. explain the steps in pre- and post- haircutting services
blow-drying		4. perform pre-haircutting services
Haircutting		<ul><li>5. perform steps in haircutting services following the safety precautions</li><li>6. perform post-haircutting procedures</li></ul>
<ul><li>male</li><li>female</li></ul>		
PERFORMANCE STANDARD	The learners perform haircutting services following the safety precautions	
Service Cost  • materials costing manpower (labor cost)		7. calculate labor, materials, and cost of the service
PERFORMANCE STANDARD	The learners calculate the labor cost of each services.	

SECTOR: FOOD SERVICE

**DESCRIPTION:** This is one of the sectors under Family and Consumer Science consisting of the preliminary competencies in

the specializations of Food and Beverage, Barista, and Bartending. It covers the necessary procedures in

setting the table for service and providing beverages to the guest.

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
CONTENT	The learners	The learners
Fundamentals of Food Service  • history of the food service industry  • types of restaurants  • areas in the restaurant  • front of the house  • back of the house  • careers in the food service industry	demonstrate an understanding of the concepts and principles of food and beverage services	1. discuss the fundamentals of food service
Attributes of a Food Service Attendant		<ol> <li>recognize the attributes of a food service attendant</li> <li>explain occupational safety and health standards in food service</li> </ol>
Restaurant Service Area		4. discuss the preparation in the service area

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
• cleanliness, and orderliness in the dining area		
Table Setting  table implements for table setting linen silverware/flatware dinnerware glassware holloware types of table setting informal formal		<ul><li>5. identify the table implements for table setting</li><li>6. demonstrate table setting in accordance with industry standards</li></ul>
Restaurant Service Sequence  • welcoming the guests  • seating the guests  • presenting the menu  • taking orders  • serving and bussing  • billing and payment  • assisting guest departure		7. execute the sequence of restaurant service following the safety precautions
Clearing and Re-setting		
PERFORMANCE STANDARD	The learners perform basic table setup and se precautions.	equence of service following the safety

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
Beverages	demonstrate an understanding of the concepts and principles of alcoholic and non-alcoholic beverages	<ol> <li>differentiate alcoholic and non-alcoholic beverages</li> <li>identify bar tools and equipment</li> <li>discuss the types of non-alcoholic beverages</li> <li>identify the ingredients used in preparing non-alcoholic beverages</li> <li>discuss the mixing methods</li> <li>apply the methods of preparing non-alcoholic beverages following the safety precautions</li> </ol>
Business Opportunities in Food and Beverage Services  • business related to food and beverage service  • consumer analysis using primary and secondary data		7. conceptualize business ideas
PERFORMANCE STANDARD	The learners create non-alcoholic beverages foll generating business.	owing the safety precautions that can be used in

SECTOR: GARMENTS

**DESCRIPTION:** This is one of the sectors under Family and Consumer Science consisting of the preliminary

competencies in the specializations of Dressmaking and Tailoring. It covers the necessary procedures

for producing upper and lower garments for both males and females.

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
<ul> <li>Introduction to the Garments Industry</li> <li>History of dressmaking/ tailoring</li> <li>Characteristics/ attributes of a dressmaker/tailor</li> </ul>	demonstrate an understanding of the concepts and principles of making upper garments	discuss the concepts related to the garment industry
Career and Business Opportunities		
Upper Garments (Clothing)  • types  • styles  • parts  • sleeves  • collars  • pockets  • necklines  • plackets  • facing and interfacing  • seams		2. identify the types, styles, and parts of upper garments
Procedure in Making Upper Garments <ul><li>pattern drafting and cutting</li><li>body measurement</li></ul>		3. explain the procedures for drafting and cutting patterns

CONTENT	<b>CONTENT STANDARD</b> The learners	LEARNING COMPETENCIES The learners
<ul> <li>drafting front and back patterns</li> <li>drafting basic/block pattern</li> <li>manipulating basic/block pattern</li> <li>techniques in cutting the final pattern</li> </ul>		
<ul> <li>preparing and cutting fabric</li> <li>laying-out pattern pieces</li> <li>transferring marks onto fabric</li> <li>rules for cutting the fabric</li> </ul>		4. discuss the procedures for preparing and cutting fabric
<ul> <li>assembling procedures</li> <li>preparing and cutting fabric</li> <li>sewing and assembling upper garments</li> <li>altering of assembled/completed upper garments</li> </ul>		5. explain the procedures for assembling upper garments
<ul> <li>techniques in finishing garments</li> <li>types of finishing touches (hemming stitches and fasteners)</li> <li>trimming techniques</li> <li>pressing techniques</li> <li>packaging and labeling</li> </ul>		<ul><li>6. discuss procedures in making upper garments and finishing touches</li><li>7. produce upper garments or mini dresses with safety precautions</li></ul>
PERFORMANCE STANDARD	The learners make upper garments following t	he safety precautions

CONTENT	CONTENT STANDARD  The learners	LEARNING COMPETENCIES The learners
Lower Garments	demonstrate an understanding of the concepts and principles of making lower garments	identify the types, styles, and parts of lower garments
Produce Lower Garments		2. apply procedures in making lower garments following the safety precautions
PERFORMANCE STANDARD	The learners make a lower garment following	the safety precautions
Selling of Finished Garment Products <ul><li>costing of product</li><li>pricing and promotional</li><li>strategy</li></ul>	demonstrate an understanding of the concepts and principles of selling finished garment products	3. perform selling of finished garment products
PERFORMANCE STANDARD	The learners sell finished garment products	

COMPONENT: FAMILY AND CONSUMER SCIENCE SECTOR: HEALTH AND WELLNESS MASSAGE

**DESCRIPTION:** This is one of the sectors under Family and Consumer Science consisting of the preliminary

competencies in the specializations of Wellness Massage and Caregiving. It covers the necessary procedures in wellness massage and care for newborns, infants, and toddlers without special needs.

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
Introduction to Wellness Massage	demonstrate an understanding of the	1. discuss the origin of wellness and its
• origin	concepts and principles of providing	services
<ul> <li>health benefits</li> </ul>	wellness massage services	
		2. explain the health benefits of wellness
Wallana Walanlan Dalina and		massage
Wellness Workplace Policy and		3. determine the workplace requirements
Procedures		and policies for a wellness facility
<ul> <li>personnel</li> </ul>		
<ul> <li>facilities</li> </ul>		
<ul> <li>legal documents</li> </ul>		
Wellness Massage Services		4. discuss the different types of massage
• types		
<ul><li>therapeutic</li></ul>		
<ul><li>wellness</li></ul>		
<ul> <li>pre-services</li> </ul>		
<ul> <li>vital health information of</li> </ul>		
clients		
<ul> <li>recordkeeping</li> </ul>		
<ul> <li>Pre-Massage Services</li> </ul>		5. discuss the pre-massage services
<ul><li>draping</li></ul>		-
<ul><li>warm-up massage</li></ul>		
Wellness Massage		6. apply the steps in providing wellness
Swedish		massage with safety precautions
• Hilot		

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CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
<ul> <li>post-massage procedures</li> </ul>		
PERFORMANCE STANDARD	The learners perform wellness massage service following the safety precautions	

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
Fundamental Concepts of Caregiving	demonstrate an understanding of the concepts and principles of providing care and support to newborns, infants, and toddlers without special needs	1. discuss the concepts and principles in caregiving
Workplace Policy and Procedures		2. discuss workplace policy and procedures in providing care to clientele
Code of Conduct  1. Confidentiality  2. Dress code  3. Reporting misconduct  4. Patient's Bill of Rights		
Occupational, Safety, and Health (OSH) Standards in the Workplace  • safety  • sanitation hygiene		
Procedures in Providing Care and Support to Clientele (Newborns, Infants, and Toddlers without special needs)  • checking of vital signs	demonstrate an understanding of providing care and support to newborns, infants, and toddlers without special needs	3. explain the procedures for providing care and support to clientele

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES  The learners
<ul> <li>body temperature</li> <li>bathing</li> <li>oral care</li> <li>hair care</li> <li>dressing and undressing</li> <li>bed making (unoccupied)</li> <li>feeding requirement</li> </ul>		4. apply the appropriate caregiving procedures to newborns, infants, and toddlers without special needs
PERFORMANCE STANDARD	The learners perform care and support to infan	ts and toddlers without special needs

SECTOR: FOOD PREPARATION

**DESCRIPTION:** This is one of the sectors under Family and Consumer Science consisting of the preliminary competencies in

the specializations of Cookery, and Bread and Pastry. It covers the necessary procedures in kitchen

operations.

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
Introduction to Hot and Cold Kitchens  • hot and cold kitchens  • kitchen brigade	demonstrate an understanding of the concepts and principles of hot and cold kitchens	<ol> <li>differentiate a hot kitchen from the cold kitchen</li> <li>discuss the kitchen brigade system</li> </ol>
Occupational Safety and Health (OSH) Standards in the Kitchen  • safety • sanitation • hygiene		3. explain the importance of occupational safety and health in kitchen operations
Recipes and Food Cost     recipe     standardized recipe     instructional recipe     parts of a recipe		<ul><li>4. familiarize themselves to each component/element of a recipe</li><li>5. perform recipe costing</li></ul>
<ul><li>food cost</li><li>recipe quantification</li></ul>		
Cutting Techniques		6. perform cutting techniques following the occupational safety and health standards
Salad and Salad Dressing <ul><li>classifications of salad</li></ul>		7. prepare salad and salad dressing following the safety standards

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES The learners
<ul> <li>components of a salad</li> <li>types of salad dressing</li> <li>guidelines for preparing salad and salad dressing</li> </ul>		
Stocks		<ul><li>8. discuss stocks (fond)</li><li>9. identify the types of stocks</li><li>10.discuss the steps of preparing stocks</li></ul>
Soup		11. prepare soup following the safety standards
PERFORMANCE STANDARD	The learners prepare salad and soup following	g the safety standards.

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES  The learners
Fundamentals in Baking	demonstrate an understanding of the concepts and principles of preparing quick bread and yeast bread	<ol> <li>discuss types of baked products</li> <li>familiarize themselves with the different baking ingredients and their substitutes</li> <li>identify oven temperature requirement for each baked product</li> <li>explain the mixing methods used in baking</li> </ol>
Breads		<ul><li>5. discuss the different types of bread</li><li>6. prepare bread product</li></ul>
PERFORMANCE STANDARD	The learners prepare bread following the safet	y standards
Business Ideas	demonstrate an understanding of the concepts and principles in business ideas	7. conceptualize business ideas in baking
PERFORMANCE STANDARD	The learners conceptualize business ideas in baking	

SECTOR: HOTEL SERVICES

**DESCRIPTION:** This is one of the sectors under Family and Consumer Science consisting of the preliminary competencies in

the specializations of Front Office and Housekeeping. It covers the necessary procedures for reservation and

maintenance of public areas in the hotel.

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
Hotel Organizational Structures and	demonstrate an understanding of the	1. discuss the organizational structures of
Their Services	concepts and principles of hotel services	the hotel and their services
Career Opportunities		2. discuss career opportunities in the front office
Front Office Department		
<ul> <li>front office operational functions</li> </ul>		3. explain the duties and functions of the front office department
Front Desk		
<ul> <li>uniformed services</li> </ul>		
<ul> <li>concierge</li> </ul>		
<ul> <li>front office accounting system</li> </ul>		
Private Branch Exchange (PBX)		
Front Office Operations		4. explain front office operations
<ul> <li>front-house</li> </ul>		
• back-house		5. discuss the operational structure of a front office
Front Office Operational Structure		
<ul> <li>front desk positioning</li> </ul>		
<ul> <li>front office communication</li> </ul>		
<ul><li>internal and external</li></ul>		
communication		
<ul> <li>switchboard operators</li> </ul>		

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES The learners
Front Office Personnel		6. discuss the front office personnel's
<ul> <li>duties and responsibilities</li> </ul>		responsibilities, attributes, and skills
• attributes		
• skills		7. discuss the hotel guest cycle
Hotel Guest Cycle		
• pre-arrival		
arrival		
<ul> <li>occupancy</li> </ul>		
departure		
Occupational Safety and Health (OSH)		8. explain the importance of occupational
Standards in Hotels		safety and health standards in hotels
Hotel Reservations and Processes		9. perform the hotel reservation following the
Reservation		safety standards
<ul> <li>types of hotel reservation</li> </ul>		
<ul> <li>types of reservation</li> </ul>		
systems		
<ul><li>sources reservation</li></ul>		
<ul><li>managing reservation</li></ul>		
Reservation Process		
• hospitality ethics in		
communication		
<ul> <li>Receiving and Processing</li> </ul>		
Reservation		
<ul><li>denying reservation</li></ul>		
<ul> <li>cancelling of the reservation</li> </ul>		
PERFORMANCE STANDARD	The learners perform the hotel reservation foll	owing standards

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES The learners
Housekeeping Department	demonstrate an understanding of the concepts and principles of housekeeping operation	<ol> <li>discuss the housekeeping organization</li> <li>discuss the role and functions of a housekeeping personnel</li> <li>discuss career opportunities in the housekeeping department</li> </ol>
Sections in the Housekeeping Department		4. discuss the functions of the different housekeeping sections
Classification of Guest Rooms and Status		<ul><li>5. classify guest rooms</li><li>6. familiarize themselves with room status</li></ul>
Housekeeping Procedures <ul><li>cleaning methods</li></ul>		7. explain the standard procedures of hotel housekeeping

o manual		
o mechanical		8. discuss housekeeping tools, supplies, and
<ul> <li>care and maintenance of</li> </ul>		equipment
cleaning tools, supplies, and		1-1-1
equipment		9. discuss correct handling, storage, and
		disposal of used chemicals
• dandling, storage, and disposal		disposar of used effermeats
of used chemicals in cleaning		10
• 5R's of waste management		10. recognize the importance of 5R's in waste
		management
Public Area Sections in Housekeeping		11. identify the public area section in
Department		housekeeping department
• lobby		
• reception		12. demonstrate the procedures in
<ul><li>restaurant/bar/coffee shop</li></ul>		maintaining public areas in a hotel
• restrooms		
Maintenance of Public Areas in a Hotel		
PERFORMANCE STANDARD	The learners perform cleaning and maintainin	ng public areas

SECTOR: HANDICRAFTS

**Description:** This is one of the sectors under Family and Consumer Science consisting of the preliminary

competencies in the specializations of Needle Works and Leather Craft. It covers the necessary

procedures in making handicraft products.

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES  The learners
Introduction to Needlecraft  • history and development of needlecraft  • trends	demonstrate an understanding of the concepts and principles in needlecrafts	1. discuss the concepts in needlecraft
Career and Business Opportunities in Handicraft Industry		
Needlecraft     techniques     embroidery		2. discuss the different techniques used in needlecraft
<ul> <li>smocking</li> <li>knitting</li> <li>needlepoint</li> <li>products</li> <li>crocheted clothes</li> </ul>		3. determine the products of Quilting and Calado
<ul><li>knit dress</li><li>patchwork</li><li>quilted fabrics</li></ul>		
Quilting     styles     techniques and design		4. identify the styles, techniques, designs and patterns used in quilting

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES  The learners
<ul> <li>quilt patterns</li> <li>supplies and materials</li> <li>steps in quilting according to the products to be made</li> </ul>		5. perform the steps in quilting following the safety precautions
Calado		<ul> <li>6. identify the techniques used in Calado</li> <li>7. describe the characteristics and designs of Calado</li> <li>8. apply Calado designs on fabric following the safety precautions</li> </ul>
PERFORMANCE STANDARD	The learners perform Calado and Quilting in creating/designing products	
Market Needlecraft Products	demonstrates an understanding of the concepts and principles in marketing needlecraft products	<ul><li>9. discuss marketing needlecraft products</li><li>10. sell finished products</li></ul>
PERFORMANCE STANDARD	The learners apply the technique of Calado and	d Quilting in creating products and designs

CONTENT	CONTENT STANDARD The learners	LEARNING COMPETENCIES  The learners
Fundamentals of Leathercraft Origin of Leathercraft Leather Industries  • materials, tools and equipment used in making leathercraft products  • characteristics of a good leather  • kinds of leather  Leather Preparation  • curing  • tanning  • dyeing  • dressing  • finishing  Process of Tanning Leather	demonstrate an understanding of the concepts and principles in leathercraft	explain the fundamentals of leathercraft      discuss the methods of preparing leather
Produce Leather Products		<ul> <li>3. discuss the stitches use in leather crafting</li> <li>4. familiarize the patterns in different leather products</li> <li>5. follow steps in producing leathercraft products</li> </ul>
PERFORMANCE STANDARD	The learners produce leathercraft products	6. sell finished leathercraft products

SECTOR: TOURISM SERVICES

**Description:** This sector is composed of three (3) TVL specializations, Local Tour Guiding, Tourism Promotion, and

Travel Services, clustered in a semester to master the required competencies in tour guiding and

promotion.

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
Tourism Industry in the Philippines	demonstrate an understanding of the	1. explain the concepts of tourism
and the Roles of Agencies in Tourism	concepts of the tourism industry in the	
Services	Philippines	2. discuss the historical development of the
<ul> <li>concepts of tourism</li> </ul>		tourism industry in the Philippines
<ul> <li>overview of the tourism</li> </ul>		3. identify the key roles of the various
industry in the Philippines		agencies in tourism services
<ul> <li>agencies and their roles in</li> </ul>		agencies in tourism services
tourism services -		4. examine the sectors of the tourism
<ul><li>government</li></ul>		industry
<ul><li>private</li></ul>		
<ul><li>financial</li></ul>		5. identify the career opportunities in the
<ul><li>intermediary agencies</li></ul>		tourism sectors
<ul> <li>sectors of the travel and</li> </ul>		
tourism industry		
<ul><li>accommodation</li></ul>		
<ul><li>adventure tourism and</li></ul>		
recreation		
<ul><li>attractions</li></ul>		
<ul><li>events and conferences</li></ul>		
<ul><li>food and beverages</li></ul>		
<ul><li>tourism services</li></ul>		
<ul><li>transportation sectors</li></ul>		
<ul><li>travel and trade</li></ul>		

Career Opportunities in Tourism Industry sectors		
PERFORMANCE STANDARD	The learners discuss the various tourism sectors and their functions	
Attributes of a Tour Guide	demonstrate an understanding of the attributes of an ideal tour guide	6. discuss the attributes of an ideal tour guide
Tourist Maps and Contents	demonstrate an understanding of the elements of tourist maps, types of attractions, events, and festivals	7. interpret the contents of tourist map
Attractions, Events, and Festivals		8. identify the different attractions, events, and festivals of the regions
PERFORMANCE STANDARD	The learners display the roles and functions of a tour guide	

CONTENT	CONTENT STANDARD	LEARNING COMPETENCIES
	The learners	The learners
Tourism Information Sources      agencies     DOT     LGU     tourism offices     travel agencies     media     print     non-print	demonstrate an understanding of gathering tourism information sources	familiarize with the sources of tourism information
Tourism Products and Services <ul><li>tangible</li><li>intangible</li></ul>	demonstrate an understanding of tourism products and services	identify tangible and intangible tourism products and services
Tourism Promotions      tourism promotional tools     social media     newsletter     direct mails     videos     others  Ethical Standards in Tourism Promotion	demonstrate an understanding of the tools used in promoting tourism products and services	apply ethical standards in promoting tourism products and services
Tour Commentary (Tourist Guides Script)  • types of commentary  • required  • informative	demonstrate an understanding the concepts of a tour commentary	4. recite tour guide commentary/script

<ul><li>requested</li><li>optional</li></ul>		
Guidelines on Writing Tour Commentary		
Elements of a Tour Commentary		
PERFORMANCE STANDARD	The learners perform competencies of a tour guide	