

## SMCM MODULES AND REINFORCEMENT TASKS (SMART)-MAPEH 1

**TOPIC:** Lesson 5: Healthful and Less Healthful Foods

**MELCS:**

1. Distinguishes healthful from less healthful foods.
2. Tells the consequences of eating less healthful foods.

**OBJECTIVES:** At the end of this module, I can:

1. differentiate healthy and less healthy foods;
2. realize the importance of healthy foods to our body; and
3. make the right and wise choice in choosing foods to eat.

**ICV/RV:** Faith: Communion

**SOCIAL AWARENESS/JPIC/JEEPGY:** Socio-cultural: Poverty(Community Pantry: Hapag ni Bro)

**ACROSS DISCIPLINE:** Science: Nutritious Food

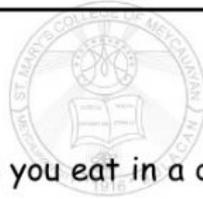
**BIBLE PASSAGE:** John 6:35 *Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.*



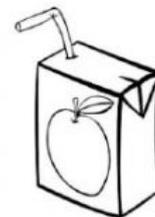
**TAP**

**Think and Play!**

How many times do you eat in a day? Have you eaten your meals today? What did you eat? \_\_\_\_\_



This time, I want you to color the food you love to eat.



FIRST QUARTER

1



Let's see if you are a healthy person. What food did you color?

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Do you think they are all healthy? \_\_\_\_\_

If not, will you still eat them? Why?

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Let's compare the foods you color and the foods you did not color. How do you call the foods that you color? \_\_\_\_\_

How about those foods that you did not color? \_\_\_\_\_



**READA**

**Read On**

You are a growing kid. Your body needs healthy foods in order to grow strong, energetic and healthy. Food gives nutrients our body needs. But it depends on the kind of foods you eat, thus, it must all be healthy.

In our situation today because of the COVID-19 pandemic, we should take care of our body. We need to boost our body resistance to fight the virus. We can fight it by eating healthy food and having a healthy living. Weaker body attracts viruses and may cause us to get sick easily. Eating healthy food will help maintain a stronger mind and body.

How to do it? Let's learn.

You need to eat different kinds of foods everyday. We can get it from different food groups. The food pyramid can guide us in choosing the healthy foods. We should eat less the food on top of the food pyramid. Eat plenty of the food on the 1<sup>st</sup> and 2<sup>nd</sup> base of the food pyramid.



### Healthy Food Pyramid

Watch the videos posted in your google classroom about Food pyramid. Here is the youtube link.

- a. <https://www.youtube.com/watch?v=OKbA8pFW3tg>
- b. <https://www.youtube.com/watch?v=HZAVxpmSLW4>

#### Three Basic Food Groups:

##### 1. Go Food or Energy Giving Foods

They are rich in carbohydrates and give us energy to be active.

**Examples:** rice, cereals, bread, and root crops

##### 2. Glow Food or Body Regulating Foods

They are rich in vitamins and minerals. They protect our body against sickness and diseases.

**Examples:** vegetables and fruits

##### 3. Grow Food or Body Building Foods

They are rich in protein. They help in building strong bones and teeth.

**Examples:** animal foods, dried beans, and nuts

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What will you tell those children who are not eating healthy foods?

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As a young Ignacian Marian, how can you help those poor children who cannot eat three meals a day?

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What did the school do to help them?

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How can you connect this bible passage John 6:35 *Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst"* to our lesson about healthful and less healthful foods

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**MARI**

**Master and Reinforce It!**

Be healthy and safe. Watch your diet!

A. Write **Go**, **Glow**, **Grow** on the given food.

- |                   |                   |
|-------------------|-------------------|
| _____ 1. eggplant | _____ 6. nuts     |
| _____ 2. apple    | _____ 7. cereals  |
| _____ 3. banana   | _____ 8. pork     |
| _____ 4. chicken  | _____ 9. fish     |
| _____ 5. rice     | _____ 10. cabbage |

FIRST QUARTER 4

B. Cross out 5 less healthy foods in the group.

Candies    watermelon    soft drinks    pasta  
 french-fries    corn    chips    chocolates



**IAN**

**Interpret and Navigate!**

A. **Keep in Mind: Stay away from less healthy foods.**

Write **True** if the statement is correct and **False** if it is not.

- \_\_\_\_\_ 1. Food makes us grow healthy, strong, and active.
- \_\_\_\_\_ 2. The body needs right amount of healthy food.
- \_\_\_\_\_ 3. Follow the food pyramid.
- \_\_\_\_\_ 4. Drink milk and plenty of water everyday.
- \_\_\_\_\_ 5. Junk foods are good for growing kids like you.
- \_\_\_\_\_ 6. Processed foods like canned goods, hotdogs and noodles make us healthy.
- \_\_\_\_\_ 7. Healthy living and diet are keys to healthy life.
- \_\_\_\_\_ 8. Too much sugar and salt are bad to our health.
- \_\_\_\_\_ 9. Make our menu complete by having go, grow and glow foods every day.
- \_\_\_\_\_ 10. A healthy kid is happy and energetic all day.

B. You have learned that it is important to eat nutritious food every day. You want to surprise your mom this week. Choose 5 menu below that you want to eat and tell her to prepare them for your family because you can't cook yet.

Choose from the list. Write the letter on the box.

- |  |                        |
|--|------------------------|
| A. Sinigang na Baboy                       | E. Cake                |
| B. Pizza                                   | F. Beef Broccoli       |
| C. Ice Cream                               | G. hamburger and fries |
| D. Fried Fish and<br>Stir-fried vegetables | H. Adobong Manok       |

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY

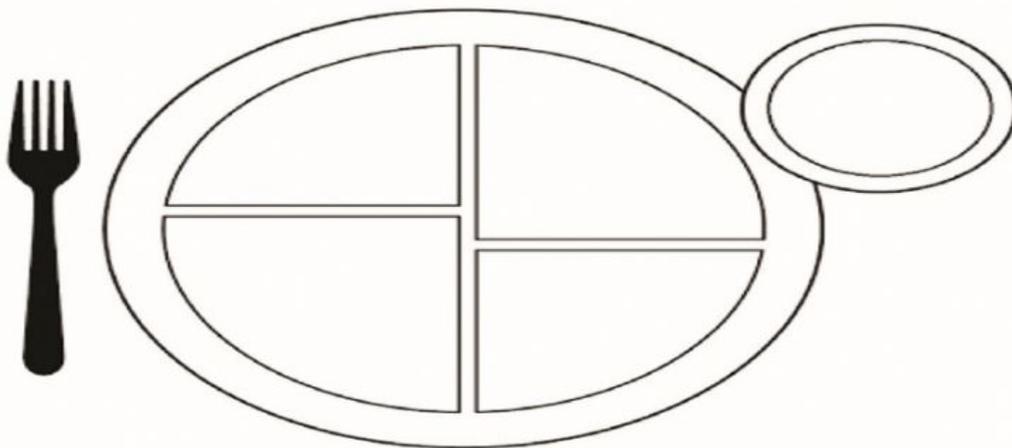
**COUNT JUAN**



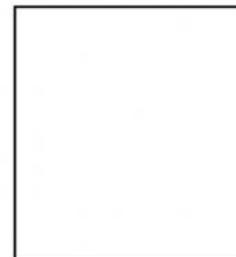
Count your Score

Let's Get Healthy!

A. Prepare your healthy food plate by drawing the foods you love to eat for lunch and you will get 5 points.



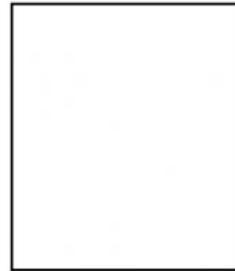
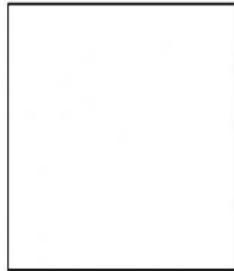
B. Draw 5 healthy foods that can make a poor child, healthy and will help him/her body fight COVID-19.



FIRST QUARTER

6

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Rubric:

Criterion 1	Very Good	Good	Fair
Creativity	The drawing is done creatively, and colored was applied.	The drawing is done creatively but some drawings have no color.	The drawing is just fine, and no color was added.
Criterion 2		Very Good	Good
Following directions		The directions by the teacher are followed and completed within the time given.	Some to no directions given by the teacher are followed.



Did you learn new things today? Great!  
Keep up the good work!

Score:

40

Teacher's feedbacks :

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## SMCM MODULES AND REINFORCEMENT TASKS (SMART)-MAPEH 1

Total Score	No. of SMaRT Stars	SMaRT Interpretation
36-40 points		You finished the module <b>EXCELLENTLY!</b> You were able to understand all the concepts taught and successfully answered correctly the majority of the tasks and exercises. Keep doing great!
28-35 points		You finished the module <b>VERY SATISFACTORILY!</b> You have incurred some mistakes but you were able to give many correct answers. You still did well.
20-27 points		You finished the module <b>SATISFACTORILY!</b> You have missed some answers but I hope you still understand the concepts in this module. Let us target to get higher points next time.
Below 20 points		You finished the module <b>FAIRLY.</b> It's okay, you can still catch up. You seek my help if there are things you need to clarify. Let us target to improve your score next time. You can do it!

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