

**TOPIC:** Lesson 3: Healthy Food and Your Body

**MELCS:**

1. States that children have the right to nutrition (Right of the child to nutrition Article 24 of the UN Rights of the Child).
2. Discusses the important function of food and a balanced meal

**LEARNING TARGETS:** At the end of this module, I can:

1. identify the three food groups;
2. recognize the different rights of children to nutrition; and
3. list down 5 things to take care of our body in this time of COVID-19 pandemic.

**ICV/RV:** Faith: Communion

**SOCIAL AWARENESS/ JEEPGY/JPIC:** Socio-cultural: Poverty/Justice and Peace

**ACROSS DISCIPLINE:** A.P: Karapatan ng Tao

**BIBLE PASSAGE:** *1 Corinthians 10:31 So, whether you eat or drink, or whatever you do, do all to the glory of God.*



**TAP**

**Think and Play!**

Do you eat healthy food? Can you draw inside the box 5 examples of healthy food that you usually eat at home with your family? Color and label your drawing.

**READA****Read On**

Every child has the right to be healthy. According to **Article 24 of the Convention on the Rights of the Child**, Children have a right to good quality health care. The best health care possible are provisions to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy. This means that you must be able to get the important nutrients needed by your body and eat different kinds of food that will supply your body the needed nutrients.

Aside from the right to be healthy, what other basic rights do you know?

Do you think it is important to exercise your rights? \_\_\_\_\_  
Why? \_\_\_\_\_

How about those people who are poor and living in poverty, do you think they can exercise their rights too? \_\_\_\_\_ How? \_\_\_\_\_

A child like you needs to know that every food he/she takes affect him/her. Food plays a huge part in keeping us healthy and so we need to make sure that we are eating a variety of foods to get all the right vitamins and nutrients. To grow healthy, we must eat food from the different food groups.

The food groups are: **GO**, **GROW** and **GLOW**.



**GO FOODS** are *energy giving foods*.

It gives us energy to be active, and learn each day. It is the foundation of a healthy diet. They provide carbohydrates to your body. Foods that are good sources of energy are rice, corn, bread, pasta, and root crops like potatoes, cassava and camote.

**GROW FOODS** are *body-building foods*.

It helps your body to grow tall and strong. They are rich in protein which is needed for the growth of muscle, bones, and strong blood. Foods that are good sources of protein are eggs, meat, fish, milk, nuts, beans, and other dairy and soya products.



**GLOW FOODS** are *body-regulating foods*. It supplies the body with vitamins and minerals to keep the body healthy and functioning properly. It also helps us to protect from diseases by helping our bodies to work well and fight off illness.

Vitamins and minerals promote healing of injuries. They also assist in the process of digestion. Foods that are good sources of vitamins and minerals are fruits and vegetables.

Keeping ourselves healthy is important especially in this time of COVID-19 disease. We should take care of our body by eating healthy and nutritious food to fight the virus and be safe. You can ask more information and tips to remain healthy through a *nutritionist*, who studies and gives advice about food and nutrition. Watch this story posted in the google classroom about the importance of eating healthy foods [https://www.youtube.com/watch?v=6mg\\_pUVbJoc](https://www.youtube.com/watch?v=6mg_pUVbJoc)

(Title: Chacha The Fussy Eater | Yes Yes Vegetables and Fruits | ChuChu TV)

After watching the video, you really learned about the importance of eating healthy foods. You should not also be a picky eater because you also learned that other children in the world cannot eat full square meal a day. Remember this!





**1 Corinthians 10:31**

*So, whether you eat or drink, or whatever you do, do all to the glory of God.*

*What is your promise to God based on what you learned today?*

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**MARI**

**Master and Reinforce It!**

Answer the activity below.

Be good in answering because the perfect score for this activity is 10 points. To what food group does each of the following food belong? Write **GO** for energy-giving food, **GROW** for body-building food and **GLOW** for body-regulating food on the blank.

\_\_\_\_\_ 1. oatmeal

\_\_\_\_\_ 6. kamote

\_\_\_\_\_ 2. lettuce

\_\_\_\_\_ 7. pineapple

\_\_\_\_\_ 3. corn

\_\_\_\_\_ 8. egg

\_\_\_\_\_ 4. meat

\_\_\_\_\_ 9. nuts

\_\_\_\_\_ 5. cereal

\_\_\_\_\_ 10. Milk



IAN

**Interpret and Navigate!**

Let's try to see if you have learned a lot of things from the lesson that was given. Be smart in answering the given activities. If you answer them all correctly, you will get 15 points. **GOODLUCK!**

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

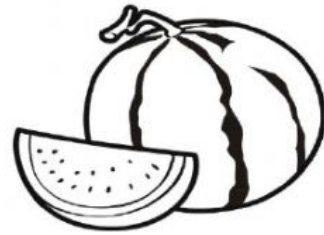
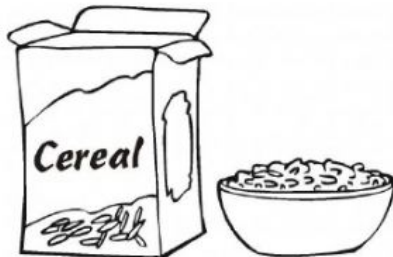
- \_\_\_\_\_ 1. Food makes us grow healthy, strong, and active.
- \_\_\_\_\_ 2. Junk foods are good for growing kids like you.
- \_\_\_\_\_ 3. Every food you take affects your body.
- \_\_\_\_\_ 4. You need to drink milk and plenty of water every day.
- \_\_\_\_\_ 5. Every child has a right to good nutrition.
- \_\_\_\_\_ 6. A nutritionist is someone who studies and gives advice about food and nutrition.

B. What are the different food groups? Write your answer inside the box.

C. What are the important functions of food in our body?

D. Read and answer the given activities. Goodluck!

Cross out the unhealthy foods. Color the healthy foods.



**COUNT JUAN**

Count your Score!



A. Look at the pictures carefully. Write a short paragraph about what will happen to them. (4pts)




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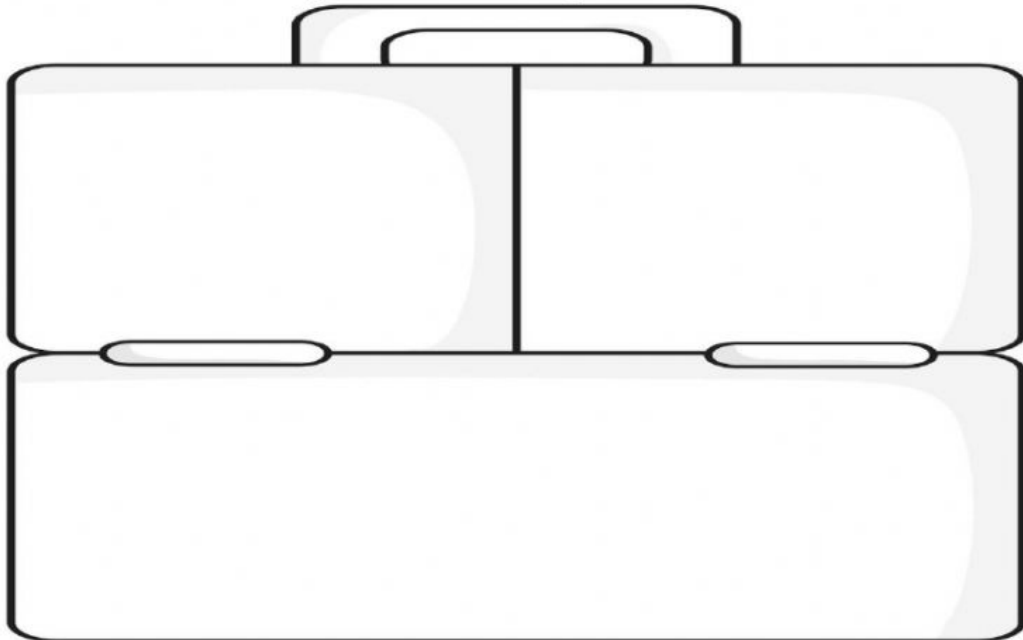
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- B. Pack your own lunch. Draw and label your healthy food inside the lunch box and answer the question below. (3pts)



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.

C. Why do you need to eat healthy foods? (3pts)

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D. Write five things or practices that you will do to fight COVID-19 and make sure that you grow healthy and strong.

1. 

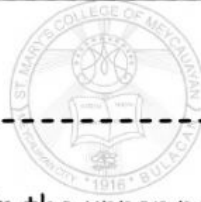
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2. 

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3. 

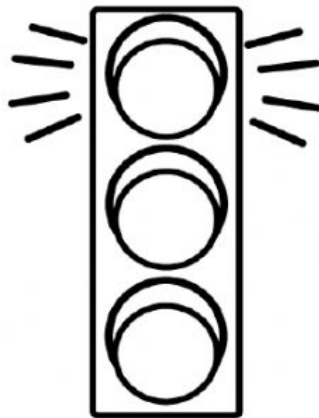
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4. 

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5. 

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Color the traffic light in the upper part if "you did not understand" the lesson. Color the middle part if the lesson is "somewhat understood" and color the lower part if "you truly understood" the lesson.











Congratulations!

Very Good! Keep up the good work.

Score:

Teacher's feedback:

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!

### References:

#### Textbooks:

- Copiaco, H. P., Jacinto, Jr., E. S., Darilag, R. A., Darilag, A. G., & Aguinaldo, M. B. (2013). *Our World of MAPEH*. Vibal Publishing House, Inc.
- Malanyaon, L. A., Munsayac, R. B., Tinio, F. B., & Dela Cruz, V. V. (2015). *Explore and Shine Through MAPEH 2*. Primebooks Publishing Corp.
- Nolasco, B. C., Quiling, R. D., Castro, R. V., Fernandez, M. Y., Castro, H. A., & Serafica, J. J. (2018). *Living with Music, Art, Physical Education, and Health*. Vibal Group, Inc.