

TOPIC: Lesson 4: Eating a Balanced Diet

MELCS:

1. Considers Food Pyramid and Food Plate in making food choices.
2. Displays good decision-making skills in choosing the right kinds of food to eat.

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

1. discuss Food Pyramid and Food Plate and use them as guide in making wise food choices;
2. decide on selecting healthy foods that are good for the body; and
3. draw my own healthy food plate.

ICV/RV: Faith: Communion

SOCIAL AWARENESS/JEEPGY/JPIC: Socio-Cultural: Poverty/Poverty Alleviation

ACROSS DISCIPLINE: Science: Healthy food from Plants

BIBLE PASSAGE: *Proverbs 19:17 He who has pity on the poor lends to the LORD, and He will pay back what he has given.*



TAP

Think and Play!

What are the foods you eat yesterday? Draw and label them inside the box. Then, watch the video about the importance of having a balanced meal posted in the google classroom. Here is the YouTube link: <https://www.youtube.com/watch?v=B-SCwJ4kUI4> (Title: The Importance of having a balanced meal | Yogotars - Educational Videos)



READA

Read On

Everything you eat affects how your body functions. It is very important that you practice how to eat a well-balanced meal. A **well-balanced meal** contains a healthy variety of foods from the different food groups (**GO** food, **GROW** food, and **GLOW** food). It helps you to stay healthy, stronger and have a healthy body weight. Balanced meal provides a number of different nutrients including *carbohydrates, protein, vitamins and minerals, and fiber.*

A **balanced diet** is a healthy diet. It is a daily diet that gives your body the nutrients it needs to function properly. You must eat the right amount of food in each food group to get a balanced diet that you need to grow well and stay healthy. It is important that you have a balanced diet daily to avoid being undernourished or over nourished.

To learn more about balanced diet, you can watch the video posted in the google classroom. Here is the YouTube link:

<https://www.youtube.com/watch?v=YimuIdEZSNY>(Title: Balanced Diet | Its AumSum Time)

Kid's Healthy Eating Plate



FIRST QUARTER

2

The **Filipino Food Pyramid** or The Daily Nutrition Guide Pyramid for Filipino Children (7-12 years old) from Food and Nutrition Research Institute can help you check if you are eating a balanced diet. It is a food chart that gives details about the required amount of nutrients for your body. It also shows the kind and number of food servings that a child should consume every day. To know more about Food Pyramid, watch the video posted in the google classroom. Here is the YouTube link: <https://www.youtube.com/watch?v=OKbA8pFW3tg&t=70s> (Title: The Food Pyramid | Education Video for Kids).

The **Food Plate** for Filipino Children (7-12 years old) or **Pinggang Pinoy** can also help you make healthier food choices and prepare a balanced meal. Today, because of COVID-19 pandemic you really need to take care of your own body. If your immune system is low, you are more likely to get sick, easily get tired, slow to respond, and even your performance in school is affected. Your body needs energy to grow healthy and be strong. A balanced meal and a balanced diet combined with daily exercise will help you to have a strong immune system and grow healthy. To have a balanced diet, eating plenty of fruits and vegetables are necessary. They contain lots of vitamins and minerals that act as shield against diseases. These healthy foods are coming from plants.

As a kid, do you eat healthy foods from plants like fruits and vegetables?
 _____ Why? _____

As mentioned in the last lesson, you should not be a picky eater, because your body needs proper nourishment to grow strong and healthy and aside from that there are other children who cannot eat 3 times a day because their families don't have enough money to buy food. Can you give an example where you see children who are hungry? _____ How did you feel?

Good to know that you have pity for the poor! Remember:



Proverbs 19:17

He who has pity on the poor lends to the LORD, and He will pay back what he has given.

How can we share our blessings with others?



MARI

Master and Reinforce It!

Color the circle **red** if the food gives carbohydrates, **yellow** for protein and **green** for vitamins and minerals. Be good in answering because the perfect score for this activity is 10 points.

- | | |
|------------------------------------|------------------------------------|
| <input type="radio"/> 1. malunggay | <input type="radio"/> 6. egg |
| <input type="radio"/> 2. bread | <input type="radio"/> 7. grapes |
| <input type="radio"/> 3. banana | <input type="radio"/> 8. wheat |
| <input type="radio"/> 4. apple | <input type="radio"/> 9. fish |
| <input type="radio"/> 5. pasta | <input type="radio"/> 10. Kangkong |



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 activities. If you answer them all correctly, you will get 15 points. **GOODLUCK!**

A. Check (✓) the box if the statement is correct. Cross (X) if not.

- ☐ 1. A balanced meal contains the three food groups.
- ☐ 2. It is important to have a balanced diet to avoid malnourishment.
- ☐ 3. Immune system protects your body from diseases and infections.
- ☐ 4. Fruits and vegetables give protein to our body.
- ☐ 5. You need to consume sugar, fats, and oil in limited or small amounts only.

B. Match column A with column B. Write only the letters on the blank provided.

- _____ 1. A food chart of recommended portions of food groups.
- _____ 2. Foods that are rich in vitamins and minerals.
- _____ 3. A daily diet that shows the right amount and right kind of food needed by the body.
- _____ 4. The most important meal of the day.
- _____ 5. A condition characterized by being overweight and underweight.

- A. balanced diet
- B. breakfast
- C. food pyramid
- D. fruits and vegetables
- E. malnourishment

C. Give 5 things you need to do to be a healthy person. Write your answers inside the box.



COUNT JUAN

Count your Score!



A. Read each question then explain your answer.

1. What is good in having a balanced meal? (2pts)

2. Why is a balanced diet important? (2pts)

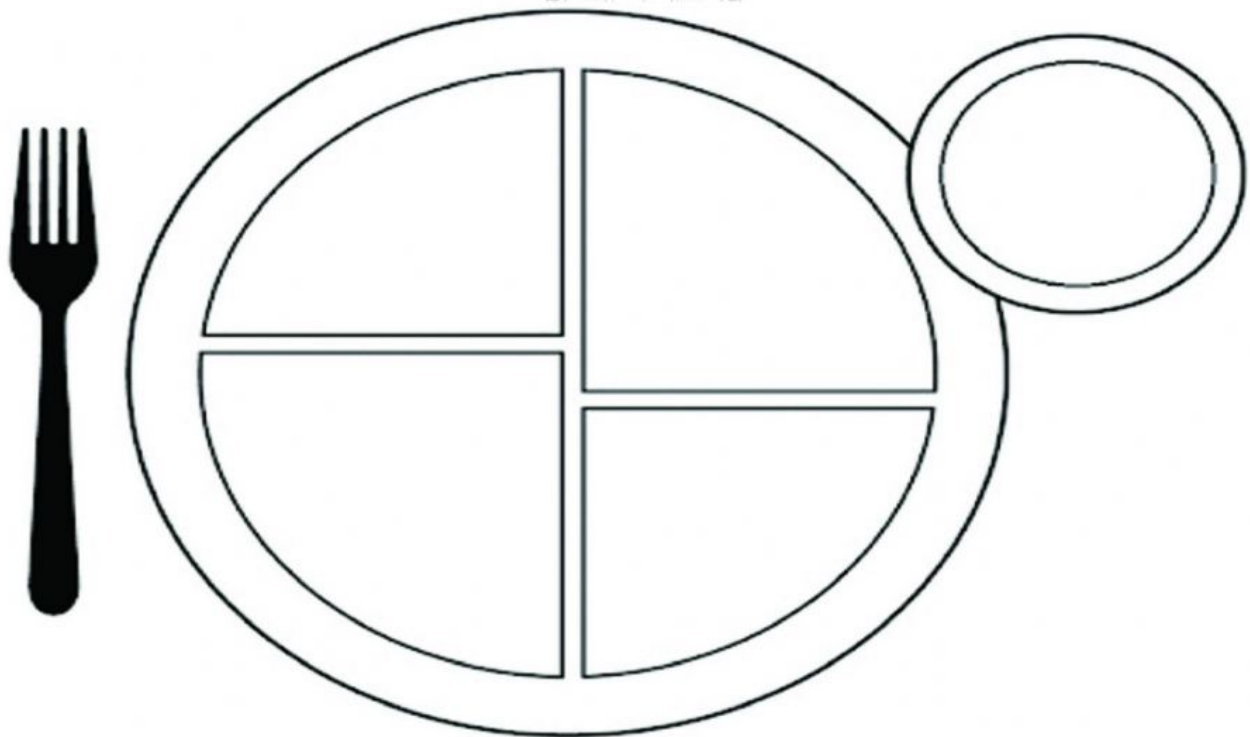
3. What will happen to our body if we do not eat those nutritious food? (2pts)

- B. Paste your picture inside the box that shows you are a healthy kid. Then, complete the sentence beside your picture.



I am healthy because...

- C. Make your own food plate for your lunch. Draw the food that you need to eat in order for you to have a healthy body. Use the Food Pyramid for Filipino Children or Pinggang Pinoy as your guide. Color and label the food that you will draw in the plate. (5 points)

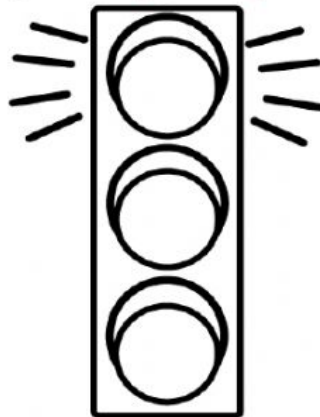


Rubric:

Criterion 1	Very Good	Good	Fair
Creativity	The drawing is done creatively, and color 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.



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.



SMCM MODULES AND REINFORCEMENT TASKS (SMART) - MAPEH 2



Job well done! Hope you enjoyed all the lessons!

Very Good! Keep up the good work.

Score:

Teacher's feedbacks:

Total Score	No. of SMaRT Stars	SMaRT Interpretation
36-40 points		You finished the module EXCELLENTLY! 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 VERY SATISFACTORILY! 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 SATISFACTORILY! 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 References:		You finished the module FAIRLY. 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!

Textbooks:

Copiasco, 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.