



Pangalan: _____

Aralin
3

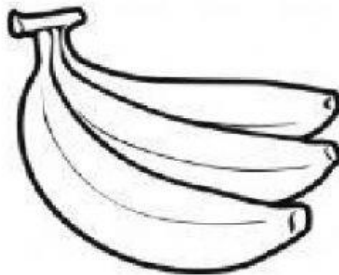
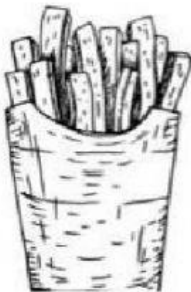
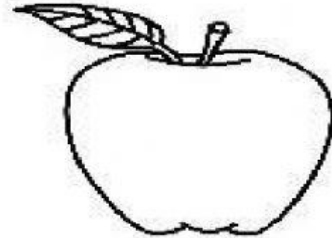
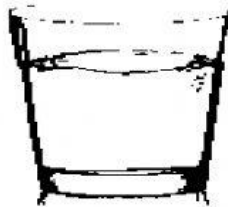
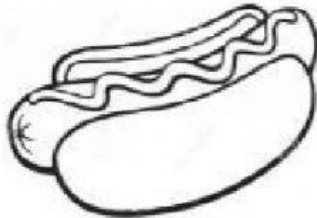
Pagpili ng Tamang Pagkain

MELC: Practices good decision- making skill in food choices.
(H1N-le-f-3)



Suriin

Piliin ang pagkaing gusto mong baunin.



Aralin 4

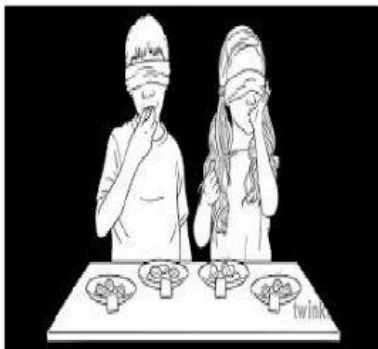
Wastong Gawi sa Pagkain

MELC: Practices good eating habits that can help one become healthy. **(H1N-Ig-j-4)**



Subukin

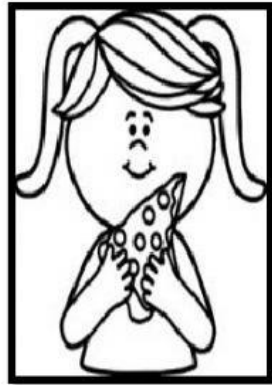
Suriin ang mga larawan. Piliin ang mga nagpapakita ng wastong gawi sa hapag kainan.





Isagawa

Lagyan ng ✓ ang mga larawan na nagpapakita ng pagkaing masustansya at X ang hindi.



Tayahin

Iguhit sa patlang ang **puso** (♥) kung ang pangungusap ay nagpapakita ng wastong gawi sa pagkain at **bituin** (☆) kung hindi.

- _____ 1. Magsalita habang kumakain.
- _____ 2. Kumain nang mabilis upang matapos agad.
- _____ 3. Kumain ng maraming tsokolate.
- _____ 4. Uminom ng walong basong tubig araw araw.
- _____ 5. Maghugas ng kamay bago at pagkatapos kumain.