



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office of Las Piñas City

LEARNING ACTIVITY WORKSHEETS HEALTH 6

Name: _____ Date: _____ Rating/Score _____

Activity 1

Directions: Identify the following behaviors and the threat they pose to the health of individuals and the community. Then, put a check (✓) on the proper category.

| | Air | Water | Land | Noise |
|--|-----|-------|------|-------|
| 1. Improper waste disposal Health threats: 1. _____ | | | | |
| 2. Use of heavy and big construction equipment Health threats: 2. _____ | | | | |
| 3. Use of insecticide and pesticide Health threats: 3. _____ | | | | |
| 4. Throwing of garbage into the river Health threats: 4. _____ | | | | |
| 5. Oil spills Health threats: 5. _____ | | | | |



Directions: Write **TRUE** if the statement about environmental sanitation is correct and **FALSE** if otherwise. Write it on the space provided before each number.

- _____ 1. A healthy environment plays a big role in achieving and maintaining your overall wellness.
- _____ 2. The officials are the only person that should be concerned about the health and safety of the community.
- _____ 3. Community health is defined as the art of maintaining, protecting, and improving the health of all the members of the community.
- _____ 4. According to WHO (World Health Organization) a sustainable use of available resources for all is a characteristic of a healthy community.
- _____ 5. Physical activities are not important for health and wellness.

Activity 2

Directions: Identify the following ways to keep water and air clean and safe. Choose your answer on the box below.

- _____ 1. Turn off the faucet when it's not needed.
- _____ 2. Plant more trees to improve air quality in the surroundings.
- _____ 3. Segregate waste properly. Do not litter.
- _____ 4. Promote the use of biodegradable materials.
- _____ 5. Avoid using of air freshener and other sprays.

| |
|--|
| WATER CONSERVATION PROPER WASTE DISPOSAL MAKE VEGETATION SUPPORT AVOID USING AEROSOL UTILIZE BIODEGRADABLE MATERIALS DO NOT BURN GARBAGE |
|--|

Directions: Write **TRUE** if the statement promotes to keep our water and air safe and write **FALSE** if otherwise. Write it on the space provided before each number.

- _____ 1. Conserve electric energy. Minimize the use of air condition.
- _____ 2. Do not burn backyard waste. Utilize backyard waste by making compose.

| | |
|--|-------------|
| 123 Week 1 (LAW 43) Target Competency: 1. Explains how poor environmental sanitation can negatively impact the health of an individual. (HEH-43-2) 2. Discusses ways to keep water and air clean and safe. (HEH-43-3) | Page 2 of 8 |
|--|-------------|

- _____ 4. Promote the use of plastics bags instead of reusable materials.

HEH-43-2-3

_____ 5. Plant more trees improve the quality of air and water.

C. Explain.

How can we keep our water clean at home?

Directions: Read the following statement carefully. Write **TRUE** if the statement is correct and **FALSE** if it's not.

- _____ 1. Noise pollution is an invisible danger.
- _____ 2. Exposure to loud noise can cause sleep disturbances.
- _____ 3. Loud noises can cause caterpillars' hearts to stop.
- _____ 4. Sudden noise can make a person's heart beat faster than it should.
- _____ 5. Noise pollution can come from contaminated water.
- _____ 6. Some noise pollution may be temporary.
- _____ 7. Building construction or demolition is a cause of noise pollution.
- _____ 8. Whales and dolphins are particularly impacted by noise pollution.
- _____ 9. Hearing loss and wildlife disturbance is the effect of noise pollution.
- _____ 10. Being in a loud, noisy place can make people sleep better.

Suggested Ways to Control and Manage Noise Pollution

Activity 4.

A. Direction: Explain the following:

1. What health problems does noise pollution cause?
- _____
2. What can you do to prevent noise pollution?
- _____

Directions: There are 10 words hidden in the word search below. The words may be found across, down, diagonally and backwards and can overlap with each other. Circle the words in the word search as you find them.

Hint: The words in the word search are the effect of a noisy environment.



Activity 5

Directions: TRUE OR FALSE. Write TRUE if the statement is reducing noise pollution and FALSE if it is not.

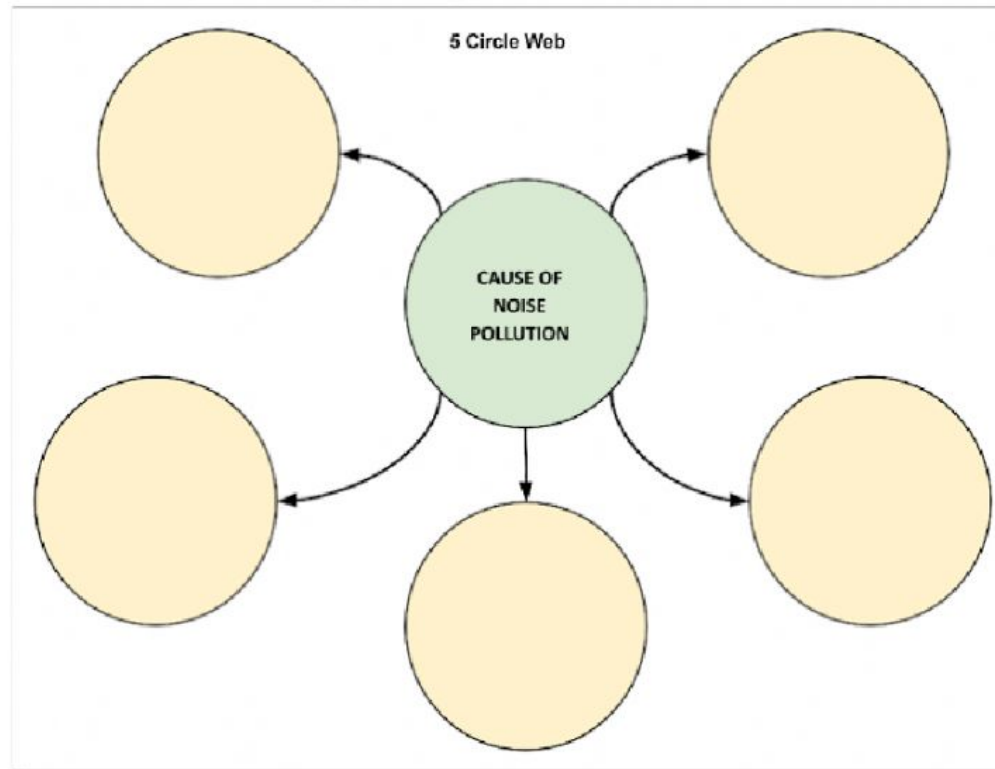
- _____ 1. Spend time in silence.
- _____ 2. Wearing hear protection.
- _____ 3. Minimize sounds you can control.,
- _____ 4. Become a noise pollution advocate.
- _____ 5. Make noise-reducing home improvements.
- _____ 6. Turn on all appliances at home.
- _____ 7. Use loud speaker.
- _____ 8. Stay away from noisy area.
- _____ 9. Notify authorities about disobedience of noise rules.
- _____ 10. Follow the limits noise level.

Direction: Check (/) the column that describes your answer.

| Ways of preventing pollution | YES | NO |
|--|-----|----|
| 1. Do you recycle used paper bags, cans? | | |
| 2. Do you smoke? | | |

| | | |
|---|--|--|
| 3.Do you turn down the volume of loud soundsof radio,tv set | | |
| 4.Do you obey laws on reducing water,air,noise pollution | | |

Directions: Complete the graphic organizer.



Directions: Read the statement carefully. Write true if the statement is correct and false if not.

- _____ 1. Keep checking the surrounding noise levels and limit the sounds that you produce can control noise.
- _____ 2. Poor urban planning can also cause noise pollution.
- _____ 3. Noise Pollution is a mixture of solid particles and gases in the air.
- _____ 4. Noise pollution can also affect animals.
- _____ 5. Jackhammer sound is can be considered as noise pollution.

Activity 6:

A. Direction: Find and encircle the following words.

| | | | | |
|----------------|----------------|-----------------|----------------|------------------|
| PESTS | RODENTS | NUISANCE | DISEASE | ALLERGY |
| INSECTS | RATS | MALARIA | PLAGUE | NUTRITION |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | A | L | A | R | I | A | G | R | R | G | S | P |
| I | P | A | L | L | E | R | G | Y | E | R | I | L |
| N | E | D | I | A | D | A | O | I | U | J | K | A |
| S | S | F | I | S | I | N | E | D | A | K | L | G |
| E | T | D | F | S | E | O | K | O | E | I | R | U |
| C | S | T | S | O | E | A | F | T | C | N | A | E |
| T | K | C | S | A | D | A | S | I | O | S | T | L |
| S | O | N | U | T | R | I | T | I | O | N | S | S |
| N | U | I | S | A | N | C | E | E | O | N | O | N |
| M | C | A | B | A | J | D | I | S | E | A | S | E |

Directions: Write T if the statement is TRUE if F if false on the blank provided.

_____ 1. One of the biggest negative effects of pests and rodents on human health is that they can make you feel ill.

_____ 2. Rodents are small animals that gnaw on our food, garden crops, and even property, mostly using their front incisor teeth located in the upper and lower jaws.

_____ 3. Pest is a broader term used to refer to insects, arachnids, and other tiny animals or bugs that often cause nuisance, pain, and disturbance in plants, humans, and other animals.

_____ 4. Many pests and rodents are also a major cause of allergies and poor indoor air quality in modern households and commercial settings.

_____ 5. Cockroaches and flies are hygienic when they come into contact with your food.

Directions: Give five effects of pests and rodents to human healths.

1. _____
2. _____
3. _____
4. _____
5. _____

ACTIVITY 7

A. Directions: Identify the word/s being described in each number. Chose the answer from the box and write it in the blank provided.

Trapping Pest Control Hand picking Burning
Pest Management Chemical Environmental Agricultural Biological

- _____ 1. It refers to the regulation or management of a species defined as a pest, usually because it is perceived to be detrimental to a person's health, the ecology or the economy.
- _____ 2. It is used when pests are slowly crawling and are not able to fly.
- _____ 3. Is used for flying pests which can't be picked by hand and can cause damage.
- _____ 4. A method of controlling pests that can be achieved by removing food stuff needed for the growth of the pest of draining swamps.
- _____ 5. Involves cultivation of such crops which are resistant to pests.
- _____ 6. In this method, certain chemicals are used for controlling pests.
- _____ 7. It is a process can use to solve pest problems while minimizing risks to people and the environment.
- _____ 8. Is used for flying pests which can't be picked by hand or burned.

Directions: Match column A to column B. Write the letter of the correct answer in the blank.

- | A | B |
|---|-------------------------|
| _____ 1. Insects having small life span parasitize bigger | a. Mechanical Method |
| _____ 2. insecticides | b. Biological Method |
| _____ 3. crop rotation | c. Chemical Method |
| _____ 4. removing food stuff needed for the growth of the pest of draining swamps. | d. Agricultural Method |
| _____ 5. burning | e. Environmental Method |

Directions: Write **T** if the statement is true and **F** if false on the blank provided.

_____1. Pest management can be used to manage all kinds of pests anywhere-in urban, agricultural, and wildland or natural areas.

_____2. An effective pest control program includes: exclusion of pest, removing the food source by good practice, and controlling pests with appropriate methods.

_____3. Agricultural Method of pest control may be achieved using biotechnology and genetic engineering.

_____4. In environmental method of pest control, certain chemicals like rodenticides, insecticides, herbicides and fungicides are used.

_____5. It is important to be able to provide reassurance about safety aspects and to remind ourselves of the need to keep pests under control for clean and disease free environment and to stop the rapid growth of pests and rodents.

KEY TO CORRECTION

·Diarrhea, amoebiasis, gastrointestinal problem[Water]

·True

·False

·True

·True

·False

Activity 2

·Water conservation

·Make vegetation support

·Proper waste disposal

·Utilize biodegradable materials

·Avoid using aerosol

·True

·True

·False

·False

·True

·Answer may vary.

Activity 3

1. True

·True

Activity 5

A.

·T 6. T

·T 7. F

·T 8. T

·T 9. T

·T 10. T

1. Yes

·No

·Yes

·Yes

·True

·True

·False

·True

·True

Activity 6

B.