



Pangalan: _____

Aralin 1

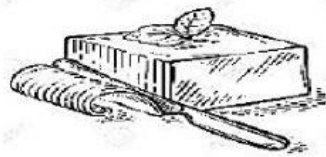
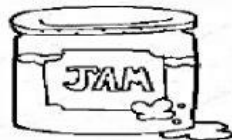
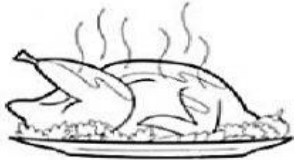
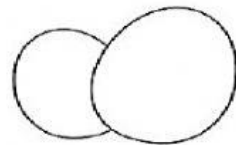
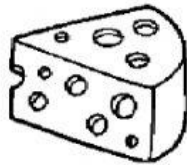
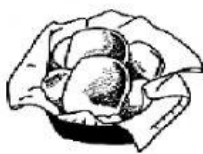
Masustansiya o Hindi Masustansiya

MELC: Distinguishes healthful from less healthful foods.

(H1N-lab-I)

GAWAIN 1

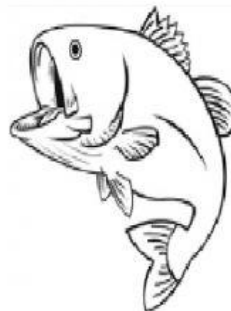
Piliin ang tsek ✓ kung ang mga pagkain ay mula sa halaman at ekis ✕ naman ang mga pagkaing mula sa hayop.



Gawain 2

Lagyan ng tsek (✓) ang masustansiyang pagkain. Lagyan ng ekis (✕) ang hindi gaanong masustansiyang pagkain.



















Tayahin

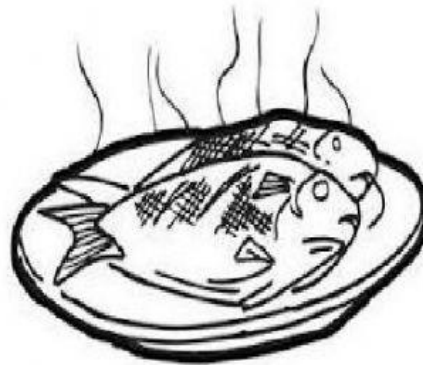
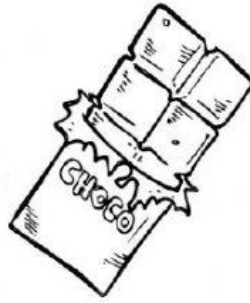
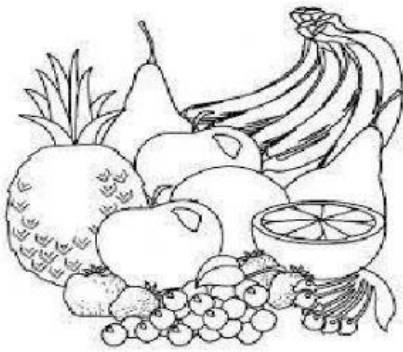
Iguhit ang puso ❤ kung ang pagkain ay masustansya at ekis ✖ kung hindi.

1. nilagang saging - _____
2. softdrinks - _____
3. sopas - _____
4. pandesal - _____
5. bubble gum - _____



Karagdagang Gawain

Piliin ang masustansiyang pagkain sa mga nakalarawan.



Aralin 2

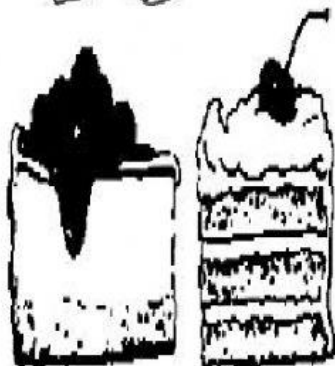
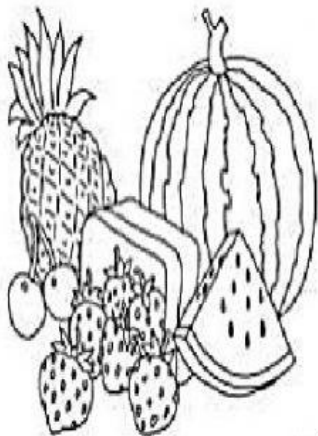
Masamang Dulot ng Hindi Masustansyang Pagkain

MELC: Tells the consequences of eating less healthful foods.
(H1N-Ic-d-2)



Suriin

Piliin ang pagkaing nakasasama sa ating kalusugan.





Pagyamanin

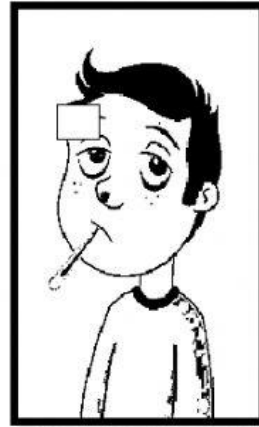
Gawain 1

Alin sa mga larawan ang nagpapakita ng masamang dulot ng pagkain ng hindi masustansyang pagkain? Lagyan ng tsek ✓ ang kahon at ekis ✗ naman sa hindi

1.

☐

4.

☐

2.

☐

5.

☐

3.

☐

Gawain 2

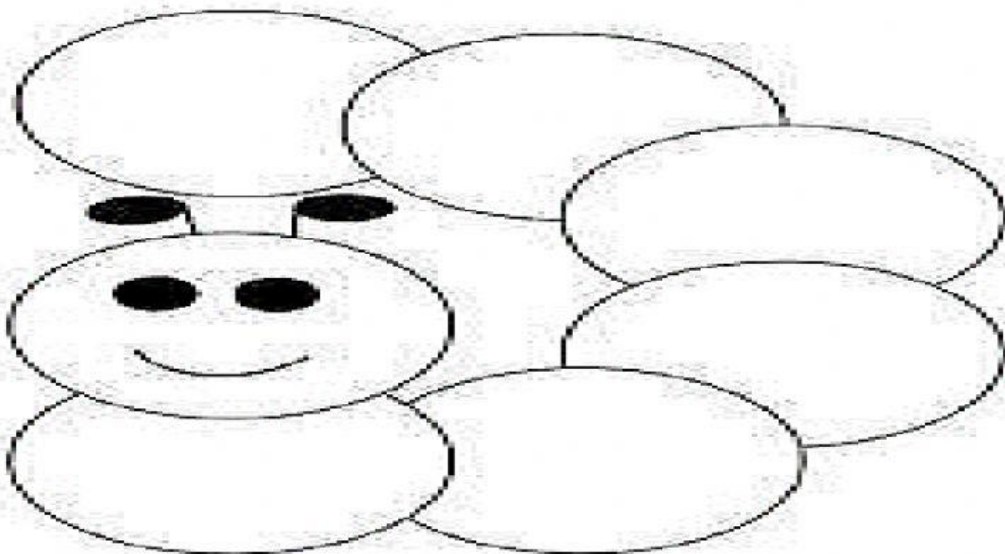
Iguhit ang bituin (♥) kung ang larawan ay nagpapakita ng resulta ng pagkain ng masustansiyang pagkain at buwan (☆) kung hindi.



Isagawa

Ilagay sa loob ng caterpillar shaped graphic organizer ang magiging **bunga ng** pagkain ng **hindi masustansyang pagkain**.

***lagnat, sipon, ubo, sakit ng tiyan,
malusog, sakit ng ngipin, panghihina***





Tayahin

Piliin ang mga larawan na nagpapakita ng resulta ng hindi pagkain ng masustansyang pagkain.

