



Blessed Sacrament Catholic School
S.Y. 2017 - 2018

BUDGET OF WORK IN HEALTH 7

SECOND QUARTER
UNIT TOPIC: HOLISTIC GROWTH
No. of days: 7 days
Reference/S: MAPEH (PHOENIX)

DIRECTION: To **student**, kindly indicate the level of your performance in **each** learning target by putting a (✓) **check** in your choice.

TIME FRAME	LEARNING TARGETS	LEVEL OF PERFORMANCE				
		4	3	2	1	0
Day 1	Identifies the right foods during adolescence. Follows the appropriate nutritional guidelines for adolescents for healthful eating					
Day 2	Identifies the nutritional problems of adolescents. Describes the characteristics, signs and symptoms of malnutrition and micronutrient deficiencies.					
Day 3	Discusses ways of preventing and controlling malnutrition and micronutrient deficiencies					
Day 4	Explain the characteristics, signs and symptoms of eating disorders. Discusses ways of preventing and controlling eating disorders					
Day 5	Applies decision-making and critical thinking skills to prevent nutritional problems of adolescents.					
Day 6- 7	PERFORMANCE TASK					

LEGEND:
4 - I know (can do) it well enough to make connections that weren't taught.
3 - I know (can do) everything that was taught without making mistakes.
2- I know (can do) all the easy parts, but I don't know (can't do) the harder parts.
1- With help, I know (can do) some of what was taught.
0 - I don't know (can't do) any of it.

Prepared by:

Miss Cyra Emerald C. Iman
Health Teacher, BSCS

Approved by:

Miss Meddy L. Sanchez
School Principal, BSCS



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BUDGET OF WORK IN HEALTH 8

SECOND QUARTER

UNIT TOPIC: FAMILY LIFE

No. of days: 7 days

Reference/S: MAPEH (PHOENIX)

DIRECTION: To **student**, kindly indicate the level of your performance in **each** learning target by putting a (✓) **check** in your choice.

TIME FRAME	LEARNING TARGETS	LEVEL OF PERFORMANCE				
		4	3	2	1	0
Day 1	Analyzes behaviours that promote healthy relationships in marriage and family life. Describe the factors that contribute to a successful marriage					
Day 2	Analyzes the importance of responsible parenthood Explains the effect of family size on family health					
Day 3	Examines the important roles and responsibilities of parents in child rearing and care. Explains the effects of rapid population growth on the health of the nation.					
Day 4	Enumerates modern family planning methods (natural and artificial)					
Day 5	Unit test & Review					
Day 6- 7	PERFORMANCE TASK					

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BUDGET OF WORK IN HEALTH 9

SECOND QUARTER

UNIT TOPIC: PREVENTION OF SUBSTANCE ABUSE

No. of days: 7 days

Reference/S: MAPEH (PHOENIX)

DIRECTION: To **student**, kindly indicate the level of your performance in **each** learning target by putting a (✓) **check** in your choice.

TIME FRAME	LEARNING TARGETS	LEVEL OF PERFORMANCE				
		4	3	2	1	0
Day 1	Describe the drug scenario in the Philippines. explains the concept of substance use, misuse, abuse and dependence discusses risk and protective factors in substance use, and abuse					
Day 2	analyzes situations for the use and non-use of psychoactive substances identifies the types of drugs/substances of abuse					
Day 3	corrects myths and misconceptions about substance use and abuse recognizes warning signs of substance use and abuse discusses the harmful short- and long-term effects of substance use and abuse on the body					
Day 4	discusses the harmful effects of substance use and abuse on the individual, family, school, and community explains the health, socio-cultural, psychological, legal, and economic dimensions of substance use and abuse					
Day 5	discusses strategies in the prevention and control of substance use and abuse applies decision-making and resistance skills to prevent substance use and abuse					
Day 6- 7	suggests healthy alternatives to substance use and abuse PERFORMANCE TASK					

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BUDGET OF WORK IN HEALTH 10

SECOND QUARTER

UNIT TOPIC: HEALTH TRENDS, ISSUES AND CONCERNS (National Level)

No. of days: 7 days

Reference/S: MAPEH (PHOENIX)

DIRECTION: To **student**, kindly indicate the level of your performance in **each** learning target by putting a (✓) **check** in your choice.

TIME FRAME	LEARNING TARGETS	LEVEL OF PERFORMANCE				
		4	3	2	1	0
Day 1	Discusses the existing health related laws;					
Day 2	Explains the significance of the existing health related laws in safeguarding peoples health;					
Day 3	Follows existing health related laws					
Day 4	Critically analyzes the impact of current health trends, issues, and concerns;					
Day 5	Recommends ways of managing health issues, trends and concerns.					
Day 6- 7	PERFORMANCE TASK					

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