



**Season 1: Mga Alaming Pangkalusugan at Pangkabuhayan  
Course Outline**

Topics of Radio Lessons	Teaching and Learning Components/Topic
<p><b>Radio Component:</b></p> <ol style="list-style-type: none"> <li>1. <i>Wastong Pagkain: Ano, Gaano, Paano</i></li> <li>2. Junkfoods</li> <li>3. Take Care of the Environment, Take Care of Your Health</li> <li>4. Air Pollution</li> <li>5. Water Pollution</li> </ol>	<p><b>Training Component:</b> Classroom Activities and Resource Materials Recommended</p> <p>Overview, Objectives, BEC Competencies, Science Ideas</p> <p><b>Activity: Right Amount of Right Food</b> Materials: Menu Cards 1, 2, 3, 4 Resource Materials: Food Pyramid: Daily Eating Guide for Filipinos Daily Nutrition Guideline: 7-12 Years Old Equivalents of One Serving Portion of Common Foods</p> <p>Overview, Objectives, BEC Competencies, Science Ideas, Background Information</p> <p><b>Activity: What's on the Food Label?</b> Resource Materials: Recommended Energy and Nutrient Intakes (RENI) Food Additives and What They Do</p> <p>Overview, Objectives, BEC Competencies, Background Information, Instructional Procedures for Activities 1-4, Expected Answers to Questions in the Activities</p> <p><b>Activity 1: What Are the Things I Throw Away</b> <b>Activity 2: Classifying Waste</b> <b>Activity 3: What Can We Do with Nonfood Waste?</b> <b>Activity 4: What Happens to Food Waste?</b> Resource Materials: Composting: Compostable, Noncompostable, Items for the Garbage Truck or for Burying, General Composting Procedure, Composting Models, Benefits of Compost Materials: <i>Gabay sa Paghihiwalay ng Basura: Nabubulok</i> <i>Gabay sa Paghihiwalay ng Basura: 'Di Nabubulok</i></p> <p>Overview, Objectives, BEC Competencies, Background Information, Instructional Procedures for Activities 1-3, Expected Observations and Answers to Questions in the Activities</p> <p><b>Activity 1: Particles in the Air Around You</b> <b>Activity 2: Products of Burning</b> <b>Activity 3: Tricycle Emissions</b></p> <p>Overview, Objectives, BEC Competencies, Science Ideas, Background Information</p> <p><b>Activity 1: Safe for Drinking!</b> <b>Activity 2: Nonpoint Sources of Pollution in the School Community</b></p>

6. <i>Mga Pangkaraniwang Karamdaman</i>	<p>Overview, Objectives, BEC Competencies, Science Ideas, Background Information, Answers to Questions in the Activities</p> <p><b>Activity 1: What Is Your Temperature Right Now?</b></p> <p><b>Activity 2: How to Prepare a Decoction from <i>Lagundi</i> Leaves</b></p> <p><b>Activity 3: How to Prepare an Oral Rehydration Solution (ORESOL)</b></p>
7. Dengue	<p>Overview, Objectives, BEC Competencies, Science Ideas, Background Information, Instructional Procedures for Activities 1-3, Answers to Questions in the Activities</p> <p><b>Activity 1: The Dengue Puzzle</b></p> <p><b>Activity 2: How Do Mosquitoes Multiply?</b></p> <p><b>Activity 3: How Does <i>Aedes Aegypti</i> Look?</b></p> <p>Resource Materials: Life Cycle of Dengue-Virus Carrying Mosquito</p> <p><i>Aedes Aegypti</i>: The Female Dengue-Virus Carrying Mosquito</p>
8. Rabies	<p>Overview, Objectives, BEC Competencies, Science Ideas, Background Information, Answers to Questions in Activities 1-3</p> <p><b>Activity 1: Who Are the Carriers of Rabies Virus?</b></p> <p><b>Activity 2: What Is the Path of the Rabies Virus Inside the Body?</b></p> <p><b>Activity 3: How Can People Be Safe from Rabies?</b></p>
9. <i>Bagyo!!!</i>	<p>Overview, Objectives, BEC Competencies, Science Ideas, Instructional Procedures for Activity 1, Answers to Questions in Activities 1-2</p> <p><b>Activity 1: What Happens When Air Is Heated?</b></p> <p><b>Activity 2: Tracking a Tropical Cyclone</b></p>
10. Flashfloods	<p>Overview, Objectives, BEC Competencies, Science Ideas, Instructional Procedures for Activities 1-2</p> <p><b>Activity 1: Flashfloods in the News</b></p> <p><b>Activity 2: How Do We Prepare for Flashfloods?</b></p> <p><b>Activity 3: Preparing for a Flashflood</b></p> <p>Presentation Rubric</p>
11. <i>Sunog!!!</i>	<p>Overview, Objectives, BEC Competencies, Science and Health Ideas, Background Information, Answers to Questions in the Activity</p> <p><b>Activity: Comparing the Burning Time of Candles</b></p>
12. Poisons	<p>Overview, Objectives, BEC Competencies, Background Information, Instructional Procedures and Answers to Questions for Activities 1-3</p> <p><b>Activity 1: Chemicals Everywhere</b></p> <p><b>Activity 2: Save a Life: Read the Labels</b></p> <p><b>Activity 3: Different Strokes in Different Folks</b></p>

13. First Aid	<p>Overview, Objectives, Science-Related First-Aid Procedures, BEC Competencies, Instructional Procedures for Activities 1-3</p> <p><b>Activity 1: “Hello Mr. First Aid”</b>  <b>Activity 2: “Household First-Aid Kit”</b>  <b>Activity 3: Accidents at Home: Role Playing</b></p>
14. <i>Pagsisimula ng Negosyo</i>	<p>Overview, Objectives, Instructional Procedures for Activities 1-4</p>
15. <i>Magkano Kaya?</i>	<p><b>Activity 1: Concept of Percent</b>  Worksheet 1: Markup  Worksheet 2: Simple Interest  Worksheet 3</p>
16. Kinds of Simple Machines	<p>Overview, Objectives, BEC Competencies, About the Learning Stations and Aired Lessons, Preparing the Learning Stations 1-3</p> <p><b>Activity Card : The Inclined Plane</b>  <b>Activity Card: Wheel and Axle</b>  <b>Activity Card: The Pulley</b>  <b>Activity Card: The Lever</b></p>