

K to 12 BASIC EDUCATION CURRICULUM

GRADE 3

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS	EQUIPMENT
Grade 3 – NUTRITION – 1ST QUARTER (H3N)						
A. Good Nutrition and Health 1. Concept of Malnutrition 2. Forms of malnutrition (undernutrition and overnutrition) 2.1. Protein-Energy Malnutrition (PEM) 2.2. Micronutritional Deficiencies 2.2.1. Vitamin A – Night Blindness 2.2.2. Vitamin B – Beri-beri 2.2.3. Vitamin C – Scurvy 2.2.4. Vitamin D – Rickets 2.2.5. Iron – Anemia 2.2.6. Iodine – Goiter 2.2.7. Calcium – Rickets/ Osteoporosis 2.3. Overweight and obesity	The learner... demonstrates understanding of the importance of nutritional guidelines and balanced diet in good nutrition and health	The learner... consistently demonstrates good decision-making skills in making food choices	The learner...		Music, Art, Physical Education and Health 2. Gabel, Edna C., et. al. DepED, 2013. pp.418-419	Weighing Scale, bathroom-type
			1. describes a healthy person	H3N-1ab-11		
			2. explains the concept of malnutrition	H3N-1ab-12		
			3. identifies nutritional problems	H3N-1cd-13		
			4. describes the characteristics, signs and symptoms, effect of the various forms of malnutrition	H3N-1ef-14		
			5. discusses ways of preventing the various forms of malnutrition	H3N-1ef-15		

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