



Republic of the Philippines  
Department of Education  
National Capital Region  
**DIVISION OF CITY SCHOOLS – MANILA**  
Manila Education Center Arroceros Forest Park  
Antonio J. Villegas St. Ermita, Manila



# SCIENCE 1

## My Body Needs

**Quarter 1: SLeM Week 3**

**Learning Competency:**

**Infers that the human body must meet his needs in order to grow strong and healthy.**



## HOW TO USE THIS MODULE

Before you start answering the module, I want you to set aside other **tasks** that will disturb you while enjoying the lessons. Read the simple instructions below to successfully enjoy the objectives of this kit. Have fun!

1. Follow carefully all the contents and instructions indicated in every page of this module.
2. Write on your notebook or any writing pad the concepts about the lessons. **Writing enhances learning**, that is important to develop and keep in mind.
3. Perform all the provided activities in the module.
4. Let your facilitator/guardian assess your answers.
5. Analyze conceptually the posttest and apply what you have learned.
6. Enjoy studying!

## PARTS OF THE MODULE

- **Expectations** - These are what you will be able to know after completing the lessons in the module.
- **Pre-test** - This will measure your prior knowledge and the concepts to be mastered throughout the lesson.
- **Looking Back** - This section will measure what learnings and skills that you understand from the previous lesson.
- **Brief Introduction** - This section will give you an overview of the lesson.
- **Activities** - These are activities designed to develop critical thinking and other competencies. This can be done with or without a partner depending on the nature of the activity.
- **Remember** - This section summarizes the concepts and applications of the lessons.
- **Checking your Understanding** - It will verify how you learned from the lesson.
- **Post-test** - This will measure how much you have learned from the entire module.

### EXPECTATION

Specifically, this module will help you to

1. Identify the basic needs of man in order to grow strong and healthy.
2. Identify the three basic food groups.
3. Infers that changes take place as one grows.
4. Describe the good effects to the human body when its needs are provided.
5. Shows through creative presentations picture, stories, drawing with the body needs or good health and growth.
6. Identify the good health habits.

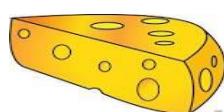
## PRE-TEST

**Direction:** Encircle the letter of the correct answer.

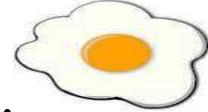
1. Which is a **GLOW Food**?



A.



B.



C.

2. Which is a **GROW Food**?



A.



B.



C.

3. Which is a **GO Food**?



A.



B.



C.

4. What does your body need to protect you from too much heat and cold weather?



A.



B.



C.

5. Which picture shows a healthy habit?



A.



B.



C.

## Looking back to your lesson

**Direction:** Choose and write the letter of the correct answer.

1. What parts of the body are used for drinking?  
**A.** hands and mouth      **B.** teeth and eyes  
**C.** hands and nose      **D.** nose and ears
2. What parts of the body are used in dancing?  
**A.** hands, head, feet      **B.** feet, ears and nose  
**C.** ears, mouth and eyes      **D.** legs, nose and mouth
3. What parts of the body are used for writing?  
**A.** feet and hands      **B.** hands and eyes  
**C.** nose and teeth      **D.** tongue and ears
4. What parts of the body are used in jumping?  
**A.** ears and eyes      **B.** eyes and hand  
**C.** feet and legs      **D.** tongue and mouth
5. When crossing the street, what do you use?  
**A.** eyes, ears and nose      **B.** feet, eyes and ears  
**C.** feet, hands and ears      **D.** hands, eyes and ears

**You're Great!**  
**You still remember our past lesson.**

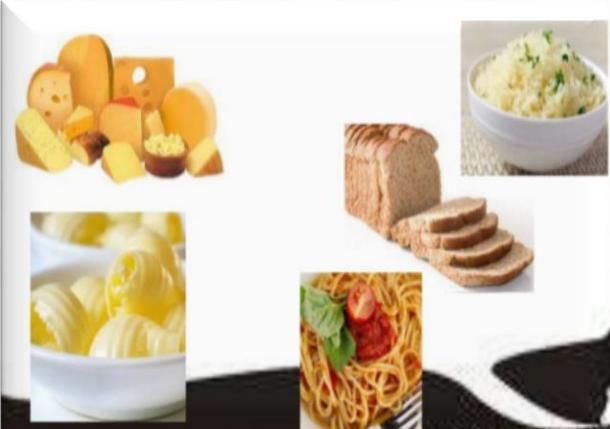
## BRIEF INTRODUCTION

Growing children like you have basic needs. In order to grow fast, you need healthy and nutritious food, clean and fresh air, clean and fresh water, enough exercise, rest and sleep clean and comfortable clothing, enough shelter, clean surroundings and even love and care.

## 1. Healthy and Nutritious Food

We need food in order to live. Food gives us nutrients to become healthy and strong every day. There are three basic food groups

### Go Foods



<http://clipart-library.com/clipart/BigrnpxrT.htm>

Go foods give us heat and energy. Rice, corn, cereals, potatoes, sugar and fatty foods like butter and oil, are all go foods. These food helps us work and play.

### Grow Foods



[https://www.pinterest.ph/pin/786089309929250165/?nic\\_v2=1a7HG181k](https://www.pinterest.ph/pin/786089309929250165/?nic_v2=1a7HG181k)

Grow foods build and repair our body. Pork, beef, chicken, fish, eggs, milk, cheese, peanuts and beans are grow foods. These food helps our muscles and bones to become hard and strong. Grow foods helps children grow bigger, taller and stronger everyday.

## Glow Foods



[vectorstock.com/royalty-free-vector/set-fruits-organic-fruits-vector-21255702](http://vectorstock.com/royalty-free-vector/set-fruits-organic-fruits-vector-21255702)

Glow foods keep our body in good condition. They help prevent sickness. Glow foods are the fruits and vegetables. They contain vitamins and minerals. They also make our skin clear and smooth.

## 2. Shelter



[.pinterest.ph/pin/708542953846352056/?nic\\_v2=1a7HG181k](https://pinterest.ph/pin/708542953846352056/?nic_v2=1a7HG181k)

All of us need shelter where we can stay and live safely. This shelter protects us from too much sunlight, rain, storm, and strong winds. It keeps you safe from harm.

## 3. Clothing



<https://merkandi.com/archive/kids-clothes-mix-boys-girls-jeans-dress-t-shirt-top-new-clearance/297198>

Our body needs clean and comfortable clothes for protection from heat and cold. We also wear different types of clothes during summer and during rainy days.

Wearing clean and comfortable clothes make us look fresh and neat.

#### 4. Fresh Air and Sunlight



We cannot survive without air. Clean and fresh air is good for our health.

Aside from fresh air we also need sunlight. Morning sunlight gives us **Vitamin D** which is good for your bones.

#### 5. Regular Exercise



Exercise makes our muscles strong and healthy. It can make us feel good. Running and walking are some of the best daily exercise. Playing ball is also a form of exercise. A person becomes active and alert with daily exercise.

#### 6. Enough Rest and Sleep



People rest in different ways. Some rest by sitting, others rest by listening to music. Sleeping is the best kind of rest. A child like you needs **8-10 hours** of sleep a day.

Adapted from De Vera -Lim et al. 2018 Elementary Science Explorer Second Edition Worktext, JFC Publishing House QC (no.4-6)

## 7. Safe water to drink



A child like you must drink at least 8-10 glasses of water everyday. Water helps in food digestion.

## 8. Clean Surroundings



The cleanliness of our surrounding help us to have a healthy life. The place we live in must be clean. Always throw your garbage to the trash can. Practice proper waste disposal.

<https://www.shutterstock.com/search/leaves+leaning?>

## Activity 1

**I. Objective:** Identify the basic needs of man to grow strong and healthy.

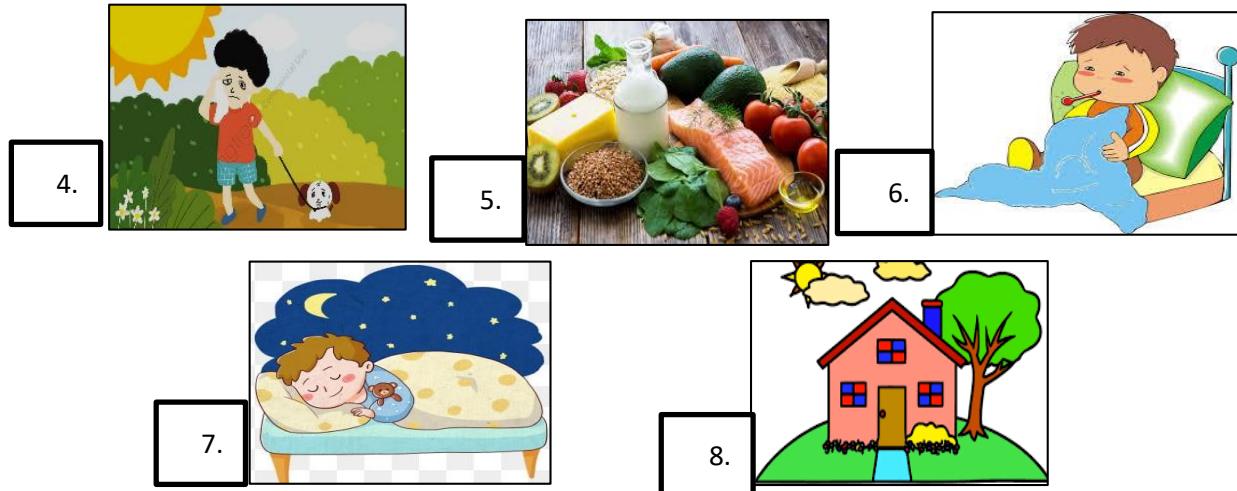
**II. Title:** My Basic Needs

**III. Problem:** What are the things your body needs?

**IV. What to use:** pencil, notebook

**V. What to do:** (Ask parents or an elder to assist you)  
Write check (✓) if the things you need and cross (X) if not.





Adapted from De Vera -Lim et al. 2018 Elementary Science Explorer  
Second Edition Worktext, JFC Publishing House QC (no.4-6)

## VI. Critical Thinking Questions

A. What are the basic needs of man to grow strong and healthy?

1.

3.

5.

2.

4.

6.

B. Why do we need to take good care of our body?

## Lesson 2

### Changes in Ourselves: Change in Size, Weight and Height

Children grow. You keep on growing every day.

As you grow, many changes take place in your body. Can you tell what are these changes? Let us find out.



Adapted from Coronel, C. Science and Health 1997, SD Publication, INC

A newborn baby is very small. As the baby grows older, he learns to crawl, walk, run and jump. At 6, he can already go to school.



You increase in height and weight as you grow older.



Your clothes now are bigger than before.



Your shoes also grow bigger than your shoes before. You are growing fast.

Adapted from Coronel, C.C.Science and HealthI 1997,SD Publication,INC

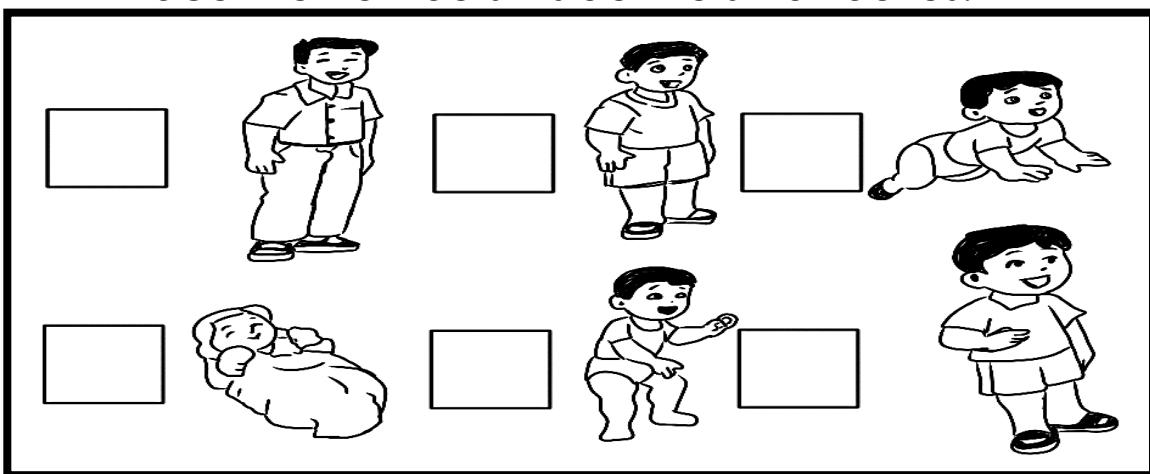
The size of things you use changes as you grow. Children change as they grow. Children like you grow faster.

## Activity 2

- I. Objective:** Observe the changes as you grow.
- II. Title:** My Life Stages
- III. Problem:** What are different changes as you grow?
- IV. What to use:** pencil, worksheet
- V. What to do:**

Arrange the order of the growth of a child.  
Number the pictures with numbers 1 to 6.

Place the numbers inside the small boxes.



Adapted from Uy, L. , Science Wonders 1 St. Agustine Publication Inc. 2013

## VI. Critical Thinking Question

1. What happens when you grow?

2. What happens to your height and weight as you grow?

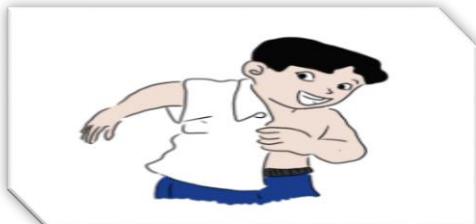
### Lesson 3

### My Body Needs for Good Health and Growth

### Good Health Habits



Take a bath every day. Use soap and clean water. Dry your body using clean and dry towel.



Put on clean clothes. Wearing of clean clothes will make you feel fresh all the time.



Brush your teeth at least two to three times a day. Healthy teeth give you fresh breath.



Eat nutritious foods to make you strong and healthy. Eat only the right amount of food at the right time.



Use umbrella to protect yourself from too much sunlight. Too much heat can make you sick.

Adapted from Uy, L. , Science Wonders 1 St. Agustine Publication Inc. 2013

## **REMEMBER**

Children need sunlight, fresh air, water, food, exercise, rest and sleep. They need clothing and shelter. They also need a clean and healthy environment.

**GO Foods, GROW Foods and GLOW Foods** are healthy and nutritious food that children like you need.

Children change as they grow.

We must practice good health habits.

These keep your body strong and healthy.

## CHECKING YOUR UNDERSTANDING



[vecteezy.com/vector-art/372496-little-boy-and-healthy-food-on-table](http://vecteezy.com/vector-art/372496-little-boy-and-healthy-food-on-table)



[clipart-library.com/poor-diet-cliparts.html](http://clipart-library.com/poor-diet-cliparts.html)

### Set A

### Set B

Look at the set of pictures above. Answer the following questions below.

1. Who has a healthy table? Is it Set A or Set B?
2. Why do we need to eat a healthy food?
3. What can you say about Set B?
4. Is it good for you? Why?

Always remember eating healthy foods make you strong and healthy.

## POST TEST

**Direction:** Copy the letter of the correct answer in your notebook.

1. How do **GROW Foods** help our body?
  - A. They keep our body warm.
  - B. They help us become beautiful.
  - C. They make our muscles and bones strong.
2. Which of these is a **GO Food**?
  - A. bread
  - B. chicken
  - C. mango
3. What should you do after working or playing hard?
  - A. Eat.
  - B. Get enough sunlight
  - C. Take a rest.
4. What happens to children as they grow?
  - A. They become bigger.
  - B. They become lighter.
  - C. They become smaller.
5. Which shows a healthy habit?
  - A. Playing under the sun.
  - B. Take a bath every day.
  - C. Watching TV all the time.

## REFLECTIVE LEARNING

Name: \_\_\_\_\_ Gr. & Sec. \_\_\_\_\_

### HUMAN BODY NEEDS **Reflective Learning Sheet**

**Directions:** Write a reflective learning ON THE HUMAN BODY NEEDS IN ORDER TO GROW STRONG AND HEALTHY by answering the questions inside the box. You can express your answers in a more critical and creative presentation. You can do it! Wishing you SUCCESS!

I want to explain how ...

---

---

To begin with....

---

---

Finally, ....

---

---

# ANSWER SHEETS

Name: \_\_\_\_\_ Section: \_\_\_\_\_

## Lesson 1

### Pre-Test

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

### Critical Thinking

A.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

### Checking Your Understanding

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

### Looking back to your lesson

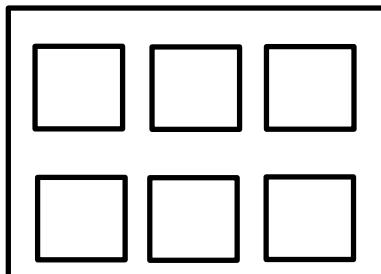
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

### Activity 1

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_  
7. \_\_\_\_\_  
8. \_\_\_\_\_

## Lesson 2

### Activity 2



### Post-Test

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

### Critical Thinking

1. \_\_\_\_\_  
2. \_\_\_\_\_

## KEY ANSWER

### Lesson 1

#### Pre-Test

1. A
2. B
3. A
4. C
5. A

#### Looking back to your lesson

1. A
2. A
3. B
4. C
5. B

#### Activity 1

1. ✓
2. X
3. ✓
4. ✓
5. ✓
6. X
7. ✓
8. ✓

#### Critical Thinking

A.

1. food
2. shelter
3. water
4. air
5. sunlight
6. clothing

B.

To make us strong and healthy.

#### Checking Your Understanding

1. Set A
2. To be strong and healthy.
3. He is eating unhealthy foods.
4. No, it is not good for our health.

### Lesson 2

#### Activity 2

6	4	2
1	3	5

#### Post-Test

1. C
2. A
3. C
4. B
5. B

#### Critical Thinking

1. As you grow your height, weight and size change.
2. You become tall and heavier.

## REFERENCES:

- Carodan, C. P., Dinglasan, E., Duldulao, F., & Magnayi, M. C. (1998). *Lesson Plan in Science*. Quezon City: Dane Publishing House, Inc.
- Coronel, C. C. (1997). *science and health textbook in grade one*. Manila, Quezon: SD Publication.
- De Vera-Lim, M., Quintana, J. R., & Sing, L. B. (2018). *Elementary Science Explorer Second Edition Worktext*. Quezon City 1116, Philippines: JFC Publishing House, Inc.
- Uy, M. L. (2013). *SCIENCE WONDERS I*. Espana, Manila: St. Augustine Publication Inc.

## ART RESOURCES:

[https://www.google.com.sa/url?sa=i&url=https%3A%2F%2Fwww.slideshare.net%2Fdiyey08%2Fgo-glow-and-grow-food&psig=AOvVaw0B6CZZkqX\\_d7fPx06U6vi&ust=1594381693995000&source=images&cd=vfe&ved=0CAkQjhxqFwoTCKIX9eyMwOoCFQAAAAAdAAAAABAD](https://www.google.com.sa/url?sa=i&url=https%3A%2F%2Fwww.slideshare.net%2Fdiyey08%2Fgo-glow-and-grow-food&psig=AOvVaw0B6CZZkqX_d7fPx06U6vi&ust=1594381693995000&source=images&cd=vfe&ved=0CAkQjhxqFwoTCKIX9eyMwOoCFQAAAAAdAAAAABAD)

<https://merkandi.com/archive/kids-clothes-mix-boys-girls-jeans-dress-t-shirt-top-new-clearance/297198>

[https://www.google.com.sa/url?sa=i&url=http%3A%2F%2Fclipart-library.com%2Fdrinking-water-cliparts.html&psig=AOvVaw3M1FP1qscQ282SimSfq\\_0H&ust=1594383876368000&source=images&cd=vfe&ved=2ahUKEwjtk\\_v1IMDqAhWfx4sBHB5BRMQr4kDegUIARCIAQ](https://www.google.com.sa/url?sa=i&url=http%3A%2F%2Fclipart-library.com%2Fdrinking-water-cliparts.html&psig=AOvVaw3M1FP1qscQ282SimSfq_0H&ust=1594383876368000&source=images&cd=vfe&ved=2ahUKEwjtk_v1IMDqAhWfx4sBHB5BRMQr4kDegUIARCIAQ)

<https://www.gograph.com/clipart/fat-boy-eating-junk-food-gg104622836.html>

[https://www.google.com.sa/url?sa=i&url=https%3A%2F%2Fpngtree.com%2Ffreepng%2Fhigh-temperature-warning-heatstroke-prevention-sun-boy\\_4217039.html&psig=AOvVaw2KZBXAQylkz\\_p9M2gCnc3g&ust=1594385929987000&source=images&cd=vfe&ved=2ahUKEwjDkprJnMDqAhVE7ZQKHxa4Ds0Qr4kDegUIARDsAQ](https://www.google.com.sa/url?sa=i&url=https%3A%2F%2Fpngtree.com%2Ffreepng%2Fhigh-temperature-warning-heatstroke-prevention-sun-boy_4217039.html&psig=AOvVaw2KZBXAQylkz_p9M2gCnc3g&ust=1594385929987000&source=images&cd=vfe&ved=2ahUKEwjDkprJnMDqAhVE7ZQKHxa4Ds0Qr4kDegUIARDsAQ)

<https://www.google.com.sa/url?sa=i&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D3hYArhYsjg&psig=AOvVaw3A8YWTGYwi6wFS7O61Up8T&ust=1594382536294000&source=images&cd=vfe&ved=0CAkQjhxqFwoTCOCBwvmPwOoCFQAAAAAdAAAAABAd>

[https://www.google.com.sa/url?sa=i&url=https%3A%2F%2Fwww.gograph.com%2Fvector-clip-art%2Fdrinking-water.html&psig=AOvVaw3M1FP1qscQ282SimSfq\\_0H&ust=1594383876368000&source=images&cd=vfe&ved=2ahUKEwjtk\\_v1IMDqAhWfx4sBHB5BRMQr4kDegUIARCgAQ](https://www.google.com.sa/url?sa=i&url=https%3A%2F%2Fwww.gograph.com%2Fvector-clip-art%2Fdrinking-water.html&psig=AOvVaw3M1FP1qscQ282SimSfq_0H&ust=1594383876368000&source=images&cd=vfe&ved=2ahUKEwjtk_v1IMDqAhWfx4sBHB5BRMQr4kDegUIARCgAQ)

[https://www.google.com.sa/url?sa=i&url=http%3A%2F%2Fclipart-library.com%2Fpoor-diet-cliparts.html&psig=AOvVaw1Z7Z2xBgNZ4H3rN2FAjma\\_&ust=1594385832592000&source=images&cd=vfe&ved=2ahUKEwjPy-GanMDqAhUClqYKHaevBYMQr4kDegUIARckAQ](https://www.google.com.sa/url?sa=i&url=http%3A%2F%2Fclipart-library.com%2Fpoor-diet-cliparts.html&psig=AOvVaw1Z7Z2xBgNZ4H3rN2FAjma_&ust=1594385832592000&source=images&cd=vfe&ved=2ahUKEwjPy-GanMDqAhUClqYKHaevBYMQr4kDegUIARckAQ)

<https://www.freepik.com/>

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