

HEALTH
GRADE 7
LEARNER'S GUIDE

LEARNING MODULE for HEALTH 7

Module 1: GROWING HEALTHY



Attaining holistic health should be everybody's goal. At this point of your life you have many health concerns that need to be addressed. You need to develop all dimensions of your health. You also need coping skills to be able to face the challenges of adolescent life. Correct health information, a positive attitude, healthy practices and desirable coping skills will help you attain and maintain holistic health.

Pre test

Directions: Encircle the letter of the correct answer.

A. The health dimensions are interrelated. However, some activities develop a specific dimension more than others. What dimension of health does each activity develop most? Write:

- P** for Physical health
S for Social health
MS for Moral-spiritual Health
E for Emotional health
M for Mental health

1. Telling the truth
2. Jogging around the park
3. Listening to mood music
4. Reading your favorite books
5. Getting enough rest and sleep
6. Eating a balanced diet regularly
7. Going out with family and friends
8. Respecting your parents and elders
9. Sharing jokes with family members
10. Playing chess, checkers, and Math games

B. There are changes that happen to boys and girls during puberty. Write **TRUE** if the statement is correct and **FALSE** if it is wrong.

- _____ 1. Girls are taller than boys.
_____ 2. Girls' hips become broader.
_____ 3. Voice change occurs among boys.
_____ 4. Boys become more aggressive than girls.
_____ 5. Muscle growth is faster in girls than in boys.
_____ 6. Boys reach the age of puberty earlier than girls.
_____ 7. Girls and boys experience rapid mental growth.
_____ 8. Boys and girls like to be alone more than to be with friends.
_____ 9. Changes that happen to boys and girls occur in all dimensions.
_____ 10. Menstruation and enlargement of breast occur at the same time.

C. Encircle the letter of your answer.

1. What will you do when you make a mistake?
 - A. Cover it up.
 - B. Admit your mistake.
 - C. Pretend nothing happened.
 - D. Hope that no one will find out.
2. How can unpleasant body odor due to active secretion of sweat glands be prevented?
 - A. Change clothes more often.
 - B. Shave the hair of the armpit.
 - C. Use perfume to hide the odor.
 - D. Take a bath regularly and use deodorant.
3. When seeking social support to cope with problems, which of the following will NOT help?
 - A. Stay alone inside the room.
 - B. Talk to a friend who can help.
 - C. Ask advice from a responsible adult.
 - D. Talk to someone to know more about the problem.

4. What coping skill is applied when you say, "I know I can do it"?
 - A. Self-talk strategy
 - B. Solving the problem
 - C. Avoiding and denying
 - D. Seeking social support

5. What skills will help you get along well with other people?
 - A. Coping skills
 - B. Decision-making skills
 - C. Problem-solving skills
 - D. Social and communication skills

6. Saying you are sorry when you hurt someone, means you _____.
 - A. do not have to pay back.
 - B. want the person to forgive you.
 - C. want the person to feel satisfied.
 - D. are too proud to accept your mistake.

7. A healthful way to show your friend you are angry is to _____.
 - A. ignore him/her.
 - B. stay away from him/her.
 - C. tell others you are angry with your friend.
 - D. tell your friend what he/she said made you feel angry.

8. The avoiding coping strategy should be used _____.
 - A. as a last resort.
 - B. for long-term issues.
 - C. for short-term issues.
 - D. as a substitute for other coping skills.

9. Moodiness among boys is often due to changes in the level of their _____.
 - A. adrenaline.
 - B. testosterone.
 - C. growth hormone .
 - D. estrogen hormone .

10. Poor posture among adolescents is due to _____.
 - A. eating less healthful food.
 - B. doing strenuous exercises.
 - C. slouching due to their height.
 - D. playing computer and video games.

D. Directions: Put a check (✓) if the statement relates to your practice or habit and (X) if it does not.

_____	1. I monitor my health status.
_____	2. I monitor the status of my weight.
_____	3. I monitor any change in my posture .
_____	4. I go to the dentist for a regular dental checkup.
_____	5. I visit my doctor once a year even if I am not sick.
_____	6. I undergo a screening test to know my health status.

_____	7. I tell my health problems to my parents/health personnel.
_____	8. I undergo a scoliosis screening in my school/ <i>barangay</i> clinic.
_____	9. I report unusual changes in my body breast to a responsible adult.
_____	10. I take advantage of the health services in our school/ <i>barangay</i> health clinic.

Evaluate your answer. How many did you check?

The number of items you checked describes your health habits and practices:

- 9-10 - Excellent Keep it up!
- 7-8 - Very satisfactory
- 5-6 - Satisfactory
- 3-4 - Fair
- 1-2 - Need improvement—you need to change and correct your health habits and practices.

E. Directions: The following are practices of adolescents in managing things.

Write **A** if you Agree with the practice and **D** if you Disagree.

_____	1. Set attainable health goals.
_____	2. Change your plan if you get frustrated.
_____	3. Study a problem and plan how to solve it.
_____	4. Adjust your goal if it is not possible to reach.
_____	5. Take responsibility for something you did wrong.
_____	6. Prioritize things when you have many things to do.
_____	7. Think of strategies to change unhealthful practices.
_____	8. Attend only to your own task, even in doing group work.
_____	9. Work only with schoolmates whom you are comfortable with.
_____	10. Reflect on what you have done when you're not sure it's right.

G. Choose one item in A above and write how it is interrelated with other dimensions.

ASSIGNMENT: Read “Something to Ponder On” on and do Activity 1.

LESSON 1. ARE YOU REALLY HEALTHY?

Lesson Targets:

Discuss the concept of holistic health

- Explain the different dimensions of holistic health (physical, mental/intellectual, emotional, social, moral-spiritual)
- Analyze the interplay among the health dimensions in developing holistic health.
- Practice health habits to achieve holistic health.

Something to Ponder On

When you were younger, you did not have to think much about your health. Your parents, teachers, and other caring adults looked out for your health. They made sure that you ate the right food, had regular medical checkup and immunizations, and other health practices.

As an adolescent, your personal health now becomes your responsibility. Every day you make health decisions so it is very important that you know correct health information. It is therefore, your responsibility to use health information wisely to guide your day- to-day activities.

Live a healthy and happy life. This must start early in life. Your health habits and practices today as well as in the past, will greatly affect the status of your future health.

Nowadays, health focuses on wellness. It is a positive approach that includes all the dimensions of health: physical, mental, emotional, social and moral-spiritual. Health is the well-being of your body, mind, and your relationship with others. On the other hand, wellness means striving to live your life to achieve your fullest potential, making decisions, and acting in healthy ways. It is practicing positive health behaviors based on sound knowledge and healthy attitudes. You are likely to have a high degree of wellness if you have a balanced life. Being healthy means having a balance of the dimensions of health. This results in attaining holistic health.

Physical health means how well your body functions. It means you can carry out everyday tasks without becoming too tired. It also means you have enough energy to enjoy activities and to meet emergencies. It means developing healthful habits and avoiding destructive habits, such as smoking, drinking alcoholic beverages and taking dangerous drugs and harmful substances. You can attain this by giving your body total care, which includes the following:

- keeping **your** body fit by exercising and participating in active games



Teenagers engage in physical activities to become fit

- eating a well-balanced diet



- getting adequate sleep and rest



- drinking enough water



- practicing cleanliness and good grooming habits



- getting regular medical and dental checkup and treatment



- avoiding harmful substances, such as tobacco, alcohol and drugs of abuse



Mental or intellectual health means being a lifelong learner by continuously wanting to learn new things and improve one's skills. A mentally healthy person is open to new ideas and experiences that can improve personal, family, and community life.



Teenager learning new skills to improve personal and family life

Emotional health involves understanding and liking yourself as well as accepting and learning from your mistakes. It refers to how well you meet the demands of daily life and how you adjust to new situations. It also means expressing your happiness, love, joy and hope as well as your sadness, anger, stress and fear in healthful productive ways. You can best practice these when you:

- face life's problems squarely
- handle stress and seek help, if needed
- express your emotions in positive ways
- deal with life's pressures and stresses in positive ways
- build strong communication network among family, friends and peers



Teenage students seeking advice from their teacher

Social health refers to how well you get along with other people. This can be observed when you--



Teenagers sharing ideas and their talents with peers

- make and keep friends
- play/work well with a group
- give and get help from others when needed
- communicate well and show respect and care for yourself and others

Moral-spiritual health means being at peace and in harmony with yourself, others and a higher power or bigger reality. What you feel, think and say what you believe in or value are shown in how you act. It refers to your personal beliefs, values, and faith.



Places of worship

There will be times when you will make decisions that deal with issues of right and wrong. Sometimes it will be difficult to decide because what is right or wrong is not clearly defined. But as you grow and become more mature, you will gain knowledge and experiences that will give you new insights and ways of looking at things or situations. In deciding what action to take, you can base your decisions on a set of values or moral principles. For example, telling the truth and showing respect are commonly accepted standards of right behaviour.

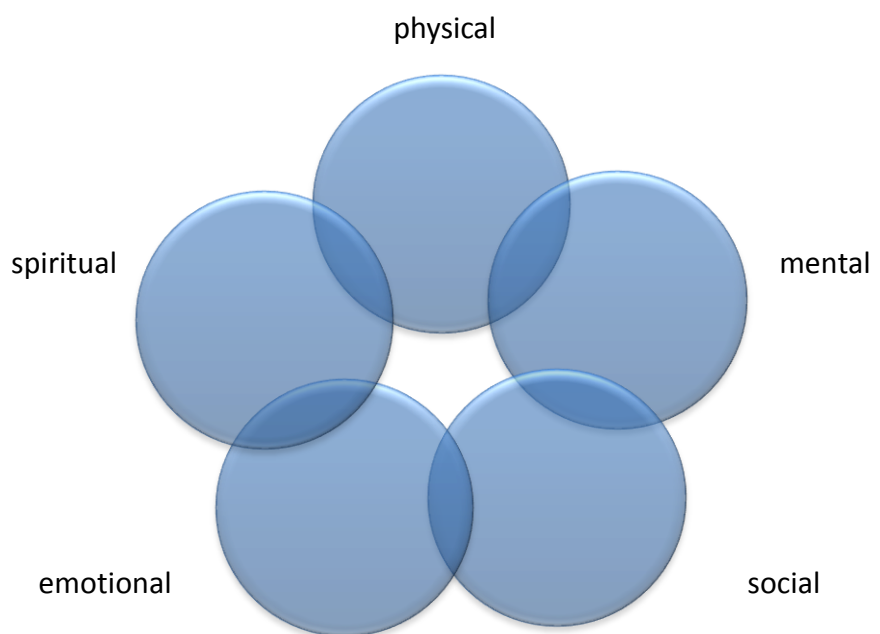
Seeking guidance from parents, teachers, religious leaders, and other responsible adults will help you in making difficult choices. It is a sign of good character if you act according to a set of high ethical principles. You will gain respect and trust from others if you demonstrate good character. Moral-spiritual health, together with the other dimensions, will help you attain holistic health.



Respecting parents or grandparents

Take Actions for Your Health

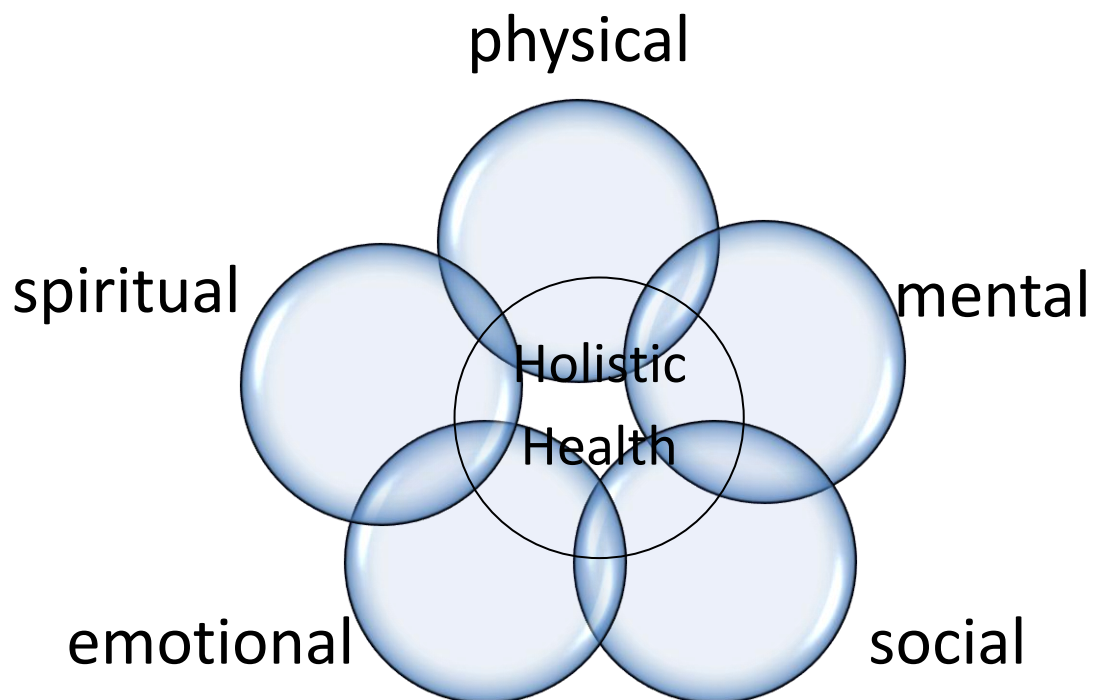
Directions: What health dimension(s) will be enhanced if you do the activities below? Write each activity on the appropriate circle. Be able to explain your answer orally.



1. Read books.
2. Tell the truth.
3. Surf the internet.
4. Play different sports.
5. Go dancing with friends.
6. Attend social gatherings.
7. Respect the right of others.
8. Show your feelings in a positive way.
9. Say sorry when you have done wrong.
10. Consulting parents about your problems.

Let's see how these health dimensions are interrelated with each other

Interrelatedness of Health Dimensions



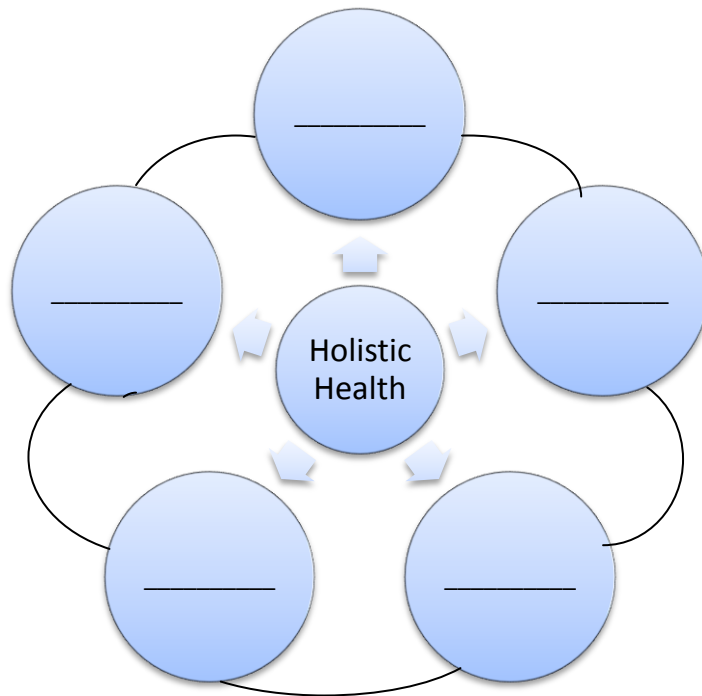
The five dimensions of holistic health are interrelated. An individual is affected physically if food and shelter are not fully satisfied. This person will also be affected emotionally as she/he may feel inadequate, insecure, and unsafe. And how will this affect the mental health of the person? Anxiety may develop when a person is worrying about his/her condition. Relationship with family, friends, and with others may suffer also when a person is not contented and his/her longing for love and affection is not met. When the physical, mental, emotional, and social needs are not satisfied, a person may resort to unethical behaviour to satisfy his/her basic needs.

It is very clear that each dimension affects the other. The dimensions are equally important to attain wellness or good health. These are like puzzle pieces that need to be fitted together for meaningful health dimensions interrelationship.

We all seek a harmonious balance of all health dimensions to lead a happy and fulfilled life. It may sound difficult to attain but developing each dimension at this stage in your life will benefit you for a lifetime.

Connect It!

Directions: Write one health dimension in each circle. On the lines write activities you can do in each dimension that can contribute to holistic health. Add more lines if needed to write your answer. Write these on the lines. On the space provided below, explain briefly how the health dimensions are interrelated. Prepare to discuss your answer in class.



Check Your Health Habits and Practices

Directions: Think of your health habits and practices. Put a check (/) in the column after each item to show how often you practice the health activity.

Health Habits/Practices	Always	Sometimes	Never
1. I eat a full breakfast.			
2. I eat a balanced diet.			
3. I sleep at least 7-8 hours a day.			
4. I exercise/play outdoors.			
5. I face my problems and stresses.			
6. I accept constructive criticisms.			
7. I put into action what I believe in.			
8. I enjoy learning new things.			
9. I read books/surf the internet to learn.			
10. I share my thoughts with my best friend.			
11. I respect others.			
12. I make friends with people of both genders.			
13. I listen to the ideas and suggestions of others.			
14. I get along well with my family, friends, and other people.			
15. I accept who I am.			

Count the number of Always 3x ___ = ___
 Count the number of Sometimes 2x ___ = ___
 Count the number of Never 1x ___ = ___
 Divide the total by 15

What can you say about your health habits and practices?

Are you happy with your score? Why? Why not?

Connect It to Art

Directions: Create a poster to illustrate your plan of action to attain holistic health. Use any medium you may want, such as crayon, water color, oil pastel, etc. You can use cartolina, illustration board, or any other appropriate material.

Check the column that corresponds to your assessment.

Criteria	Weak 1	Moderately weak 2	Average 3	Moderately strong 4	Strong 5
1.Appropriateness of message					
2.Creativity and originality					
3. Impact					
4.Cleanliness and neatness					

Sum Up

Directions: Complete the unfinished sentences.

1. Attaining holistic health means_____.
2. The five dimensions of health are _____.
3. I can attain good health if_____.
4. I'm happy/sad about my health because_____.
5. From now on I promise to_____.

Enrichment Activity

To enrich your understanding about health dimensions, read /download/visit this website. http://www.buzzel.com/articles/5dimensions_of_health.html

LESSON 2: CHANGES IN ADOLESCENTS

Lesson Targets:

Recognize that changes in different health dimensions are normal during puberty

- Describe changes in different aspects of growth that happen to boys and girls during puberty
- Explain that the patterns of change during puberty for each adolescent are similar, but the pace of growth and development is unique for each adolescent.



Teenagers in Action

Something to Ponder On

You may be experiencing significant changes in yourself because you are now in another stage of life—adolescence! This occurs between puberty and adulthood. Puberty is the time when you start to become sexually mature. It usually happens at the age of 10 or 11 for girls and 12 or 13 for boys. However, this is not true for everybody. Some adolescents experience puberty either ahead or later than others. Some have their growth spurt earlier and some later. Still others may experience having pimples while others may not. The age when you experience puberty is influenced by heredity, nutrition, exercise, and other environmental factors. You undergo significant changes in the health dimensions

-- physical, intellectual, emotional, social and moral-spiritual. All adolescents undergo similar changes as they grow and develop. However, there are differences in the way these changes happen to an adolescent; hence, change is similar and at the same time unique for each adolescent.

The changes that happen during puberty are normal to adolescents. You have to know and understand these changes so that they will not surprise nor scare you. They are a normal part of your growth and development as a person. What is important is for you to learn how to cope with them in appropriate ways. You will learn that your wonderful body has built-in mechanisms that help you grow and develop as an individual. You just have to recognize and use them well.

Check Your Health and Life Skills

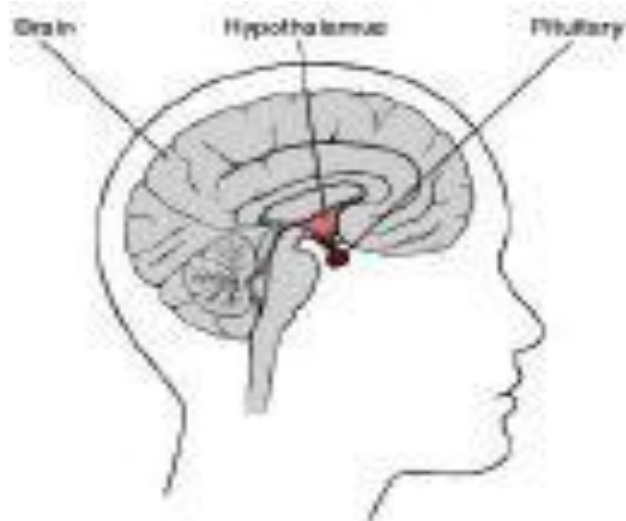
Directions: Write YES if you practice the health and life skill and NO if you don't.

- _____ 1. I take care of my body.
- _____ 2. I take pride in being unique.
- _____ 3. I show respect for all people.
- _____ 4. I try to make informed decisions.
- _____ 5. I settle conflicts in healthful ways.
- _____ 6. I work on having healthy relationships.
- _____ 7. I seek new learning about growth and development.
- _____ 8. I seek advice if I feel nervous about my body changes.
- _____ 9. I accept how my body changes as I grow and develop.
- _____ 10. I choose habits that promote healthful growth and development.

As you study this lesson, try to think of how you can develop these health and life skills. If you are already practicing some, plan how you can continue to enhance them. Remember, these health and life skills will help you face challenges that you will meet today and in the future.

Your Endocrine Glands Affect Your Growth and Development

Your body grows rapidly during your growth spurt. Your growth during childhood and the changes during puberty are controlled by your endocrine system. This system is made up of a set of organs called endocrine glands. Your endocrine glands direct your growth. Endocrine glands produce hormones, which are released into the bloodstream and travel to other organs and tissues where they stimulate growth and regulate activity. Some hormones cause your body to grow and some cause other changes of growth.



Your ***pituitary gland*** affects your growth more than any other gland. This gland produces many kinds of hormones and one of these is the growth hormone. This hormone regulates the development of long bones and muscles in the body. It causes growth throughout childhood and adolescence and helps your body reach its adult size or height. Remember, when your pituitary gland starts making growth hormones, your growth spurt begins. When it stops making much growth hormone, then your growth stops. When happens. you have reached your adult size or height.

Your pituitary gland also releases hormones that cause your reproductive glands to become active. Important changes occur inside and outside your body as your reproductive organs become more active. The testes produce the male sex hormone testosterone while the ovaries produce the female sex hormone estrogen. These hormones stimulate the many physical changes that adolescents go through during puberty. These include secondary sex characteristics such as development of the breast, appearance of maxillary and pubic hair, and others. Boys' testes also begin to produce sperm cells. Girls' ovaries begin to develop egg cells.

Physical Changes

These are some of the general changes that happen to adolescent boys and girls during puberty:

- There is a rapid increase in height and weight. Boys experience this usually two years later than girls. The head, hands and feet grow faster first, then the arms and legs, and then the chest and shoulders. This is why the body of an adolescent seems to be out of proportion.
- Changes in circulatory and respiratory systems—The heart and lungs grow bigger and work better, so the adolescent becomes stronger and can work longer, although the increase is more in boys than in girls.
- Body composition—Muscles develop rapidly, although boys' muscles grow faster than girls'. Body fat increases, although the increase in girls' body fat is more than the boys'.
- Other changes:
 - There is a sudden increase in hormone production.
 - Bones become harder.
 - Sweat and oil glands become more active.

Primary sex characteristics are changes directly related to sexual reproduction.

The reproductive organs of both boys and girls grow and develop. The boys experience their first release of seminal fluid or ejaculation from the penis. The girls experience menarche or the first release of blood and fluids from the vagina, later called menstruation.

Secondary sex characteristics are changes not directly related to sexual reproduction.

Boys

- The voice becomes deeper.
- The Adam's apple becomes bigger.
- The shoulders become wider than the hips.
- Hair grows on the face, body and pubic area.
- The skin on the upper arms and thighs becomes rough.

Girls

- Breasts develop.
- The hips become wider than the shoulders.
- Hair grows on the underarm and pubic area.



From Childhood

to Adolescence

Mental or Intellectual Changes



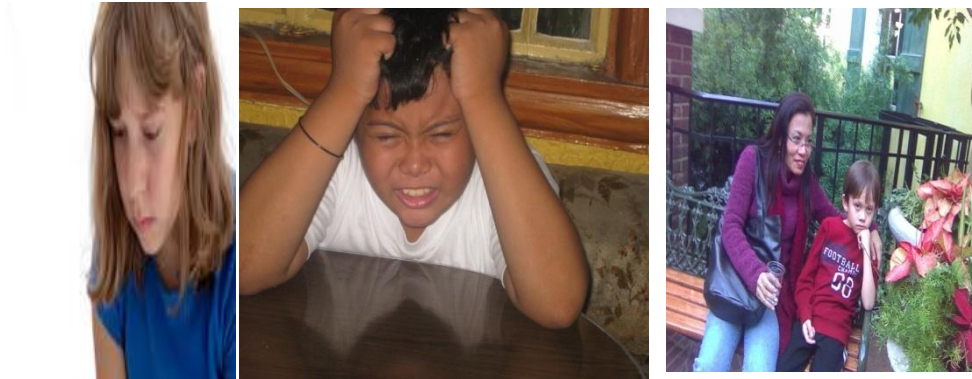
Teenagers showing different talents/skills/interest as a sign of mental health

Adolescents experience rapid mental development. There are changes in the structure of the brain. These make it work more efficiently.

- The development of their intellectual ability makes adolescents less accepting of what others say. They learn to question what others say. They try to get to the bottom of things—trying to find out what to believe in and what to doubt.
- The adolescents make better decisions because they can evaluate risks and rewards better. They can sense the disadvantages and dangers as well as the advantages and rewards that might happen because of their actions. They can already think well before acting as well as know the importance of planning ahead. These characteristics help adolescents make better decisions. However, adolescents take more risks than adults because they enjoy the rewards that result from their actions.
- On the other hand, adolescents have a tendency to become bored with routine activities; they need to be challenged.

- Adolescents are already capable of thinking deeply. This helps them understand proverbs, poems and figures of speech.
- Adolescents also think less of themselves. This allows them to think and reason better. This also makes them good debaters, since they can reason out against what a friend or an adult thinks.
- Adolescents have the skills that let them control and coordinate their thoughts with their actions.
- Adolescent students can focus their attention on what they want to listen to. They can also focus their attention on two or more things at the same time.
- There is likewise an improvement in adolescents' memory and speed in thinking.

Emotional Changes



Adolescents in their moody state

- Adolescents are more responsive to rewards and stress.

- Adolescents are more emotional and this makes them open to being hurt or in danger.
- Adolescent boys are also sexually active; therefore, they are prone to participate in risky behavior. Due to the sudden increase in the manufacture of hormones, adolescent boys become more aggressive.
- Adolescent girls become self-conscious because of the changes that are happening to them. These also give them a feeling of insecurity.
- Early maturing boys are usually taller and stronger; they have a good body image, so they are more confident, secure and independent.

Social Changes



Teenagers with their peers doing different social activities

- Adolescents are very self-conscious. They consider approval of friends and other adolescents or peers as very important.
- Adolescents enjoy being with friends, so they stay longer with them after school. They enjoy choosing clothes to wear; they also crave privacy. These sometimes cause conflicts between adolescents and their parents.

- Young adolescents choose friends who share the same interest with them.
- Adolescents who grow up with family members showing love, guidance and support for each other are less likely to get involved with bad company and engage in fights, vandalism, smoking , drinking, or drug sessions.

Moral-spiritual Changes

Adolescents begin analyzing themselves during this stage. They try to find out who they really are and analyze their strengths and weaknesses. As a result, they understand themselves better and learn to accept and like themselves, including their weaknesses.

They learn that house rules imposed by their parents are there to promote order and harmony at home. However, they are not absolute and some are negotiable as they mature. They begin to distinguish between rules that are negotiable and those that are non-negotiable. Non-negotiable rules, like smoking, are imposed because they are for their own good.

During adolescence, boys and girls realize what they could become in the future. This helps them analyze what they are doing and how it could affect their future. This can be scary for some adolescents. It might create conflict between how they look at themselves now and what they want to become.



Paying respect to our elders is a good Filipino tradition

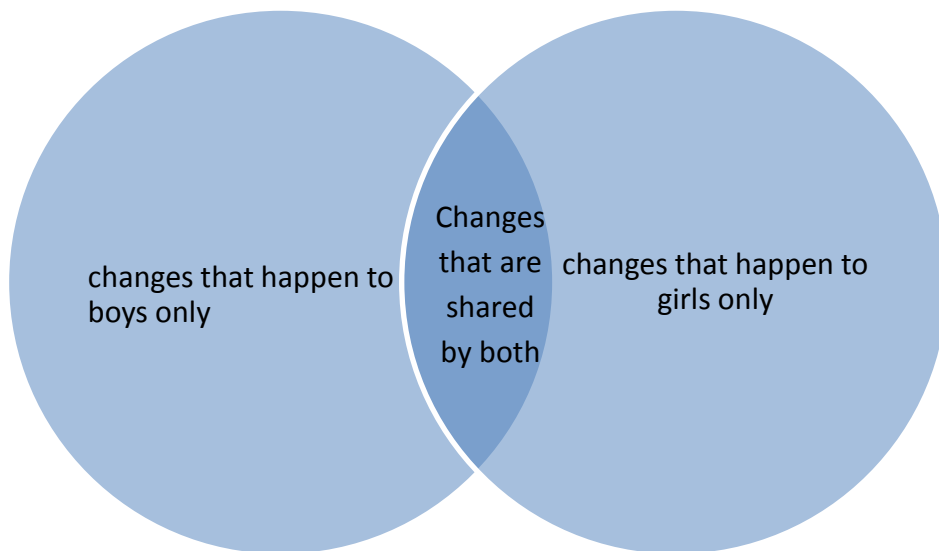
We are Growing and Developing

1. Group by gender with 6-8 members in a group.
2. List down changes you have experienced or are experiencing – physically, mentally, socially, emotionally, and moral-spiritually.
3. Follow this format.

Physical changes	Mental changes	Social changes	Emotional changes	Moral-spiritual changes

Sum Up: Changes – Similarities and Differences

Directions: Draw a Venn diagram like the one below and write in the outside area of the circle physical changes/characteristics unique among boys only while on another area those unique among girls only. Inside the overlapping area of the circle, write all characteristics/changes of adolescents that are shared by both.



Enrichment Activity

For additional information about significant changes during adolescence you can visit this website – <http://pubs.exl.vt.edu/350/350-850/35> Adolescent Growth and Development.

LESSON 3: DEALING WITH HEALTH CONCERNS

Lesson Targets:

1. Identify health concerns during puberty
2. Analyze myths, fallacies, and beliefs related to adolescent health concerns
3. Apply self-management skills in dealing with some health concerns during puberty

Something to Ponder On

Health Concerns/Problems Related to Physical Changes

Adolescence starts with puberty. It is the period of sexual development among adolescents. The secondary sex characteristics happen during puberty.

Boys and girls experience rapid and uneven growth during adolescence. It is uneven because the outer parts of the body such as the head, hands, and feet grow first. They may feel awkward because the hands and feet may seem too big for the rest of the body. Remember, this development is normal and temporary so there is no need to be unhappy about it.



Teenagers of the same age but with varying height and size

- **Postural Problems**

You will notice a great variation in the size and shape of adolescents of the same age. This variation can be a source of concern among teenagers who

compare themselves with others. During the growth spurt, teenagers begin to grow at a rapid rate. Teenagers who grow taller than their classmates may feel conscious about their height. Some teenagers may begin to slouch because they are not used to their new height. Others may slouch on their chairs as they study. Some girls who develop their breast earlier may also feel conscious and tend to slouch. They may develop poor posture if they continue to do this. Remember, good posture helps maintain body alignment. It also helps the bones and muscles to continue to grow properly during adolescence.

Other Concerns Related to Physical Changes

Every individual goes through the changes of puberty at his/her own rate. Some may experience the changes sooner or later than the others. The growth pattern for girls is a little different from the growth pattern for boys. Girls are usually taller than boys around the age of 11 or 12. Then growth in height slows down for most girls while this speeds up for many adolescent boys. Within a few years, boys in general become taller than girls. This difference may cause uncomfortable feelings. Boys may also feel embarrassed when their voice “cracks” because of the growth of their larynx. This is part of growing up.

Remember, every teenager experiences these changes. These are normal experiences and events in everybody’s life so there is no reason to worry and feel uncomfortable about it. Eventually, these awkward feelings will disappear as teens adjust to the changes in their growth and development.

- **Body odor**

During the early teen years, the sweat glands become more active. When teenagers play actively or engage in sports or other physical activities, they tend to perspire profusely. If they do not know how to manage this problem, it may cause unpleasant body odor. How does this happen?

Sweat glands are numerous under the arms and any bacteria under the arms may act on perspiration and cause an unpleasant body odor. If you do not practice proper hygiene, then you might have body odor. Take a bath or shower daily. Soap and water will remove bacteria and excess oil on the skin. Apply deodorant or antiperspirant daily. Be sure to bring extra clothes and change when needed. These may prevent unpleasant body odor.

- **Dental problems**

The more common dental problems of teenagers include dental caries or tooth decay, halitosis or bad breath, and gingivitis or swelling of the gums. Both dental caries and gingivitis can lead to halitosis. It is important to remember that all of these are brought about by not brushing, poor tooth brushing skills and drinking carbonated drinks and eating sweets frequently. This can lead to proliferation of dental plaque, which is made up of colonies of microorganisms. Dental plaque hardens to “tartar” if not removed. So tooth brushing after every

meal and flossing at least twice a day should take at least a minimum of three minutes to remove all food particles lodged between the teeth.

Dental problems can also be prevented by doing the following:

- Eating nutritious foods
- Limiting between-meal snacks, especially sweet and sticky foods
- Brushing and flossing to remove plaque or tartar
- Visiting the dentist regularly, at least twice a year
- **Lack of sleep**

While sleeping, the body gets a chance to rest. Although most body activities slow down while sleeping, some remain active. The pituitary gland releases more hormones, like growth hormones, when one is asleep. Body cells grow and repair themselves more rapidly during sleep. Lack of sleep during the adolescent years interferes with these processes and might interfere also with proper growth and development.

Teenagers need nine to ten hours sleep each night to feel well and rested. So you should refrain from staying late at night playing computer games, watching television or just staying awake doing something. Insufficient sleep has negative effects on your growth and development.

Health Concerns Related to Social Changes

At this point of your life, your friends become very important to you and you probably spend most of your time with them. You meet people and form new relationships.

- **Problems with relationships**

During adolescence, your relationship with other people changes. However, teenagers often change friends as they develop new interests. This may result in breaking up with old friends.

As teenagers you must develop social and communication skills to have a healthy relationship with your family, friends, classmates and other important people in your lives. Effective communication involves exchanging ideas, feelings and viewpoints, and talking and listening skills. Let's see how this skill applies some events/situations in your lives.

- If you and another person disagree on something, listen to what s/he has to say and let her/him know your point of view. In this way effective communication will take place, thus preventing miscommunication.
- If you are out with friends, let your parents know where you are. Let them know and ask permission if you have a change of plans, like staying late with friends or sleeping over in your friends' house. This will show your

parents that you are acting responsibly and safely. Communicating with them in that way will bring about good relationship.

Health Concerns Related to Mental Changes

As adolescents, you are expected to solve more complex problems than when you were children. Your thinking skills develop and you can see and understand other people's point of view.

Mental health concerns in adolescents may be caused by heredity, head injury or chemical imbalance. It may also be caused by stress from feelings of not being accepted, being poor or "different." Abuse, death of a loved one, or separation anxiety can also be a mental health concern.

Read more: [Adolescent Mental Problems | eHow.com](http://www.ehow.com/about_5081379_adolescent-mental-problems.html#ixzz1t3yf5Vx1)
http://www.ehow.com/about_5081379_adolescent-mental-problems.html#ixzz1t3yf5Vx1

Emotional Changes

Your emotions and feelings also go through changes during adolescence and you may experience these problems:

- Mood swings/intense emotions

You may be happy at one moment, then feel sad the next. This mood swing might be misunderstood by friends or family. Moodiness among girls may be due to changes in their estrogen level while among boys, it may be due to changes in their testosterone levels. These hormones can cause emotions to be very intense and swing rapidly. These emotional swings will settle down as you enter the next stage of your growth and development.

This mood swing may be bothersome but you must accept that emotional changes during adolescence are a normal part of your growth and development. Knowledge about what is happening in your body during adolescence will help you understand better the changes you are experiencing.

There are positive ways of dealing with intense emotions and of using extra energy during adolescent years. Get involved in worthwhile physical and social activities, such as sports, dancing and arts and crafts. These will help you feel better and worry less about the changes taking place in you.

Problems related to sexual changes

Adolescent boys experience “wet dreams” or nocturnal emission. This is involuntary ejaculation of semen during sleep. Although this is quite embarrassing, this is common among teenage boys during puberty. This experience may cause stress among teenagers so correct information about sexual changes will prepare them to accept this change positively.

Adolescent girls experience the onset of menstruation. Girls having their menstrual period need to be more conscious about hygiene. The old belief that it is bad to take a bath or wash the hair when a woman is menstruating has no scientific basis. There is absolutely no reason why you should not wash your hair, or take a bath or shower during menstruation. In fact, a nice warm bath can do a lot to relieve menstrual cramps and premenstrual tension. You might want to avoid cold water during your period since it could, theoretically, cause uterine contractions that could increase menstrual cramps.

If you experience puberty at an early age, don't feel embarrassed to talk about it. Talking to your parents, responsible adults, doctor, or teacher is the best thing to do.



Talking to a responsible adult will help teenagers feel comfortable with changes they are experiencing.

Our Health Concerns

We will write our health concerns (one piece of paper for each health concern) and drop them in the proper box:

We will group ourselves and each group will try to analyze the health concern, find out more about it by reading, researching, interviewing, and other means. We will report our findings in class at the next meeting.

GROUP REPORT RUBRIC

Items	Commendable	Acceptable	Poor
Information	Accurate More than 5 different sources Complete: description, management, coping Well-organized	Accurate 3-5 sources Some items missing Somewhat organized	Some inaccuracies 1-2 sources Some information given Disorganized
Visual aid	Clear and helpful	Messy and inaccurate	None or inaccurate
Presentation	Cooperative	Minor problems of cooperating	Some arguments during the presentation; members did not take the presentation seriously

Health concerns/problems brought about by changes during adolescence should be dealt with properly to prevent negative consequences. Since many of these can be prevented, you should learn coping skills/self-management skills to face these challenges positively.

Coping skills – this will help you deal with sad, difficult and stressful situations /experiences in your lives. If you have developed coping skills, you can prevent serious problems resulting from these experiences.

There are several coping techniques you can use in ordinary life situations. Some are very useful; some are not. Some can help you for a short time only but some can help you for a long time. Study the following coping techniques and see how you can practice them:

Support- Seeking Strategies:

1. Talk to a friend who can do something about it.
2. Seek advice from responsible family members/relatives.
3. Talk to someone to find out more about the problem.
4. Look for someone who will sympathize with you.
5. Seek professional help.

Positive Problem- Solving Strategies:

1. Do not act hastily.
2. Make a plan of action.
3. Look at the problem as a challenge.
4. Be creative in solving the problem.
5. Come up with different solutions to the problem.

Avoidance Strategies (These are acceptable for a short-term, so do not exclude other ways of coping.):

1. Avoid being with people.
2. Prepare for the worse that may happen.
3. Wish the situation to go away or to be over.
4. Try to forget the whole thing.
5. Exercise or eat.
6. Hope a miracle would happen.

Positive- reframing Strategies:

Self- talk is a way to help you change your thoughts. Here are some self-talk statements that you can use as coping skill. These statements are useful when you are under stress or facing a challenge/problem:

- A. When you are preparing for a stressful situation, you can use any of these statements:
 - I know I can do it.
 - It's easier once I get started.
 - What exactly do I have to do?
 - Tomorrow, I will be through it.
 - I have succeeded with this before.
 - I won't entertain negative thoughts.
- B. When you are facing the challenge/problem:
 - I can do this.
 - I can only do my best.
 - I can ask somebody for help.
 - If I get nervous, I'll take a deep breath.
 - If I feel tense, I'll do my coping exercise.
 - It's OK to make mistakes; no one is perfect.
 - I won't rush. I will take it slowly step by step.
- C. When you are coping with fear:
 - I'll survive this.
 - Relax! It will end.
 - Take a deep breath.
 - Lord/Allah, help me!
 - I can always call someone.

D. Self- Congratulations:

- I did it!
- I did it well.
- Next time, I won't have to worry much.
- I've got to tell this to _____

E. Affirmation:

- I enter the day with a peaceful thought.
- Every day in every way I grow stronger and stronger.

Which of these coping skills do you tend to use?

Which do you plan to use more?

Are you someone who seeks the help of others or are you a positive problem solver? Don't avoid or deny your feelings too much; it's not healthy.

Self -Talk Bubble

- Identify a teen problem that you are worried about.
- Write a positive statement about the identified problems. For example, if the problem is having too many pimples, you can say to yourself, "I can overcome this problem."
- Write a self- talk, just like a bubble dialogue.
- You can use some of the statements you have learned in coping skills.
- You can make your own design of self-talk scenario in your notebook/journal log. An example is shown below.

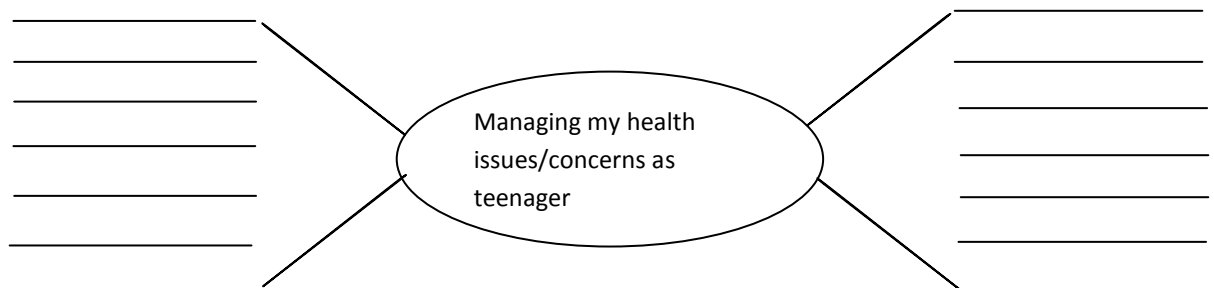




You can cope with the changes that caused some of your health concerns at this stage if you will always make a responsible decision. There are lots of responsibilities and challenges ahead of you as an adolescent. You must handle those responsibilities and challenges successfully. Using coping skills will help you handle these challenges.

Sum Up

Directions: Make a spider map showing your skills in dealing with adolescent concerns. Write the issue/concern on the line connected to the oval. Write ways to cope with the concern on lines provided for. Add or delete lines as needed.



LESSON 4: HEALTH APPRAISED AND..... AMAZED

Targets:

1. Explain the importance of health appraisal procedures during adolescence in order to achieve holistic health
2. Avail of health services in the school and community to appraise one's health

Something to Ponder On

Health Appraisal and Screening Procedures

When you were a child, your parents, older siblings, relatives, and other concerned adults made sure you ate the right food and had regular medical checkups, immunizations, and other health care.

Now that you are already an adolescent, your personal health becomes your responsibility also. One way to do this is to know your health status so that you can take the necessary actions to improve your health habits and practices. In case there is a sign of a medical problem, early detection can help to prevent this from becoming serious that would need appropriate treatment.

Monitoring health status can be done through regular health checkups and screening tests appropriate for you. It is very important to know your health status. For school age children and adolescents, the school health personnel, such as the school physician, school nurse, school dentist, as well as teachers and other school personnel perform checkups and screening tests at the beginning and towards the end of the school year. This is part of the school health service provided for students. Screening for blood pressure is added to the routine tests for height, weight, vision, and hearing. Immunizations are also updated.

Adolescents who are experiencing growth spurts may also be screened for possible scoliosis. Scoliosis is the abnormal curvature of the spine, which causes pain and affects growth. Additional tests may be recommended by your physician or health care provider as needed.

Evaluation of the results of checkups and screening tests is done by the school health personnel. Students who may need health counselling, referral, and follow up will be identified and guided for proper action.

As an adolescent, you should always remember that you are also responsible for your own health. Monitor your body for changes that may need medical check up. This is often referred to as part of self-care. For girls, it is recommended to check your breasts for possible masses or lumps the moment you start menstruating. You should do this monthly, specifically one week after the onset of menstruation. You can do this while taking a shower or facing the mirror. This breast self-examination (BSE) can help females check any abnormalities that might need medical help. Remember, there are normal

changes during and right before menstruation so it is better to perform BSE after menstruation. Develop the habit of doing BSE monthly.

Scoliosis Screening

Scoliosis is a condition in which the spine curves to the side. It is an abnormal lateral or side-to-side curvature of the spine. This condition commonly develops during growth spurt of adolescents. It affects girls more often. This condition can be corrected if treated early before the bones have fully developed.



The following signs should be referred to a doctor for treatment.

- One of the shoulder blades is more prominent.
- The head is not aligned to the center of the pelvis.
- A hip appears higher or is more prominent than the other.
- The rib cage is uneven.
- The waist is uneven.
- The entire body is leaning to one side.

In the school, your school nurse or your health teacher can do the scoliosis screening test. During the test, the school nurse will observe your

posture for signs of scoliosis. Early detection can prevent scoliosis from progressing.

Screening Procedure

Forward Bend Test:

1. Stand facing away from the screener.
2. Bend forward at the waist 90 degrees, feet 10 cm apart, knees straight, and feet parallel to each other.
3. Palms of the hands are facing each other and arms hang down, and are relaxed. The head is down.

It is normal if the screener observes the following:

- Both sides of upper and lower back are symmetrical.
- Hips level and symmetrical.

There is possible scoliosis if the screener observes the following:

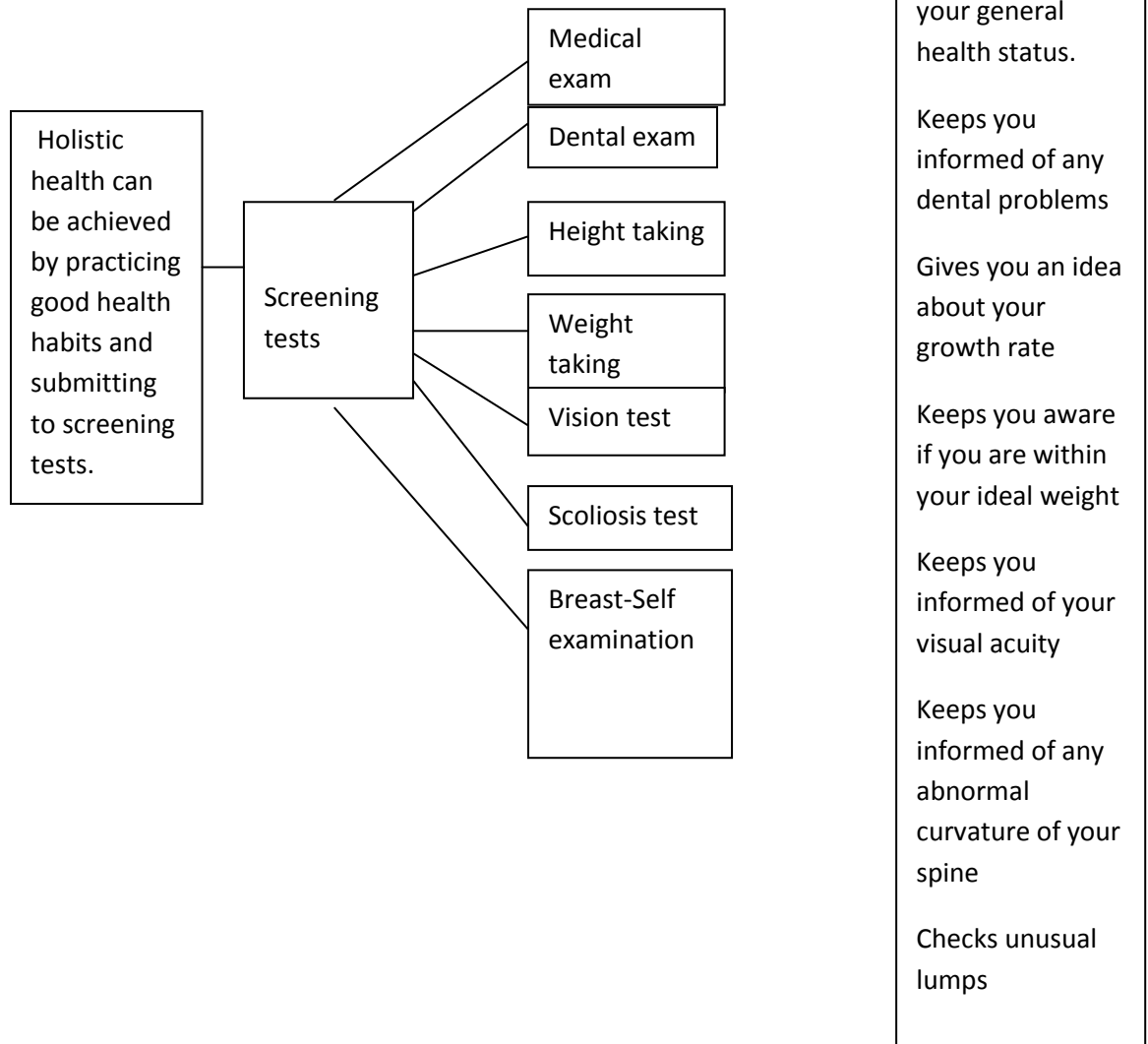
- One side of rib cage and/or the lower back showing uneven symmetry.
- Curve in the alignment of the spine.

It is very important that you are aware of any change in your body. Any deviation from the normal must be reported to your parents so that you can seek medical advice. You can go to your school clinic to seek advice from the health personnel there. Your teachers can also help you. Don't wait for your health problem to get worse. You have to act now.

Remember that the school health personnel, so with your barangay health personnel, are there to help maintain the health of the students/people in the school or community. Avail of any health service they offer.

Organize What You Know

The graphic organizer below shows the importance of health appraisal/screening test in attaining holistic health. Draw an arrow connecting the screening test to its importance.



Activity 2: My Health Screening Contract

Now, do you realize the importance of submitting to a screening test? A Health Screening Contract will remind you to go for screening. Here is an example of a Health Contract.

My Health Screening Contract

Name: _____ Date: _____

I promise that _____

I plan to _____

Witness:

Print Name and sign above

Put your name and then make a promise to yourself to submit to a screening test to monitor your health status. You may want to have your parents witness your contract to help remind you of your promise.

Make your own Health Screening Contract similar to the one above. You may want to write it on another material or paper other than your notebook.

Activity 3: My Health Plan of Action

- Prepare your health plan of action based on the results of your screening test, health habits/practices daily log, health dimension checklist.
- Write what you will do to change the habit/practice in any

Sum Up

Express Your Understanding

- Complete the following statements:
 - I firmly believe that health_____
 - To attain holistic health, I must_____
 - A healthy person lives _____

- Write your answer to the following questions based on your understanding of the lesson. Put these in your notebook or journal log.
 1. What might happen if you will not monitor your health status?
 2. What do your health dimension assessment and your screening test results reveal about your health?
 3. How can you use these data in attaining good health?
 4. How do you know that you have a health dimensions?
 5. What are your strengths and weaknesses as far as health screening is concerned?

LESSON 1: HEALTHFUL EATING GUIDELINES

Lesson Targets:

Follow the appropriate nutritional guidelines for healthful eating

- Explain the need to select food based on the nutritional needs of adolescents

Something to Ponder On

Food Selection Based on Adolescents' Nutritional Needs

Good nutrition is very important in enhancing your quality of life and in preventing diseases. It provides you with the needed calories and nutrients for your maximum energy and wellness. **Calories** or kilocalories are units of heat that measure the energy used by the body and the energy that foods supply to the body. You need energy to fuel everything you do-- from playing, making assignments, talking to your friends, watching television, sleeping, and all your activities. **Nutrients**, on the other hand, are substances in food that your body needs to grow, repair itself, and to supply you with energy. If you choose the right foods to eat, these will provide your body with the nutrients it needs to help you look and perform at your best.

Nutritional needs vary for each stage of life, so it is important to eat a healthy diet through all life stages. Adolescence is one of the fastest growth periods in a person's life. The physical changes during this stage affect the body's nutritional needs. Changes in your lifestyle as an adolescent may also affect your food choices and eating habits. With your active social life and busy schedules, you might often skip meals and just take snacks throughout the day. You might also often skip breakfast, not knowing that this important meal will give you the energy to make it through the day and to perform well in school. When you skip meals, you might resort to eating snacks in fast foods or "carinderias," or

not eating at all. When you eat outside, your choice of foods are often high in fats and sugar that provide less nutritional value. These practices are unhealthful and are major risk factors in developing chronic diseases, such as heart diseases, diabetes and even some types of cancer.

To achieve your full growth potential, proper food selection and eating are very essential. You must know your physical need for food and follow the dietary guidelines appropriate for your age. You sometimes won't eat a dish --- even if you know it is healthful because you don't like its taste. Most often the desire for food or is stronger than the need to eat. Always remember that you need to eat foods that your body needs to support your growing body and to prevent future health problems. Following certain guidelines will help you choose a balanced and healthful diet.

- Eat a variety of foods every day. Choosing and eating a variety of foods each day is important in building a healthy body.
- Consume fish, lean meat, poultry or dried beans. Eating these will give you protein, vitamin B, iron and zinc. These foods may contain high levels of fats but choosing lean meat and poultry without skin and limiting the egg yolks, nuts, and seeds can help limit fat intake.
- Eat more vegetables, fruits, and root crops. Vegetables and fruits are rich in vitamins and minerals and some are high in fiber. Eating a variety of food from this group will help you prevent chronic diseases and will keep you healthy.
- Eat foods cooked in edible/cooking oil in your daily meals. Eating foods cooked in edible/cooking oil daily prevents chronic energy deficiency. Fats and oils are also essential for absorption and utilization of fat-soluble vitamins, such as vitamin A. Olive oil is the best and healthiest oil and it's good for your health.

- Consume milk, milk products and other calcium-rich foods, such as small fish and dark leafy vegetables. These are good sources of protein and calcium.
- Use iodized salt, but avoid excessive intake of salty foods. Consuming less salt can reduce your chance of developing high blood pressure or can decrease your risk of cardiovascular disease.
- Eat clean and safe food. It is important to handle and prepare food safely by observing cleanliness. Wash hands and use clean utensils in preparing and cooking food.
- For a healthy lifestyle and good nutrition, exercise regularly, do not smoke, and avoid drinking alcoholic beverages.



Teenagers' active life

Now, knowing some facts about the importance of nutrition, think about these questions.

- Do you eat the right food you need for good health?
- Are you getting the nutrients you need from the food you choose for your meals?

It is important to be aware of the food you eat every day. The next activity will help you analyze the food you have taken in a day. It will give you a clear picture of your daily food diet.

Activity 1: Word Search

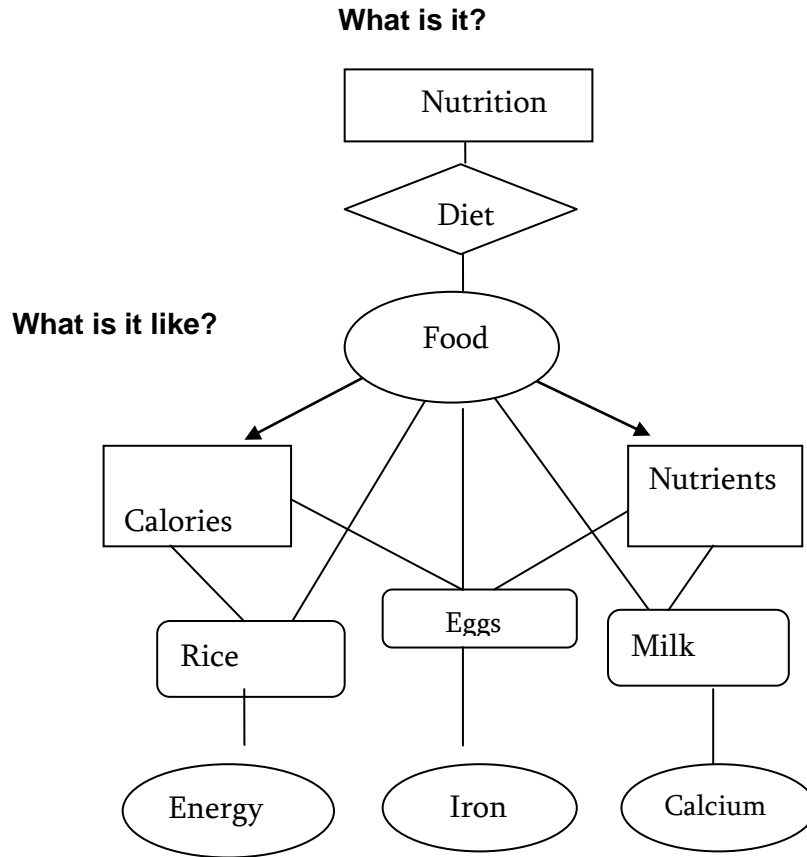
Work individually and find words related to our lesson on nutrition.

Word Search

N	U	T	R	I	T	I	O	N	C
B	U	F	O	O	D	S	S	A	A
C	M	T	J	D	G	O	L	E	L
E	N	E	R	G	Y	C	D	T	O
R	G	C	B	I	I	P	W	O	R
I	K	G	A	U	E	N	O	R	I
K	L	I	M	F	Y	N	A	M	E
R	I	C	E	D	I	E	T	I	S

1. Form groups of 6-8 members.
2. Share with each other what you know about the words.
3. As a group choose several words from the word search and link/connect/web them to make a definition/concept.
4. Use a definition map to describe and define the words you chose and their related ideas. Each map should include branches that answer questions about the vocabulary word such as, "What is it?", "What is it like?", or "What are some examples?"

Here is how you can do a definition map.



What are some examples?

Activity 2: Check Your Daily Food Diet

Directions: List down all the foods and drinks you had for breakfast, snacks, lunch, and dinner yesterday. Indicate also where you ate your meal in the column for source. Study your list and check if you followed the nutritional guidelines for a balanced diet.

Meals	Foods eaten	Source: Eaten at home/fast food/others
Breakfast		

Snacks		
Lunch		
Snacks		
Dinner		

Answer the following questions:

1. Did you eat meals regularly?
2. What did you discover about the food you ate?
3. Where do you usually eat your meals?
4. Were you able to follow most of the nutritional guidelines?
5. Which guidelines were you not able to follow?
6. What do you plan to do now?
7. Will it help? How?

Since you are already responsible and can make decisions for your own food choices, make the best choice and decision for your health. There is a variety of food available. Select those that will provide the best nutrients you need for proper growth, development and health. This is important for your lifelong wellness.

Poor meals due to poor selection of food, eating foods high in fats at fast food centers, eating processed foods, and eating hurried meals at home and school may lead to some health problems, if not corrected. Studies show also that most of an adolescent's diet needs attention due to the following findings:

- Protein consumption is higher than needed.
- Carbohydrates, fruits, and vegetables intake is too high.
- Fat intake is much too high.
- Calcium intake is below what is recommended daily.

You should follow the nutritional guidelines for a healthful diet. You should know how many servings from each food group daily are recommended. The Food Guide Pyramid will help you. The number of servings recommended for an individual depends on her/his age, size, sex, and the activity she/he engages in. For good health, all age groups must eat at least the lowest number of servings from each of the food groups every day. This is in order to meet the daily requirements of vitamins, minerals, protein, fibers, and carbohydrates.

Activity 3: Check Your Nutrition Life Skills

Directions: Write YES if you practice the life skill and NO, if you do not practice it. Be honest with your responses. Write your answer on the space before each life skill.

	I follow a balanced diet.
	I maintain a healthful weight.
	I eat a healthful diet.
	I eat the correct servings for the food groups in the Food Guide Pyramid.

	I follow nutritional guidelines to keep me healthy.
--	---

How many did you check? If you have five checks, it means you are really following good nutrition habits. If you did not check some of the items, you need to review your habits and practices related to nutrition. Your health may suffer later if you continue to have poor food choices and poor eating habits.

Nutritional Needs of Adolescents

The growth spurt during adolescence creates increased demand for energy and nutrients. As an adolescent, your total nutrient needs are higher at this stage than at any other stage in your lifecycle. It only shows that nutrition and physical growth are essentially related; optimal nutrition is a requisite for achieving your full growth potential.

Due to your rapid growth and development at his stage, you have a greater need for certain nutrients, such as calcium, iron, protein, and energy foods. For bone development, you need extra calcium. It is likewise needed for the regulation of vital body functions, such as blood clotting, heart muscle contraction and relaxation, transmission of nerve impulse, and activation of some enzymes. Eating a balanced diet helps in building bone mass that will lessen your chance of developing osteoporosis in later life. Remember, more than 90 percent of bone density develops by the time you reach 18 years old. Adolescents, ages 10-18 have calcium requirements of 1000 milligrams per day. You can get calcium from dairy products, leafy vegetables, canned fish with soft edible bones, and tofu. It is important to include any of these foods in your daily diet.

Teenage boys and girls have high demands of iron due to growth spurt. The onset of menstruation among girls also increases the need for iron. Boys 13–15 years of age need 20 milligrams while girls need 21 milligrams daily. Do you know that iron from meat is better absorbed by the body than iron from plant

sources? You can improve the absorption of iron from plants by eating fruits or drinking fruit juices that contain vitamin C. Iron is important for **proper** functioning of cells and for resistance to infection.

Due to your accelerated growth and development, you need body-building food. Boys, ages 13-15, need 71 grams of protein daily while girls need 63 grams daily. Body-building food is protein-rich necessary for the growth and development of your body, specially your bones and muscles. Throughout your life your body replaces damaged or worn-out cells by making new ones. Protein-rich food helps the body repair itself. Protein also helps the body make enzymes, antibodies and hormones. Protein also supplies the body with energy even if it is not your body's main energy source. Protein provides four calories per gram and excess protein in the body is converted to body fat. Animal products, such as meat, fish, poultry, eggs, milk, cheese, soybeans are good sources of complete protein. Remember, consume only the required amount of protein your body needs daily.

An increase in the physical activities of adolescents requires more energy food. Energy-giving food or carbohydrates are the starches and **sugars** found primarily in bread, cereals, and in fruits and vegetables. In general, boys need more energy than girls due to the physical activities most of them engage in. Boys at the age of 13-14 need 2800 kilocalories for boys weighing 50 kilos while 2250 kilocalories are needed for girls weighing 49 kilos. .



Your body uses energy from carbohydrates to perform every task you do. All carbohydrates are converted by your body to glucose, a simple sugar that is your body's main source of energy. If your body does not consume glucose right away, it is stored in the liver and muscles as glycogen. When you need more energy, the glycogen is converted back to glucose. In cases when you take more carbohydrates than your body can consume, it is stored as body fats. Stored fats in the body may result to being overweight or being obese. Obesity must be avoided because this is a major risk factor to several chronic diseases, such as heart disease, diabetes, and some types of cancer.

You need fiber or roughage, indigestible complex carbohydrates found in the tough parts of vegetables, fruits and whole grains. Fiber helps move waste through the digestive system. It prevents constipation and other intestinal problems, and reduces your risk of heart diseases. Some types of fiber help control diabetes by reducing blood glucose levels. To stay healthy, you have to eat 20-35 grams of fibers daily.

Remember that there is a strong relationship between what you eat and your health, not only today but in the future as well. Proper nutrition also helps

prevent diet-related chronic diseases in the future, such as cardiovascular disease, cancer, and osteoporosis. It is important for you to select a well-balanced diet always.



Teenagers involved in active sports



As active adolescents you need more energy food. A person doing high level activities requires more energy. If you are very active, you need to eat a variety of food. Eat only in amounts that your body needs or that matches your growth and activity level.

You usually engage in physical activities like sports. During these activities wherein you perspire a lot, you lose some sodium. Usually the salt in your diet replaces the salt lost. Excessive perspiration during strenuous physical activities removes the potassium, sodium, and calcium from your body. You can replace these by eating foods, such as vegetables, cereals, meat, dried fruits, and milk.

Exercise can also increase your body's need for thiamine, riboflavin, and niacin. You need these vitamins for the release and use of energy when you are exercising or doing activities. You can get these from foods, such as meat, fish, beans, milk, cheese, poultry and eggs.

Teenagers or athletes who engage in vigorous physical activities should take into consideration certain dietary precautions to ensure good health.

- Drink enough water. Drink an extra 568 ml of water 2 hours before the activity and 85.2 - 170.4 ml every 10-20 minutes during the actual vigorous activity. Avoid drinks with high sugar content to avoid delay in stomach emptying.
- Eat foods rich in iron. Athletes should also eat citrus fruits. Citrus fruits help facilitate body's absorption of the iron in cereals, vegetables, and other non- meat sources. These foods help prevent potential iron- deficiency anemia.
- Eat foods rich in calcium. Female athletes, for example, can be prone to osteoporosis (weakening of the bones as a result of loss of calcium). They must be particularly careful to eat foods rich in calcium to get the recommended dietary allowance of calcium.

Your daily diet should be selected carefully. The nutritional guidelines for adolescents will make it easy for you to choose a balanced diet. You need different nutrients to be sure that your body functions properly. You also need body-building foods due to your accelerated growth and development. Your active life also requires more energy foods.

Activity 4: Can You Help?

Directions: Read the situation below and answer the questions that follow.

Like all teenagers, Jose is an active teenager. He is a member of the school varsity team. He is about to compete for championship in the division level. His team practices daily. . During practice, he perspires heavily and needs to drink water very often. After his morning practice, he usually feels hungry during lunch time.

1. Suggest a menu for his lunch that will give Jose the nutrients he needs as an active teenager.
2. Suggest foods to replace the potassium, sodium, and calcium lost due to too much sweating.

You can influence others to develop a healthy eating habit through different strategies. Help promote healthier eating among your family members, friends, and schoolmates through your advocacy materials.

Assignment:

Activity 5: Let's Advocate Healthy Eating!

Directions: Prepare an advocacy material like a poster/slogan/poem/song/rap to send a message about eating the required amount of vegetables, fruits and milk daily. Create a group for the presentation of your advocacy materials to the class or have an exhibit of all your output.

Your presentation will be assessed based on the following criteria:

- Clarity of the message

- Correctness of information
- Message impact

Sum Up

Complete the following unfinished statements:

1. I discovered that my eating habit is _____.
2. I am aware that _____.
3. As an adolescent, I need to eat _____.
4. I will encourage my family and friends to eat_____.
5. From now on I will _____.

Enrichment Activity

Directions: Read more about nutritional guidelines for adolescents in a Health or nutrition book recently published. You can also visit the following websites:

<http://fnri.dost.gov.ph/index.ph>

Nutritional guidelines for Filipinos

LESSON 2: THE FOOD GUIDE PYRAMID FOR A HEALTHY LIFE



Lesson Targets:

- Follow the Food Guide Pyramid for adolescents
- Discuss the importance of following the nutritional guidelines appropriate for Filipino adolescents

Something to Ponder On

The Food Guide Pyramid will guide you on how many servings from each food group is recommended daily. There are six food groups in the Food Guide Pyramid. The serving requirements of each individual depend on age, sex, size, and activity level. Each day, we need to eat at least the lowest serving from each of the food groups. This is to meet the daily requirements of vitamins, minerals, protein, fiber, and carbohydrates of an individual.

We all need to eat a balanced diet every day. This includes servings of foods from different food groups in the Food Guide Pyramid. This guide suggests that we consume--

- food from the fats, oil and sweet group sparingly.
- at least 1 glass a day of food from the milk and milk products group.
- 2 and ½ servings daily of food from the meat, poultry, dry beans, eggs, and nuts group.
- 1 egg a day (for teenagers).
- 3 servings of food from the vegetable group daily (for teenagers).
- 3 servings of fruits daily.
- the greatest number of servings, which is 6-8 servings, of bread, cereal, rice, root crops and noodles.

For you to grow and develop to the fullest and to improve your nutritional status, it is important to follow healthy eating guidelines such as:

	<ul style="list-style-type: none"> • Eat a variety of foods daily.
	<ul style="list-style-type: none"> • Maintain a healthy weight.
	<ul style="list-style-type: none"> • Eat foods that are low in fat, saturated fat, and cholesterol. • To lower the risk of heart diseases, avoid too much cholesterol in your diet.
	<ul style="list-style-type: none"> • Consume milk, milk products and other calcium-rich foods, such as small fish & dark green leafy vegetables daily.
	<ul style="list-style-type: none"> • Eat plenty of vegetables, fruits, root crops, and grain products.
	<ul style="list-style-type: none"> • Use sugar in moderation. <ul style="list-style-type: none"> ○ Eating too much sweet foods contributes to tooth decay.
	<ul style="list-style-type: none"> • Eat clean and safe food, cook food in edible/cooking oil.
	<ul style="list-style-type: none"> • Use iodized salt but avoid excessive intake of salty foods. Too much salt in the diet may increase the risk of having high blood pressure.

Remember, healthy eating will reduce your risk of suffering from fatal diseases, such as cancer, heart disease, stroke, and diabetes. Healthy eating is important for proper growth and development. It can also prevent health problems, such as obesity, dental caries, iron deficiency, and osteoporosis. Women are prone to osteoporosis, so teenage girls should eat enough foods rich in calcium. This will help build strong bones to protect them from osteoporosis later in life.

Eating a wide variety of foods in moderation daily is a good practice. Following the Food Guide Pyramid and the Nutritional guidelines for Filipinos will make it easier for anyone to have a balanced, healthful diet daily.

How Many Servings Do You Need as an Adolescent?

A serving is the size of food after it is cooked. Do you know that three ounces of cooked meat is about the size of a deck of cards?

The serving sizes below will guide you in measuring the amount of food and liquid you take daily.

- 1-1/2 cups (12 ounces) of liquid is the size of a soda-pop can.

- 1 cup (8 ounces) of food is the size of a large handful.
- 1/2 cup (4 ounces) of food is about half of a large handful.
- 1 ounce of cheese is about the size of a 1 inch cube.
- 2 tablespoons (Tbsp) is about 2 times the size of the tip of your thumb (from the last crease).
- 1 tablespoon (Tbsp) is about the size of the tip of your thumb (from the last crease).
- 1 teaspoon (tsp) is about the size of the tip of your little finger (from the last crease).

Daily Servings for a Teen's Diet

The table below is a food guide for adolescents. Adolescents can achieve their energy and nutrient requirements by eating a variety of foods daily. This guide may be used to ensure variety in foods eaten.

Food group	Serving size	Number of servings daily
Breads / Starches:	<ul style="list-style-type: none"> • 1 muffin • 2 slices bread • 1/2 cup cooked cereal, pasta, potatoes, or rice • 1 ounce or 3/4 cup dry cereal • 4 pcs. <i>pan de sal</i> • 1 small size root crop • 1 pack instant noodles 	5 to 10 servings
Fruits	<ul style="list-style-type: none"> • 1/2 cup canned fruit or fruit juice • 1 piece fresh fruit, such as an apple, orange, banana • 15 to 20 grapes • 1-1/2 cups fresh melon 	2 to 3 servings
Meat / Meat Substitutes	<ul style="list-style-type: none"> • 1/2 cup cottage cheese • 3/4 to 1 cup cooked dried beans or legumes • 1 egg • 1 ounce low-fat or regular cheese • 2 to 3 ounces meat, fish, or poultry • 2 to 3 Tbsps. peanut butter • 1/2 cup nuts 	3 to 5 servings
Milk or Yogurt	<ul style="list-style-type: none"> • 1 cup low-fat milk or yogurt • one ounce of cheese 	4 to 5 servings

	<ul style="list-style-type: none"> • 1/2 cup of cottage cheese 	s
Vegetables	<ul style="list-style-type: none"> • 1/2 cup cooked or 1 cup raw vegetable • 2 cups salad greens • 1 cup vegetable or tomato juice 	2 to 3 servings
Fats	<ul style="list-style-type: none"> • 10 peanuts • 2 Tbsps. cream cheese, avocado, or low calorie salad dressing <ul style="list-style-type: none"> • 1 tsp oil, margarine, mayonnaise, or butter • 1 Tbsp salad dressing 	2 to 4 servings
Sweets and Desserts	<ul style="list-style-type: none"> • 1/8 of a pie • 1/2 cup ice cream • 3-inch pastry • 1/2 cup pudding, • 2 small cookies. <p>Too much sweets and dessert can aggravate skin problems, like pimples.</p>	1 to 3 servings per week
Water and Beverages		6 - 8 glasses (240 ml each)

Do you include food from the different food in your daily meal?
Do the next activity to check if you are eating the right food.

Activity 1: Am I Eating the Right Food?

Direction: List all the foods and drinks you usually eat the whole day. List them in the space below. Check the column of food group where each food belongs.

List of foods	Fats, oil, & sweets	Milk and milk products group	Meat, poultry, dry beans,	Vegetable group	Fruit group	Bread, cereal, rice, and rice

			eggs, and nuts group			products, and root crops group

Based on your list, answer the following questions:

1. What do you observe about your food intake?
2. Which food group do you have most in your list?
3. Which food group do you have less in your list?
4. Why did you choose those foods?
5. Do you take the needed serving each day?

What do you plan to do about your eating habits?

You usually eat at the school canteen and you see your classmates and other students select the food they want for snacks or lunch.

The next activity will require you to be observant while inside the school canteen.

Are there healthier options available to students other than what they normally choose?

Visit your school canteen and do the activity.

Activity 2: A Visit to the Canteen

Directions: Visit your school canteen and observe the students taking their lunch

or snacks. List the foods being served to the students in the school canteen. Check from the Food Guide Pyramid the group where the foods you listed belong.

Answer the following questions:

- To what food groups do most of the foods belong?
- Does the canteen serve nutritious food?
- Do they serve less nutritious foods such as chips, carbonated beverages and “artificial” fruit juices?
- Are the foods appropriate to students’ dietary needs?
- What foods do students mostly buy?
- Are they choosy in selecting their lunch/snacks?
- Do students eat hurriedly?

Write your observations/recommendations by finishing the following:

Our school canteen _____

Most of the students eat _____

I suggest that our school canteen _____

I recommend that students _____

After learning about the Food Guide Pyramid, can you prepare a healthy menu for your breakfast, lunch, snacks, and dinner? Be sure to follow the nutritional guidelines you have learned and include food from the different food groups in the Food Guide Pyramid.

Activity 3: A Healthy Meal for Me

Directions: Prepare a healthy menu for your breakfast, lunch, snacks, and dinner. Follow the Food Guide Pyramid for teens in preparing your meals. Be sure to include foods from all the food groups in the Food Guide Pyramid.

Do the next activity and show your understanding by making sense/meaning out of the words/phrases given below.

Sum Up

Do either one of these:

- Using a graphic organizer, connect/web the following concepts in a way that they make sense
- Write a paragraph using the words/phrases below to summarize the lesson.
 - Food groups
 - Balanced diet
 - Good nutrition
 - Healthy eating
 - Food Guide Pyramid
 - Proper growth and development of adolescents

Assignment:

Food Facts and Fallacies

Directions: Answer the following statements by telling whether the statement is a FALLACY or a FACT.

1. "Fat free" is "calorie free."
2. You need meat for protein.
3. Eating fish makes you smarter.
4. Cholesterol free means 'fat free.'
5. Extra virgin olive oil is the best oil.
6. Sugar is not good for people with diabetes.
7. Reducing salt intake can reduce blood pressure.
8. An obese individual should be given a poor diet.
9. If you eat a diet high in fat, you will store more body fat.
10. Carbohydrates-rich foods are not good to eat after 4PM as they promote weight gain.

Do you want to find the truth about those statements? Read the article about Food Myths and Facts in this website- <http://topendspot.com/health>
Your teacher will also discuss the truth about these.

Be ready with a Nutrition Fact or Fallacy question for your classmates

To learn more about the Food Guide Pyramid, you can visit this website – <http://www.the-food-guide-pyramid>

Enrichment Activity A Healthful Diet

Show your understanding and creativity through this activity.

Group by six.

Choose foods from the Food Guide Pyramid. Show what kinds of food you need every

day and the number of servings you need from each food group.

(40 points) 1. Cut out pictures of different kinds of food. Show the correct number of servings you need from each food group. For example, cut out six to eleven pictures of foods from the bread, cereals, rice, root crops, and noodles group.

(30 points) 2. Draw a big paper plate on construction paper. Paste the cut-out foods on the plate.

(20 points) 3. Write one way your body uses food from each food group.

(10 points) 4. Use correct grammar.

(100 points) 5. Total points

LESSON 3: DO YOU EAT RIGHT?

Lesson Targets:

1. Discuss the nutritional problems among adolescents

- Analyze the current nutritional status of Filipino adolescents
- Describe the signs and symptoms, prevention, and control of malnutrition (underweight and overweight) and micro-nutrient deficiencies
- Explain the characteristics, signs and symptoms, prevention and control of eating disorders (anorexia nervosa, bulimia nervosa, compulsive eating disorders)

Something to Ponder On

Current Nutritional Status of Filipino Adolescents

The results of the 6th National Nutrition Survey for Filipino adolescents show the nutritional status of adolescents from ages 11-19. Let us analyze the results. Survey shows that:

- among adolescents, 11-12 years old:
 - 49 in every 100 have normal weight for their height
 - 26 in every 100 are underweight
 - 4 in every 100 are overweight
- among adolescents, 13-19 years old:
 - 68 in every 100 have normal weight for their height
 - 12 in every 100 are underweight
 - 3 in every 100 are overweight
- more males 11-12 and 13-19 years are underweight than females
- more 11-12-year old males are overweight than females while more females age 13-19 years are overweight than males of the same age
- the prevalence of underweight adolescents increased between 1993 and 1998 but declined in 2003

There are more underweight adolescents ages 11-12 than those who are 13-19 years old.

The 7th National Nutrition Survey results show the following:

- The prevalence of underweight among pre-adolescence/adolescents, 11-19 years old had significantly increased by 1.0 percentage point between 2005 and 2008.

- Overweight adolescents on the other hand had decreased significantly by 0.2 percentage point from 4.8 % in 2005 and 4.6% in 2008.

What do you think are the reasons? The next activity will help you see the reasons.

Activity 1: How Are My Eating Habits and Practices?

Directions: Check your habits/practices related to eating. Check (/) those that only relate to your habits/practices and cross (x) those that don't.

	1 I prefer fast foods and street foods.
	2. I eat anything for my meals/lunch.
	3. I am not careful in the selection of foods I eat.
	4. I don't have enough money to buy nutritious meals.
	5 I eat my meals hurriedly to catch up with my classes.
	6. I skip breakfast and have poor meals due to lack of time to eat.
	7. I'm afraid of eating certain foods because these might cause pimples.
	8. I just buy food available in school canteens even if I do not like them.
	9. I am afraid of eating too much so I often skip breakfast.
	10. I am not fond of milk; I prefer softdrinks.
	<ul style="list-style-type: none"> • What can you say about the results of your answers to this activity? • Do they reveal something positive or negative about your eating habits and practices? • Ask some of your classmates if they have similar answers.

Some of your answers are the reasons why some adolescents are not properly nourished. Do you know which ones?

Based on the same survey, these are the reasons why adolescents are undernourished.

<ul style="list-style-type: none"> • Poor eating practices/habits • Poor food choices and intakes often influenced by peers and the media • Becoming conscious of the kinds and amounts of food they eat (i.e. females tend to eat less because of fear of becoming fat) • School canteens and cafeterias serving less nutritious foods (i.e. chips, carbonated beverages and artificial fruit juices) • Not fond of drinking milk, which is a good source of nutrients • Low intake of iron and vitamin C-rich foods resulting in iron deficiency
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Here are some reminders for eating right:

- Always consider the Food Guide Pyramid
- Decide on the serving you need
- Follow good eating habits
- Make healthy food choices
- Be careful about the fat stored in food
- Drink enough water daily

Sometimes you just eat anything available on the table, but sometimes you become too choosy. Do you realize the effects if you don't eat food that your body needs? The next activity will help you evaluate your eating habits.

Activity 2: Let's Do an Eating Habit Survey

Direction: Answer each question honestly.

1. Do you drink milk?
2. Do you like vegetables?
3. Do you eat while watching TV?
4. What foods do you avoid eating?
5. What foods do you like the most?
6. How many meals a day do you eat?
7. Do you eat when you are stressed?
8. Which meal do you skip most often?
9. How often in a day do you take snacks?
10. How often do you eat at fast foods/restaurants?

Analyze your answers to these questions and plan how you can improve your eating habits.

Addressing the Problem of Malnutrition

At present, do we have a program to address the problems of malnutrition in the country? Do we have government programs/projects that can help resolve the problem?

The Philippine Food Fortification Act of 2000 seeks to address the micronutrient deficiencies in the country. Republic Act 8976 mandates the fortification of rice, flour, refined sugar, and cooking oil. It urges manufacturers of processed food to fortify their products under the '*Sangkap Pinoy*' program. Fortification of staple foods is one of the



Providing feeding program in the school

most cost-effective ways of addressing malnutrition. It will supplement the insufficient diet of the common people. Rice has been fortified with iron, zinc, and beta-carotene varieties. This bio-fortification gives us 50-80 percent more iron and zinc in the rice.

In the school, are you aware of a feeding program? This is undertaken by the Home Economics Department to feed students identified to be undernourished. Nutrition concepts are taught in Technology and Livelihood Education. Some agencies and non-government organizations (NGO) also help in addressing the malnutrition problem in the country:

- The Department of Social Welfare and Development (DSWD) in coordination with the Department of Education is also conducting feeding programs for public schools in the country.
- The Department of Science and Technology (DOST) also helps in government campaigns by disseminating nutrition information and technology to the public.
- The Food and Nutrition Research Institute (FNRI) is also doing its share by featuring healthy and nutritious recipes for Filipino families to enjoy. These recipes advocate Filipinos to live a healthy lifestyle.

Malnutrition should be attended to immediately. Do you know that if this will not be checked early among adolescents, it will lead to serious problems? Some of these problems are:

- Slow growth and development
- Poor school performance
- Sluggishness and fatigue
- Poor nutrition in adulthood
- Delay in the onset of secondary sex characteristics

The Case of Micronutrient Deficiencies

Micronutrient deficiencies are diseases caused by deficiency of vitamins or minerals in the diet. The most common micronutrient deficiencies not only in our country but also in the whole world are Vitamin A deficiency, iron deficiency anaemia and iodine deficiency disorders.

Vitamin A deficiency (VAD) primarily affects children but the effects last a lifetime. It causes night blindness and, and later on, permanent blindness (xerophthalmia). The child suffering from VAD does not reach optimum physical growth and is prone to infections, that contributes to the high rates of sickness and death among young children. VAD can be prevented by regular consumption of vitamin A-rich foods, such as animal products, and orange and yellow fruits and vegetables, dark green leafy vegetables, and palm oil.

Anaemia and iron deficiency Anemia is a condition in which the red blood cell count or [hemoglobin](#) is less than normal. It affects mostly adolescent girls women of child-bearing age and pre-school children. Anemia results in retarded physical growth, low resistance to infections and slow development of learning abilities. In adults it causes fatigue and reduced work capacity and may cause reproductive impairment. Foods such as dark green leafy vegetables, legumes and red meat are rich in iron, as are iron-fortified food products.

Iodine deficiency disorder (IDD) results from lack of iodine in the diet. Iodine is needed for the production of thyroid hormone. The body does not make iodine, so you should get iodine in your diet. Iodine rich foods are—

Breads	Iodized table salt
Cheese	Saltwater fish
Cow's milk	Seaweed
Eggs	Shellfish
Frozen yogurt	Soy milk
Ice cream	Soy sauce

Iodine deficiency can lead to enlargement of the thyroid or goiter, hypothyroidism and to mental retardation in infants and children whose mothers lacked iodine when they were pregnant.

IDD is the most common cause of preventable mental retardation. In severe cases it can lead to deaf-mutism, cretinism and other serious disorders, as well as reproductive impairment, which results in miscarriage, stillbirth and birth defects.

Activity 3: Internet Detectives

1. Group the class into three, with a group researching on a common micronutrient deficiency.
2. Have each group prepare a presentation about their assignment, including preparation of teaching aid for the class to better understand their presentation, and 3 questions to ask the class after the round-robin presentations.
3. On the day of the presentation, only three members of the group will present and the classroom will be divided into 3 areas, one per micronutrient deficiency. The groups will go through the different areas round-robin style and listen to the presentation of the group member assigned to the area. The group presenters will take turns presenting to enable them to go through all the areas also.
4. At the end of the presentation each group will take turns asking their questions.

Activity 4: Reflect and Change!

Directions: Listed below are nutritional habits. Reflect on your nutritional habits and check the appropriate column where you think your daily habits fall. Be honest in answering this activity.

A- Always

S- Sometimes

N- never

Nutritional Habits	A	S	N
I eat a variety of foods every day.			
I buy only nutritious snack food items.			
I always try to make time for a good meal.			
I eat together with my family during meals.			
I pack breakfast to be eaten when I reach school.			
I bring packed nutritious and safe foods when eating out.			
I eat nutritious foods at home and even outside our home.			
I know the negative consequences of fad diets to my health.			
I sleep early so that I will wake up early and have enough time to prepare for school and eat breakfast.			
I choose foods wisely, making good use of salads, fruits and vegetables and whole grains when eating out.			

Evaluate your answer.

- How many **A's** do you have?
- How many **S's** and **N's** do you have?
- How will you describe your nutritional habits?



Teenagers need to eat nutritious meals

Eating Disorders

Adolescent girls tend to eat less because of their fear of becoming fat. They become choosy with the foods they eat, preferring snack foods to full meals. Some are too conscious about their weight and their efforts to lose weight get out of control. Due to their desire to lose weight, they develop eating disorders. They get carried away with losing weight and becoming thin. An eating disorder is an extreme, unsafe eating behavior that can cause serious illness or that may even result in death. The exact cause is unknown. Some may have serious underlying mental and emotional problems that need professional treatment. They develop eating disorders that if not treated earlier can lead to serious health problems. It might also lead to death.

Teenagers who have eating disorders usually have a family history of weight problems, depression, or substance abuse. In this case they need professional help.

Some common eating disorders are anorexia nervosa, bulimia, and binge eating disorder.

Anorexia nervosa is an eating disorder characterized by self-imposed starvation leading to excessive weight loss. It is an extreme fear of becoming stout and a distorted view of their body size and shape. It is a psychological disorder with physical and emotional consequences. Those experiencing this eating disorder see themselves as fat even if they are not. Their fear of being overweight is too strong. Outside pressures, high expectations, the need to achieve or the need to be popular, and the need to be accepted are characteristics of people who tend to develop this disorder. If not treated earlier, those with anorexia nervosa become malnourished. The condition may also become severe enough to cause death.

Some warning signs and symptoms of anorexia nervosa:

- Dry skin
- Fainting
- Brittle hair
- Dehydration
- Loss of body fat
- Irregular heartbeat
- Loss of menstruation
- Wasting away of muscle tissue

Some behaviors that can also be observed from those with anorexia nervosa include the following:

- They exercise excessively.
- They wear bulky or loose clothing.
- They make excuses during meal time .
- They may shift the food around on their plate just to pretend they are eating.

Bulimia is a disorder in which the clearing of digestive tract follows cycles of overeating. People with this disorder are too concerned with weight. They will eat large quantity of food in a short period of time. After eating, they will take laxatives to rid the body of the food to avoid gaining weight. They may induce vomiting, abuse laxatives or diuretics, and go on dieting, or do excessive exercises. These practices are harmful and will damage the body. The following are the effects of bulimia:

- Damage the heart due to starvation
- Damage the kidney due to laxative abuse
- Vomiting and laxative abuse can lead to dehydration and serious malnutrition
- Overeating can cause the stomach to enlarge and vomiting can cause the stomach to rupture
- Damage the tooth enamel and injure the mouth and throat because of stomach acids coming out due to frequent vomiting

Some warning signs and symptoms of bulimia nervosa:

- Bulimic people have open sores in the mouth due to frequent vomiting.
- Their throats are often red,
- They have tooth decay due to constant exposure to acids in their vomit.

Bulimia can be treated by undergoing psychological and nutritional counseling as well as intensive medical treatment. Anorexia and bulimia are common among adolescent girls and young women. There are also a few cases of boys suffering from this disorder. Anorexic and bulimic people have difficulty feeling good about their bodies no matter how good they may look. Seek medical help immediately if any of these disorders affect you.

When bulimia is a problem, the following intervention will help you:

- Avoid skipping meals.
- Eat more high –fiber food.
- Include fresh fruits and vegetables in your diet.
- Drink 8-10 glasses of water and do 30-minute exercises daily.
- Avoid finger foods and select meals that require eating at the table.
- Eat regularly-timed meals consisting of a variety of foods in enough quantity.

Binge eating disorder is characterized by compulsive eating. People who indulge in compulsive eating consume a large amount of food at one time but they do not eliminate it. Binge disorder may be an indicator that the person uses food to cope with depression or strong emotions.

Binge eating is different from normal appetite increases or overeating during holidays. Those with a binge eating problem eat large amounts of food on a regular basis. They eat quickly or most often do something while eating, like playing computer games, watching TV, reading books, doing homework, and others. They don't stop eating even if they are already full. This results in being overweight or even obese because of so many calories they have taken, which is more than what the body can use.

Try the following strategies to stop binge eating:

- **Cope with stress.** Find alternative ways to handle stress and other feelings without food. You can do exercises, meditation, or simple breathing exercises.
- **Take three regular meals and choose healthy snacks.** Do not skip meals as this often leads to binge eating later in the day. Take your breakfast, then have a balanced lunch and dinner on scheduled mealtime. If you will take a snack in between, be sure to choose healthy snacks.
- **Stay away from temptation.** Do not store junk food and other unhealthy snacks in your refrigerator or cabinet.

- **Stop dieting.** Depriving yourself of food will just trigger food craving and you will have the urge to overeat. What you can do is to focus on eating nutritious foods in moderation. Avoid being uncomfortably full.
- **Avoid dullness/boredom.** Try to do something worthwhile instead of snacking. You can read, do gardening, paint, bike, walk, and other hobbies.
- **Do some exercises.** Exercise this will not only help you lose weight but will reduce stress as well. It gives a natural mood-boosting effect that will help you stop that emotional eating practice.
- **Have enough sleep.** Instead of eating when you are tired, it is better to take a nap or sleep earlier to boost your energy.
- **Know your body.** You must know when you are physically hungry. If you have just eaten and feel like eating again, just ignore it. It is just emotional hunger.
- **Note the food you eat.** Recording the food you eat, the time, quantity, and the feeling while eating will help you see the pattern. Do you overeat when you feel stressed, upset, hurt or angry? You will see the connection between your mood and binge eating.
- **Get help.** Build a solid support network such as with your family, friends, or join a support group. You can also seek medical help.

Remember, you can avoid binge eating by developing a healthier relationship with food. It must be a relationship based on your nutritional needs and not on your emotional needs. You must eat for your health and nutrition. Having a balanced meal plan and choosing healthy foods can help you avoid binge eating.

Watch your eating behavior. There are some behaviors that may indicate that you are at risk for developing an eating disorder. Do the next activity to check your eating behavior.

Activity 5: Check Your Eating Behavior

Directions: Check the number if the behavior relates to you and cross (x) if it doesn't .

	1. I eat secretly inside my room.
	2. I feel out of control when eating.
	3. I usually eat much food hurriedly.
	4. When I see food I eat even if I am full.
	5. I feel ashamed and disgusted after eating.
	6. I hide and stock food to eat later in secret.
	7. I feel relieved from stress or tension when eating.

	8. I never feel satisfied, no matter how much I eat.
	9. I eat normally with others but over-eat when alone.
	10. I eat continuously throughout the day, with no planned mealtimes.

Answer the following questions:

- How many did you check?
- If you have checked all or most of the items above, reflect on your eating behavior. You might need to change your eating practice.

Health Problems Brought About by Obesity Due to Binge Eating

If not treated, binge eating disorder usually leads to obesity. Several health problems may occur when you are obese, such as:

- Stroke
- Osteoarthritis
- Type 2 diabetes
- Heart disease
- High cholesterol
- Gallbladder problem
- High blood pressure
- Joint and muscle pain
- Risk of having a certain type of cancer

Remember, all eating disorders need immediate attention since these are serious health problem. Discuss the problem with a responsible adult who can help. Better yet, consult a health professional.

Activity 6: My Eating Style

Direction: Write YES if the eating style relates to you and NO if it doesn't.

1. I eat only when I feel hungry.
2. I eat more when I feel depressed.
3. I eat more then I vomit after eating.
4. I eat more when I am bored.
5. I eat then take laxatives to rid my stomach of food.

Answer the following questions after the activity.

- How do you find your eating practice?
- What do you plan to do with what you discovered about your eating practice?
- Do you think you have healthful eating practices? Why?

Now that you are familiar with the different eating disorders, can you differentiate one from the other? Do the next activity.

Activity 7: What's This Disorder?

Direction: Read the situation and then answer the questions that follow.

Josie is a freshman student who wants to be popular and attractive to everyone. She is not happy with her weight, so she tries to diet. However hard she tries, she fails. Angry at herself, she eats everything she sees. After eating she goes to the bathroom to induce vomiting.

What eating disorder does Josie have?

What can you suggest to Josie to overcome this problem?

What are the dangers if this problem is not corrected?

Sum Up

You must have gained many important insights in the lesson.

1. Think of your most important learning in this lesson.
2. Now try to symbolize your most important learning either by drawing it or by showing something/an object to symbolize it.
3. Share your object in class and tell what important learning it stands for.

LEARNING MODULE FOR HEALTH 7

MODULE 2: EATING RIGHT FOR A HEALTHY LIFE



Some foods that you eat daily may not always be the right food that your body needs. To choose healthy foods, you need to know more than just how foods look. As you explore this topic you will know correct information that will help and guide you in choosing the right food you need for a healthy life.

Pretest

A. Directions: Write the letter of the correct answer.

1. How can you eat a variety of foods?
 - A. Eat at a fast food restaurant every day.
 - B. Eat food from some of the food groups.
 - C. Eat a variety of foods from each food group every day.
 - D. Eat only one type of food from each food group every day.
2. Which dietary guideline will you use in choosing healthful snacks?
 - A. Eat salty snacks.
 - B. Eat sweet snacks.
 - C. Eat your favorite snacks.
 - D. Eat grains and fruits for snacks.

3. Which snack is NOT healthful?
 - A. Milk
 - B. Fruit juice
 - C. Soft drinks
 - D. Fresh fruits

4. Which is a healthful snack?
 - A. Potato chips and soft drinks
 - B. Halo-halo with Ice cream and biscuit
 - C. Hot dog sandwich and bottled fruit juice
 - D. Chicken sandwich with lettuce and fruit juice

5. Which of the following has the highest fat content?
 - A. Baked potato
 - B. Hamburger and fries
 - C. Plain vegetable salad
 - D. Fruits and vegetables

6. What is NOT a food group in the Food Guide Pyramid?
 - A. Milk and milk products
 - B. Coffee, tea and cola drinks
 - C. Meat, poultry, dried beans, eggs, and nuts
 - D. Bread, cereal, rice, root crops and noodles

7. What is one serving of foods from the meat, poultry, dry beans, eggs, and nuts group?
 - A. 1 Slice of bread
 - B. 1 cup raw, leafy vegetables
 - C. 2 tablespoons peanut butter
 - D. 2 ounces of processed cheese

8. Which is NOT a nutrient?
 - A. Bread
 - B. Mineral
 - C. Protein
 - D. Vitamins

9. Which is an energy food?
 - A. Guava
 - B. Milk
 - C. Rice
 - D. Spinach

10. Which food is from the top part of the Food Group Pyramid?
 - A. Banana
 - B. Cassava
 - C. Eggs
 - D. Margarine

11. Which is NOT healthful to do?
- A. Eat vegetables and fruits daily.
 - B. Limit the intake of sugar and salt.
 - C. Increase consumption of fatty foods.
 - D. Eat breakfast high in fiber like oatmeal.
12. Why do adolescents require more energy and nutrients?
- A. They need to achieve full growth potential.
 - B. They engage in more active physical activities.
 - C. Their bodies are preparing for pubertal changes.
 - D. Their bodies are undergoing several physical changes.
13. It is unhealthful to eat foods high in fats and sugar because these are major risk factors in developing _____.
- A. skin diseases, such as tinea flava and ringworm.
 - B. respiratory diseases, such as tuberculosis and flu.
 - C. chronic diseases, such as heart disease and diabetes.
 - D. sexually transmitted diseases, such as AIDS and gonorrhea.
14. To stay at a healthful weight, one should choose a healthful diet with_____.
- A. high calories from sweets
 - B. fibers from fruits and vegetables
 - C. fats and salt from processed food
 - D. caffeine from cola drinks and coffee
15. Eat plenty of grains, vegetables, and fruits because these provide important vitamins and_____.
- A. fiber
 - B. lots of fat
 - C. lots of calcium
 - D. complete nutrient
- 16-17. Choose from these answers:
- A. 1
 - B. 2
 - C. 3
 - D. 4
16. How many glasses of milk do adolescents need daily?
17. How many eggs a day do growing adolescents need?
- 18-20. Choose from these answers:
- A. Vegetable group
 - B. Fats, oils and sweets group
 - C. Milk and milk products group
 - D. Bread, cereal, rice, root crops and noodles group
 - E. Meat, poultry, dried beans, eggs, and nuts group

18. What food group is at the top of the Food Guide Pyramid?
19. Which food group should we consume sparingly?
20. Which food group receives the greatest number of servings—6 to8?

II. Directions: Answer YES or NO to describe your eating habit.

1. I prefer to eat alone.
2. I monitor my weight every day.
3. I like eating while doing something.
4. I go on a crash diet to control my weight.
5. I take laxatives to help control my weight.
6. I am afraid of gaining weight or becoming fat.
7. I exercise for long periods of time to lose weight.
8. I induce vomiting after eating a large amount of food.
9. I like to know the amount of calories or grams of fat in the food I eat.
10. I eat large amounts of food alone and avoid eating meals with my family.

Directions: Categorize the different food products according to the Food Guide Pyramid.

- 1 . rice
- 2 . eggs
3. cakes
4. spaghetti
5. margarine
6. glass of milk
7. peanuts, meat
8. gabi, kamote, ubi
9. banana, guava, atis
10. petchay, squash, kamote tops

LESSON 3 MODULE TEST

I. True or False. Write **TRUE** if the statement is correct and **FALSE** if it is wrong.

1. Eating disorders are uncommon among adolescent girls.
2. Anorexia nervosa is characterized by compulsive eating.
3. A bulimic person has dry skin, brittle hair and lost body fat.
4. Bulimic persons are too much concerned with their weight.
5. Eating a variety of foods once a week is a good nutritional habit.
6. The fear of being overweight is too strong among anorexic people.
7. Malnutrition among adolescents is due to poor food choices and poor food intakes.
8. Children and lactating mothers are not affected by micronutrient deficiencies.
9. Malnutrition among adolescents slows down their growth and development.
10. People who indulge in compulsive eating consume a small amount of food at one time, then purge.

II. Multiple choice: Write the letter of the correct answer.

1. What is the food group at the top of the Food Guide Pyramid?
 - A. Vegetable group
 - B. Fats, oils, and sweets
 - C. Bread, cereal, rice and root crop group
 - D. Meat, poultry, fish, dried beans, eggs, and nuts group
2. Which does not belong to the food from the top part of the Food Guide Pyramid?
 - A. Candy
 - B. Guava
 - C. Lollipop
 - D. Margarine
3. How can you eat a variety of foods?

- A. Eat at fast food restaurants every day.
 - B. Eat food from some of the food groups every day.
 - C. Eat one type of food from each food group every day.
 - D. Eat a variety of foods from each food group every day.
4. Which is NOT a cause of malnutrition among adolescents?
- A. Poor eating practices/habits
 - B. They are fond of drinking milk.
 - C. Poor food choices and intakes
 - D. Some school canteens serve less nutritious foods
5. What mineral from the body is lost by excessive perspiration during strenuous physical activities?
- A. Calcium.
 - B. Potassium
 - C. Water
 - D. Zinc
6. During growth spurt of adolescents they should consume more_____
- A. water and juices.
 - B. energy and nutrients
 - C. vitamins and minerals
 - D. minerals and proteins
7. You should eat plenty of grains, vegetables, and fruits because _____
- A. they keep you slim.
 - B. they give you much fats.
 - C. they provide you with fiber.
 - D. they give you much calcium
8. Poultry is _____
- A. raw fish
 - B. meat from cow.
 - C. cooked vegetables
 - D. meat from chicken

9. To avoid osteoporosis among female athletes, they should eat foods rich in _____

- A. calcium
- B. potassium
- C. sodium
- D. zinc

10. The fear of being overweight is very strong among _____

- A. Anemic people.
- B. Anorexic people.
- C. Compulsive eaters
- D. People with iodine deficiency

III. Directions: Categorize the different food products according to food groups in the Food Guide Pyramid.

1. Rice
2. Eggs
3. Cakes
4. Spaghetti
5. Margarine
6. Glass of milk
7. Peanuts and meat
8. Gabi, kamote, ubi
9. Banana, guava, atis
10. Petchay, squash, kamote tops

FINAL CHECK-UP

A. Directions: Choose the dimension of health which each activity develops most. Write the letter of your answer.

A. Physical	B. Mental	C. Emotional	D. Social	E. Moral-spiritual
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1. Jogging around the park
2. Eating a balanced diet regularly
3. Going out with family and friends
4. Valuing truth and respect for others
5. Reading books and doing puzzle games

B. Directions: Write the letter of the correct answer.

1. If you want to develop your social health, you can ____
A. read books
B. surf the internet
C. play computer games
D. join school clubs/organizations
2. To help enhance your emotional health, express your emotions ____
A. openly
B. positively
C. in whatever way
D. to a chosen person
3. One way to improve your mental health is through ____
A. sports
B. reading books
C. volunteer work
D. religious activities
4. To be physically healthy, ____
A. attend parties
B. go out with friends
C. eat a balanced diet
D. play computer games
5. How can you demonstrate moral-spiritual health?
A. Tell the truth.
B. Assert your right
C. Observe good grooming
D. Open your line of communication

C. Directions: Identify the different changes during adolescence by writing **P** for physical, **M** for mental, **S** for social, **E** for emotional, and **MS** for moral-spiritual.

1. Voice of boys becomes deeper.
2. Adolescent boys become more aggressive.
3. Adolescents are more sensitive at this stage.

4. There is rapid increase in height during puberty
5. Adolescents are already capable of thinking deeply.
6. Adolescents can focus on multi-tasks at the same time.
7. Adolescents can identify negotiable and non-negotiable rules.
8. Adolescents consider approval of friends more than their parents.
9. Adolescents enjoy being with friends, so they stay longer with them.
10. Adolescents are now trying to find out what to believe in and what to doubt.

D. Directions: Put a check (/) if you agree with the practice or habit and (x) if you do not.

I will...

- ___ 1. monitor my weight...
- ___ 2. do my best in school.
- ___ 3. monitor my posture for any change.
- ___ 4. do my share of responsibilities at home.
- ___ 5. smile at people whether I know them or not.
- ___ 6. visit my doctor once a year even if I am not sick.
- ___ 7. submit to a scoliosis screening test in my school.
- ___ 8. submit to a screening test to know my health status.
- ___ 9. tell my health problems to my parents/health personnel.
- ___ 10. take advantage of the health services in our *barangay* health clinic.

E. Direction: Explain how the activity/practice affects different health dimensions.

- 1 Staying late at night.
2. Not eating breakfast
3. Not studying very well.
4. Living in dirty surroundings.
5. Quarrelling with brother/sister

F. Directions: Write coping skills or specific solutions appropriate to address the following problems related to your growth and development.

1. Bad breath
2. Tooth decay
3. Moody feelings.
4. Body odor due to sweating
5. Bad posture due to growth spurt