



Lesson Exemplar for Science

Quarter 1 Week 3





Lesson Exemplar for Science Grade 7 Quarter 1: Week 3

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MATATAG	School	Grade Level	7
K to 10 Curriculum	Name of Teacher	Learning	SCIENCE
Weekly Lesson Log		Area	
	Teaching Dates and	Quarter	1 Week 3
	Time		

		DAY 1	DAY 2	DAY 3	DAY 4
I. CUI	I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES				
А.	Content Standards	The learners shall learn that diagrams and flowcharts are very useful in demonstrating and explaining the motion and arrangement of particles during changes of state.			
В.	Performance Standards	model of matter. They u particles during changes solvent in solutions and	er, learners recognize that s se diagrams and illustration s of state. They demonstrate the factors that affect solu stigation making accurate	ns to explain the motion and e an understanding of the bility. They demonstrate sl	nd arrangement of role of solute and cills to plan and
C.	Learning Competencies	Use diagrams and illustrations to describe the arrangement, spacing, and relative motion of the particles in each of the three states (phases) of matter	Use diagrams and illustrations to describe the arrangement, spacing, and relative motion of the particles in each of the three states (phases) of matter	Explain the changes of state in terms of particle arrangement and energy changes: a. solid → liquid→ vapor and; b. vapor → liquid→ solid	 Explain the changes of state in terms of particle arrangement and energy changes: a. solid → liquid → vapor and; b. vapor → liquid → solid
D.	Learning Objectives	At the end of the lesson, the learners should be able to: a. discuss the properties of materials that affect the phase changes of matter;	At the end of the lesson, the learners should be able to: a. make use of data (Local, National, or International) that shows how the motion of particles	At the end of the lesson, the learners should be able to: a. identify and describe how temperature affects the changes in the	At the end of the lesson, the learners should be able to: a. explain and demonstrate how phase changes of matter occur and relate it with how



	 b. illustrate how these properties of materials are affected in terms of motion, arrangement, and spacing of particles; and, c. identify different activities that involve phase changes in matter. d. organize ideas and information clearly on how materials are affected by phase changes in matter 	 affects different phenomena that are related to phase changes in matter; and b. address problems/situations properly on phenomena related to the motion of the different particles of matter. c. suggest way/s to raise awareness on environmental concern and protection 	 three (3) states of matter; a. illustrate how temperature affects the changes in the three (3) states of matter; and b. share and discuss the importance of phase changes in our lives 	 the motion of particles affects different phenomena; and, b. prepare a diagram to show how phase changes of matter occur. c. follow a systematic way of presenting ideas and information on the different phase changes in matter
E. Instructional Design framework feature (s)	Context Ideational	Ideational Empathize	Collaboration Connection Engage Explore Experience	Connection Ideational Integrative Explore
F. 21st Century Skills	Openness Reflective thinking Critical thinking	Visual literacy Self-discipline Resilience and adversity management	Collaboration Interactive communication Informed decision- making	Creativity Critical thinking Reflective thinking
II. CONTENT III. LEARNING RESOU	The Three (3) States of Matter and How Its Particles Behave	The Three (3) States of Matter and How Its Particles Behave	The Phase Changes in the Three (3) States of Matter	The Phase Changes in the Three (3) States of Matter



A. References		PISA Released Items – Science, December 2006, pp. 48-49, 79-81	PISA 2015, p 35	LRMDS Portal (Line Graph Pdf.)
B. Other Learning Resources	Retrieved June 13, 2024, from https://byjus.com/ch emistry/three-states- of-matter/	Retrieved June 13, 2024, from <u>https://www.who.int/he</u> <u>alth-topics/air-pollution</u>		LRMDS Portal (Line Graph Pdf.)
IV. TEACHING AND LEA Before/Pre-Lesson Prop				
	Properties of MaterialsSOLID LIQUIDLIQUID GASParticleIParticleIarrangementIMotion of particlesIShapeIvolumeIShapeIvolumeIShapeItableFill in the table with the correct information pertaining to the properties of materials and the phases of matter.	Activity 2.1: HOT WORK Peter is working on repairs to an old house. He has left a bottle of water, some metal nails, and a piece of timber inside the trunk of his car. After the car has been out in the sun for three hours, the temperature inside the car reaches about 40 °C. What happens to the objects in the car? Write " Yes " or " No " for each statement.	 P-O-E Strategy Predict-Observe- Explain Show the class an ice cream in a cup (any brand will do or popsicle drops placed in a transparent glass). Ask the following questions and let students answer them briefly. 1. Do you know what this material/object is? 2. What is the state of 	 By using an arrow, which materials do you think will absorb heat (▲) or release heat (▲) as to each identified phase change of matter? 1. Evaporation of water 2. Disappearance of naphthalene balls 3. Melting of butter 4. Making ice candy 5. Rain (Precipitation of water)



ANSWER	Does thisYeshappen toortheNot	gas?	4. ↑ 5. ↑
Properties of Materials SOLID LIQUID GAS Particle Coving with one another particles Coving with one another towners Coving particles Coving particles Coving towners Foresters towners Restard meng towners Motion of particles Definite Indefinite Indefinite Indefinite Shape Definite Indefinite Indefinite Indefinite Volume Definite Definite Indefinite Indefinite	object(s)?They all have the same temperature.After some time, the water begins to boil.After some time, the metal nails begin to glow redHOT WORK SCORIN 1 point for every cor responseANSWER: Yes No No	rect identify changes observed in the material given. 3. Why were there changes in the material given? OBSERVE: Set aside	
		for 15 minutes (have a timer on this) and do the next task/s. EXPLAIN: Substances absorb heat and increase the kinetic	



			energy in the particles of materials. In the case of ice cream that is in the solid state, the particles are closely packed making it solid. However, as we exposed it to a surrounding with higher temperature, the particles of solid	
			absorbed energy, causing it to move faster and move further away from one another. This caused the solid ice cream to become soft, soggy, and liquefied in its form.	
Lesson Purpose/Intention	The purpose of this lesson is to provide learners with a comprehensive understanding of the phase changes of matter by examining the properties of materials and their effects on these changes. This will be achieved by exploring the motion, arrangement, and spacing of particles in	The purpose of this lesson is to equip learners with a comprehensive understanding of how the motion of particles impacts various environmental phenomena. By analyzing national or international data, students will develop the skills necessary to interpret and address real-world problems	The purpose of this lesson is to develop a comprehensive understanding of how temperature influences the transition between the three states of matter—solid, liquid, and gas. By the end of the lesson, students will be able to describe and illustrate the effects of temperature changes on matter and recognize the significance of	The purpose of this lesson is to deepen students' understanding of the fundamental concepts related to phase changes in matter through explanation, practical demonstration, and systematic presentation.



	different states of matter, as well as identifying real-life activities that utilize these phase changes. Additionally, the lesson aims to develop learners' skills in organizing and presenting information clearly.	associated with particle motion. Additionally, the lesson aims to instill a sense of environmental responsibility, encouraging learners to apply their knowledge in ways that promote environmental protection and sustainability.	phase changes in everyday life.	
	READ the paragraph below and define the underlined words. CHANGING STATES	Read the given text and do the given task. Activity 2.2: HEALTH RISK? Imagine that you live	Read the given text below. Activity 3.1: RUNNING in HOT WEATHER During long-distance	There are different ways of presenting ideas using diagrams, illustrations, charts and the like. A fishbone diagram ,
Lesson Language Practice	Matter exists in a specific state but has the capacity to change state. Imagine you have a refreshing glass of ice water on a hot day. The ice cubes in your drink are solid water. When you take a sip, those ice cubes absorb heat from your hand, causing them to melt into liquid water, the kind you can drink. That's	near a large chemical factory that produces fertilizers for use in agriculture. In recent years there have been several cases of people in the area suffering from long-term breathing problems. Many local people believe that these symptoms are caused by the emission of toxic fumes from the nearby chemical fertilizer	running, body temperature rises and sweating occurs. If runners do not drink enough to replace the water they lose through sweating, they can experience dehydration. Water loss of 2 % of body mass and above is considered to be a state of dehydration. This percentage is labeled on	also known as an Ishikawa diagram or a cause- and-effect diagram , is a visual tool used for problem-solving and root cause analysis. It helps identify potential causes of a specific issue or problem. A Venn diagram , also called a set diagram or logic diagram ,



because the ice has	factory. A public meeting	the water loss meter	shows <i>all</i> possible
reached its melting	was held to discuss the	shown below.	logical relations
point . But what if you	potential dangers of the		between a finite
want the water even	chemical factory to the	If the body temperature	collection of different
colder? You could add	health of local residents.	rises to 40°C and above,	sets. These diagrams
more ice! However, if	Scientists made the	runners can experience a	depict elements as
you keep adding heat,	following statements at	life-threatening condition	points in the plane,
like leaving your drink	the meeting.	called heat stroke. This	and sets as regions
outside on a sunny		temperature is labeled	inside closed curves. A
day, the liquid water	Statement by scientists	on the body temperature	Venn diagram consists
will start	working for the chemical	thermometer shown	of multiple overlapping
to evaporate . This	company:	below.	closed curves, usually
means the water	"We have made a study		circles, each
molecules gain enough	of the toxicity of soil in	Body	representing a set.
energy to escape into	the local area. We have	Water Tempera	
the air as steam . That	found no evidence of	Loss (%) ture (°C)	A chart (sometimes
steam is water in its	toxic chemicals in the	~ ~ ~ ~ ~ ~ ~	known as a graph) is
gaseous state and has	samples we have taken."		a graphical
reached its boiling			representation for data
<u>point</u> .	Statement by scientists		visualization, in which
	working for concerned	DEHYDRA TION 2 4 0	the data is represented
The cool thing is that	citizens:		by symbols, such as
this process can work	"We have looked at the	₀∎3_	bars in a bar chart,
in reverse, too! If you	number of cases of long-		lines in a line chart, or
leave your cup outside	term breathing problems		slices in a pie chart. A
overnight, the steam	in the local area and	Choose the letter that	chart can
will	compared this with the	best describes each	represent tabular
eventually <u>condense</u> i	number of cases in an	word.	numeric data, function
nto liquid water as it	area far away from the		s or some kinds
loses heat to the cooler	chemical factory. There	1. Long-distance	of quality structure
air. And if it gets cold	are more incidents in the	A. Far	and provides different
enough, that liquid	area close to the	B. Near	info.
water will further lose	chemical factory."	C. Little	
heat and <u>freeze</u> ,			



turning host-into solid		0 Sweet	An illustration is
turning back into solid		2. Sweat	
ice cubes! There's even		A. Dryness	a visual
a neat trick	opt to choose any of the	B. Fluency	representation that
called <u>sublimation</u> .	following activities for	C. Perspiration	serves
Imagine you have	learners.		to clarify, explain,
some dry ice, the solid		3. Dehydration	or decorate a text,
form of carbon	A. Encircle the	A. Wetness	concept, or process. It
dioxide. Unlike water,	following terms in	B. Dryness	can take the form of
dry ice won't melt into	the text and write	C. Water content	a picture, diagram ,
a liquid first. If you	their meanings:		or artwork integrated
leave it out, it will go	1. suffer/suffering		into various media
straight from a solid to	2. emission		such as books,
a gas, like a ghostly	3. toxic/toxicity		magazines, posters,
fog – that's	4. fumes		flyers, teaching
sublimation in action!	5. potential		materials, animations,
	-		video games,
MELTING POINT – is	suffer/suffering – to		and films.
the temperature at	experience physical or		
which the solid and	mental pain		
liquid forms of a pure	1		For the last three days
substance exist in	<i>emission</i> – the act of		we have discussed the
equilibrium	emitting or sending forth		different phase
equilibrium	or a substance that is		changes of matter.
EVAPORATE – to	emitted		Which of the following
cause a liquid to			presentations/graphic
change into a gas	<i>toxic/toxicity</i> – the		organizers above were
5 5	quality, state or relative		you able to utilize to
phase	degree of being toxic or		explain the concepts
	8		
STEAM – is the vapor	poisonous		briefly?
into which water is	£		
converted when	<i>fumes</i> – gas, smoke or		
heated, forming a	vapor that smells		
white mist of minute	strongly or dangerous to		
	inhale		



	T			
	water droplets in the			
	air.	<i>potential</i> – qualities or		
		abilities that may		
	BOILING POINT – is	developed and lead to		
	the temperature at	future success or		
	which the pressure	usefulness		
	exerted by the			
	surroundings upon a	B. Matching Type		
	liquid is equaled by	(teachers may just		
	the pressure exerted	have two columns for		
	by the vapor in the	this activity)		
	liquid			
	CONDENSE - is to			
	change gas into liquid			
	SUBLIMATION – is			
	the process of			
	changing solid into gas			
	without passing the			
	liquid state			
During/Lesson Proper				
	ACTIVITY 1.1:	Activity 2.3: HOT	Read the given text	Use any of the
	WATER CYCLE and	WORK	below and answer the	different ways of
	CHANGE of STATE of		questions that follow.	presenting concepts
	MATTER	For drinks during the		related to phase
		day, Peter has a cup of	Temperature is a	changes of matter.
Reading the Key	Study the illustration	hot coffee, at a	measure of the average	
Idea/Stem	on the water cycle.	temperature of about 90	kinetic energy of	
		°C, and a cup of cold	particles in a	
		mineral water, with a	substance. When a	
		temperature of about 5	substance is placed in	
		°C. The cups are	surroundings with a	
		identical in type and	different temperature,	



	size, and the volume of	heat transfer occurs	
WATERCYCLE	each drink is the same.	due to the difference in	
Condensation	Peter leaves the cups	average kinetic energy	
	sitting in a room, where	between the particles.	
	the temperature is about	In the case of an ice	
Previolation Evaporation	20 °C. What are the	cube exposed to heat,	
Precipitation	temperatures of the	the water molecules	
	coffee and the mineral	(H_2O) absorb thermal	
Collection	water likely to be after	energy from the	
	10 minutes?	surrounding	
https://www.freepik.c	A. 70 °C and 10 °C	atmosphere. This	
om/free-vector/water-	B. 90 °C and 5 °C	absorbed energy	
cycle-process-	C. 70 °C and 25 °C	increases the kinetic	
earth_5135339.htm	D. 20 °C and 20 °C	energy (movement) of	
		the water molecules	
Answer the following	HOT WORK SCORING	within the ice cube. As	
guide questions:	1 Full credit	the kinetic energy of the	
1. Is there a change in		water molecules	
the form of water	Ans. A. 70 °C and 10 °C	increases, the attractive	
as it goes from one		forces (hydrogen bonds)	
process to another	The teacher may ask the	between them weaken.	
in the water cycle?	following question/s to	Eventually, the	
Give your reasons	establish if learners were	hydrogen bonds can no	
for this.	able to master the	longer hold the	
	concept/s:	molecules in a fixed	
Sample answer:	1. What is/are the	position, and they begin	
Yes, water (liquid	possible answer/s	to move more freely.	
form) when heated	why letter A is the	This transition from a	
due to sun usually	correct answer?	rigid crystalline	
turned into vapor or		structure (ice) to a more	
gas upon	Sample answer:	fluid arrangement	
evaporation.	Since the	(liquid water) is what we	
	temperature of the	observe as melting.	
	surrounding is lower,		



0 11/1 / /1	
2. What are the	the coffee will absorb
different processes	its temperature 1. What is
you can identify	causing it to decrease temperature?
from the	and the mineral 2. Water in the form of
illustration?	water will have an ice is taken out from
	<i>increase in its</i> the freezer and left
Sample answer:	<i>temperature.</i> out on a plate. What
The different	do you think will
processes in the	2. Why are choices B to happen?
illustration are the	D incorrect? Discuss 3. Can you illustrate
following:	your reasons briefly. how water in ice
evaporation,	form exchanges
condensation,	Sample Answers: temperature with its
melting, freezing,	In B, coffee will not surroundings? Draw
sublimation and	have the same an arrow to show the
deposition.	temperature once left direction of heat
ueposition.	<i>in a colder area</i> exchange.
2 Which courses the	8
3. Which causes the	In C, mineral water
changes in the form	
of water as it goes	temperature in a cold form of water
from one process to	place. absorbs heat from
another (example:	In D, both coffee and the surrounding
water from	mineral water will not causing an increase
evaporation to	have the same in the kinetic energy
precipitation)?	temperature after 10 of molecules that
	<i>minutes.</i> allows it to become
Sample answer:	water (liquid in form
It is temperature	of ice)
that causes change	
in the form of water	
as its particles	
absorbs or releases	
energy. For	
example, in	
crumpie, in	



	evaporation, liquid water absorbs energy causing an increase in the kinetic energy of its particles causing it to move father away from one another and change its form to gas or vapor form.			
Developing	ACTIVITY 1.2 COMPARISON of WATER CYCLE and CHANGE of STATE of MATTER Look at this illustration and do the following tasks:	Read the text and answer the given questions. ACTIVITY 2.4: HEALTH RISK? The owner of the chemical factory used the statement of the scientists working for	DO this simple activity: ACTIVITY 3.2: Materials: - Sugar - Naphthalene powder - Ice cubes/ice - Slice of butter - water - Metal spoon	From the example given on the fish-bone presentation for evaporation, the class will be divided into 5 groups to work on the various ways in presenting the different phase changes in matter and how it happens.
Understanding of the Key Idea/Stem	gas sublimation solid	the company to argue that "the emission fumes from the factory are not a health risk to residents."	 candle Matchsticks or lighter Weighing scale (if available) 	Group 1: Melting or Liquefaction Group 2: Freezing or Solidification Group 3: Sublimation
	1. Are there any similarities or differences with the "Water Cycle"	Give possible reason/s, other than the statement by scientists working for the concerned citizens, for doubting that the statement by scientists	 Procedure a. Place a pinch (for solid materials) or 0.5 grams (if a weighing scale is 	Group 4: Condensation Group 5: Deposition



	illustration from	working for the company	available) of each	
	Activity 1?	supports the owner's	material and 3-5	
	Activity 17		drops of liquid	
		argument.		
	Sample answer:		materials in the	
	Yes, there is		spoon.	
	precipitation (rain)		b. Light the candle with	
	also known as		a matchstick.	
	condensation.	Possible Answers:	c. Heat the spoon with	
		• The substance causing	materials.	
	. Can you think of	the breathing problems	d. Observe and write	
	how label	may not have been	down all	
	illustration 2 based	recognized as toxic.	observations (color,	
	on the different	 Breathing problems 	shape, phase, etc.)	
	forms of water	may have been caused	before and after	
	(solid, liquid, and	only when chemicals	heating and cooling	
	gas forms)?	were in the air, not in the	all the given	
	<i>c</i> , ,	soil.	materials.	
	Sample answer:	• Toxic substances may	e. Write your	
	Changes in the	change/break down with	observations in the	
	States or Forms of	time and show up as	given table.	
	Matter	non-toxic substances in	5	
		soil.	Materials Appearance Appearance Temperature Temperature	
3	Prepare a table	• We do not know if the	before after heating before after heating heating or or cooling heating or or cooling	
	showing the	samples are	cooling cooling sugar	
	similarities and	representative of the	Naphthalene powder	
	differences between	area.	Ice cubes/ ice	
	the Water Cycle	Because the scientists	Slice of butter	
	(Illustration 1) and	are being paid by the	Water	
	illustration 2.	01 0		
	musuation 2.	company		
	Courselle and course for	• The scientists feared		
	Sample answer for	losing their jobs.		
	the similarities and			
	differences of			



	Illustration 1 and illustration 2. Nutrain Production			
Deepening Understanding of the Key Idea/Stem	From the illustration above, fill in the table below: Change in the change of state Solid to issue of state Describe the arrangement of particles Solid to gas Gas to olid Gas to liquid Gas to liquid Solid to gas Gas to liquid Solid to gas Gas to liquid Solid to gas Gas to liquid Solid to gas Gas to liquid Solid to gas Gas to liquid Solid to gas Solid to gas Change in the change of state Solid to Solid to	Given below is the data on air pollution from the World Health Organization (WHO) page.	 Answer the following: 1. Were there materials that changed in color, shape, etc., before and after heating them? 2. What caused the materials to melt/disappear? 3. What happens to the state of the materials from solid ice to water or from powdered naphthalene to nothing? 4. Why do some foods like ice cream and medications need the cold embrace of the refrigerator, while others, like sugar and salt, seem 	Each group will present their outputs based on the given rubrics. Rubric for Scoring Clarity of Complete and correct content/ concepts Torrest Neat, clean, well- in a creative mages and and sented grammar matical errors and grammatical errors and grammatical errors and grammatical errors TOTAL SCORE: 15 points



		 when exposed to air pollution? 3. What property of gaseous substances is the primary reason for having a high incidence of death rate due to air pollution? NOTE: You may choose to use other data related to the lesson. 	perfectly happy hanging out at room temperature?	
After/Post-Lesson Pro	per Based on the illustration and completed table above, in your own words, describe how temperature affects each process in the phase changes of matter with respect to the arrangement of its particles.	How important is it to understand the behavior of gases in affecting our daily lives?	Fill in the missing terms involved in the phase changes of matter and answer each question given.	Does the use of illustrations, diagrams, charts, etc., help you understand the concepts of the phase changes in matter? How did it help you as a student?



Т	
	Sample answer:
	Change in
	temperature
	2. What happens to
	the movement of
	particles as they
	go from one state
	of matter to
	another, for
	example, when ice
	melts?
	11101121
	Sample answer:
	When ice melts, it
	usually absorbs
	heat and the
	particles move
	faster and farther
	from one another
	causing change in
	the state of ice
	from solid to liquid.
	3. Why do we need
	to water plants
	more frequently
	during hot
	season/summer
	days?
	Sample answer:



	FORMATIVE	FORMATIVE	FORMATIVE	SUMMATIVE
	ASSESSMENT	ASSESSMENT	ASSESSMENT	ASSESSMENT
	Choose a particular	3 Things I Learned	Cite 2 materials and the	Choose the letter of
	phase change and	Today	phase changes it will	the correct answer.
	discuss its importance	1	undergo and explain	
	in our community/	2	why.	1. What happens to
	industry.	3		the kinetic energy
	Focus your discussion	2 Things I enjoyed most	1. Material:	of molecules when
	on how temperature	1	Phase Changes it will	they absorb heat?
	affects phase changes	2	undergo:	A. Decrease
	as well as the	1 Question I want to ask	Explanation:	B. Increase
	arrangement of	1		C. Remains the
	particles.		O Matarial	same
			2. Material: Phase Changes it will	D. No movement at all
	Dhaga Changa		undergo:	all
	Phase Change:		Explanation:	2. Given the following
Evaluating Learning	Importance in the		Explanation.	phase changes:
	Community/Industry:			I. Melting of candle
	community/maasay.			II. Ice candy
				making
	How it works:			III. Ice melting
				IV. Disappearing of
	Rubric for Scoring			naphthalene
				balls
	Criteria 5 3 1 Clarity of Complete_ Incomplete and Incomplete and			Which of these
	content/ and correct incorrect content/concepts content/ content/concepts			involves
	concepts Presentation Neat, Neat, clean and Disorderly and clean, not organized and uncreative			liquefaction?
	well: do not have presentation organized creative and presentation presented			A. I and II
	presented in a creative			B. I and III
	way Images, Appropriat Images are No images inappropriate and included and			C. II and III
	Spelling and no there are some has more than and spelling spelling and S and more Grammar and grammatical spelling and			D. II and IV
	errors grammatical al errors errors			



Г		
	3.	Which of the
		following materials
		will tend to release
		energy to transform
		from one state to
		another?
		A. Boiling of water
		B. Melting of ice
		C. Precipitation
		of rain
		D. Sublimation of
		dry ice
	4.	The human body is
		composed of an
		average of 60%.
		Which is the MOST
		possible reason
		why we need to
		drink water
		regularly?
		A. Lubricates the
		joints
		B. Essential for
		body functions
		C. Prevents kidney
		damage
		D. Reduces heat
		stroke
		Which of the
	5.	following
		illustrations shows
		the particle
		arrangement of a
		liquid substance?



			A. C. C. B. D. D. NOTE: This is a sample summative assessment, teachers may add more to this according to the needs of learners
Additional Activities for Application or Remediation (if applicable)	 Choose one human activity that is affected by the behavior of the different states of matter. Discuss its impact on humans or society. You can use PowerPoint, videos, or pamphlets to present your ideas on the task. 	Activity 1C: RUNNING in HOT WEATHER A runner runs for an hour on a hot and humid day (air temperature 35°C, air humidity of 60%) without drinking any water. This runner is at risk of both dehydration and heat stroke. What would be the effect of drinking water during the run on the runner's risk of dehydration and heat stroke? Explain your answer.	



		 A. Drinking water would reduce the risk of heat stroke but not dehydration. B. Drinking water would reduce the risk of dehydration but not heat stroke. C. Drinking water would reduce the risk of both heat stroke and dehydration. D. Drinking water would reduce the risk of either heat stroke or dehydration.
Remarks		
Reflection		

