

6

# Health

## Quarter 1 – Module 1

### Lesson 1: Personal Health Issues and Concerns



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 1 Lesson 1: Personal Health Issues and Concerns**  
**First Edition, 2020**

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Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

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**Printed in the Philippines by \_\_\_\_\_**

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# Health

Quarter 1 – Module 1

**Lesson 1: Personal Health Issues  
and Concerns**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to discuss personal health issues and concerns and different ways to manage them. The module consists of two lessons:

Lesson 1 – Personal Health Issues and Concerns on:

- Height and Weight
- Hearing
- Vision

After going through this module, you are expected to describe personal health issues and concerns on height and weight, hearing and vision **(MELC, H6PH – Iab – 18)**.



## ***What I Know***

Directions: Identify what personal health issue each statement refer to.

Choose the letter of the correct answer. Write the answer in your notebook.

1. This is a growth rate in a person that has been reduced.
  - A. Stunted Growth
  - B. Astigmatism
  - C. Overweight and Obesity
  
2. What term is used to describe a person whose body weight is considered too low to be healthy?
  - A. Underweight
  - B. Overweight and Obesity
  - C. Stunted Growth
  
3. Far-sightedness which is also known as long-sightedness refers to what eye condition?
  - A. Astigmatism
  - B. Myopia
  - C. Hyperopia
  
4. This is a group of inflammatory diseases of the middle ear. What is it?
  - A. Otitis Media
  - B. Swimmer's Ear
  - C. Impacted Cerumen
  
5. What is defined as excessive fat in the body that presents a risk to health?
  - A. Stunted Growth
  - B. Underweight
  - C. Overweight and Obesity
  
6. This is a common eye condition experienced by young people. The symptoms include blurry vision, eyestrain, headaches and trouble seeing at night. What is it?
  - A. Astigmatism
  - B. Hyperopia
  - C. Myopia

7. This is an infection in the outer ear canal. It happens when water is trapped in the ears causing bacterial or fungal infection that spreads in the inner ear. What disorder is being referred to?
  - A. Otitis Media
  - B. Swimmer's Ear
  - C. Impacted Cerumen
  
8. What kind of medical condition in which the eye fails to produce tears cause by vitamin A deficiency.
  - A. Xerophthalmia
  - B. Hyperopia
  - C. Astigmatism
  
9. What condition in which the eyes do not properly align with each other when looking at an object.
  - A. Astigmatism
  - B. Strabismus
  - C. Myopia
  
10. Which of the following shows proper self-management?
  - A. Staying late at night
  - B. Eating healthy foods
  - C. Using cotton buds and hard objects to clean the ears

# Lesson 1

## Personal Health Issues and Concerns on:

- **Height and Weight**
- **Hearing**
- **Vision**

Staying healthy is very important for us to do our everyday activities. There are personal health issues and concerns that we need to know for us to manage our own health.



### *What's In*

Health is wealth.

It means that a fit and healthy body is the real wealth of a person. A healthy body is free from illnesses and diseases. A person who is healthy keeps doing things that are good for the body like eating nutritious foods, exercising and getting enough rest and sleep.

We should be aware of personal health issues and concerns like height and weight, vision and hearing. Knowing these issues will make us observe healthy habits and lifestyles for us to live a healthy life.





## ***What's New***

Directions: Read the 5 words below. Tell what personal health issue or concern each one refer to. Choose your answer from the given words inside the box. Write the answer in your notebook.

1. Myopia
2. Overweight
3. Impacted Cerumen
4. Stunted Growth
5. Strabismus

**Height and Weight**

**Hearing**

**Vision**



## What is It

Directions: The pupils are sharing ideas about personal health issues and concerns on height and weight. Read the comic strip and take note of what they are saying.

The person in the picture is suffering from stunted growth.

**Stunted growth** means that the normal growth rate in a person has been reduced. It is a primary manifestation of malnutrition or under nutrition in early childhood.

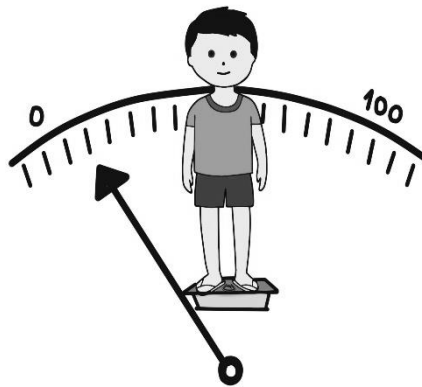
Malnutrition during fetal development brought by a malnourished mother causes physical health and poor brain development.

Pregnant women should observe healthy diet and lifestyle. Mothers should breastfeed their babies for the first 6 months to prevent stunted growth.

Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Pagurayan

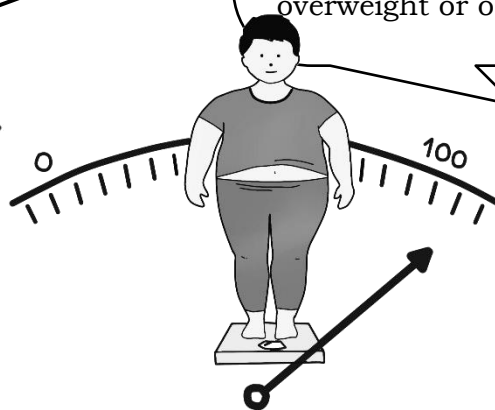
The person in the picture is underweight. **Underweight** is a term used to describe a person whose body weight is considered too low to be healthy.

A person is considered underweight if the Body Mass Index (BMI) is less than 18.5 or the weight is 15% to 20% below normal for the age and height group. An underweight person should choose nutrient-rich foods and do regular exercise.



Take a look at the person who is overweight or suffering from obesity.

**Overweight** and **obesity** are defined as excessive fat in the body that presents a risk to health. A person is overweight or obese if there is an increase body weight in relation to height. If the Body Mass Index (BMI) is 15% to 20% above normal for the age and height group, he or she is considered overweight or obese.



Some of the causes of obesity are poor diet like eating large amount of food that is high in sugar, fat and carbohydrates and lack of exercise. An overweight or obese person is likely to suffer from cardiovascular or heart diseases, diabetes and cancer.

We should minimize sugar, fat and carbohydrate intake and perform regular physical activity to prevent obesity.



Be aware of personal health issues and concerns about height and weight.

Observe healthy diet, regular exercise and enough rest and sleep to prevent diseases.



Underweight

Height and Weight Problems

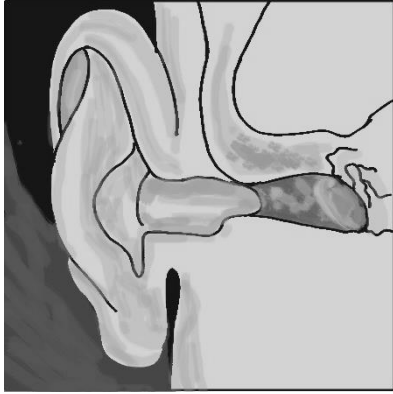
Stunted Growth

Overweight/ Obesity



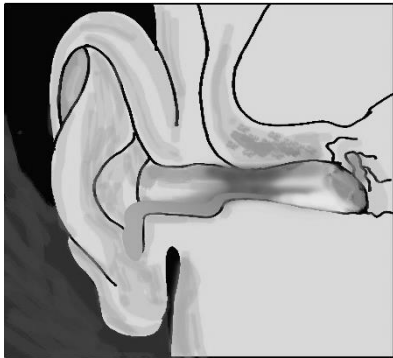
Our ears are our sense organ for hearing. Let us learn the personal health issues and concerns about it.

### **Impacted Cerumen**



Ear wax, also called cerumen, is made by the body to protect the ears. The ear wax has both lubricating and antibacterial properties. If it is pushed against the eardrum by cotton buds or hairpins, it blocks the ear canal and causes hearing problems. If impacted cerumen or hardened earwax is untreated, it can lead to hearing loss, irritation, pain in the ears, dizziness, ringing ears and other problems. Do not use cotton buds and other objects. Instead, use soft cloth in cleaning the ears.

### **Swimmer's Ear**



**Swimmer's Ear** is an infection in the outer ear canal. It happens when water is trapped in the ears causing bacterial or fungal infection that spreads in the inner ear. If untreated, it causes severe pain, redness or swelling of the outer ear and fever. This condition needs to be treated by a doctor. It is advised to use ear plugs during swimming activities. Clean your ears with a wet towel after taking a bath to avoid water getting into the ear canal.


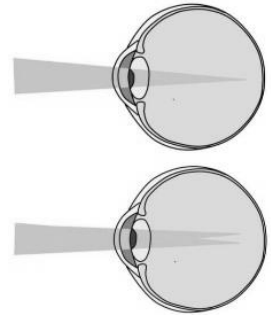
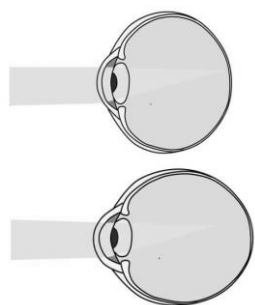
### **Otitis Media**



**Otitis Media** is a group of inflammatory diseases of the middle ear. This disease is common in children because the tube that allows fresh air in the middle ear is not yet fully developed. Children experience middle ear infections due to virus or bacteria caused by common cold. This may result in pulling at the ear, increased crying, and poor sleep. As a remedy, apply a warm moist cloth over the affected ear. You may also use over the counter medicines or eardrops to ease the pain. If the pain worsens, consult a doctor.

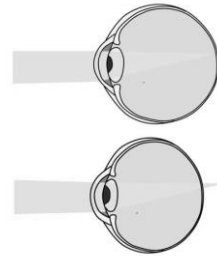
Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Pagurayan

Directions: Let's meet the eye doctor or the ophthalmologist. An ophthalmologist is a specialist in treating eye conditions and diseases. Read and understand her story.

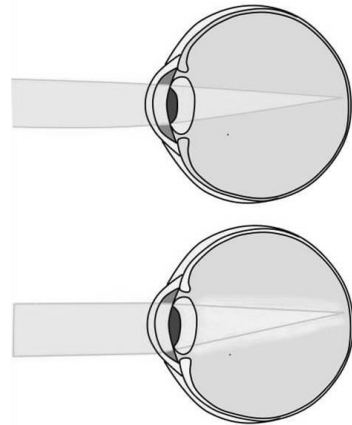
<p>I am an ophthalmologist or eye doctor. I will tell your personal health issues and concerns that may affect the eyes.</p>	
<p><b>Astigmatism</b> is a common eye condition experienced by young people. The symptoms include blurry vision, eyestrain, headaches and trouble seeing at night.</p>	
<p><b>Myopia or near-sightedness</b> is a vision condition in which people can see close objects clearly, but objects farther away appear blurred. People with myopia have difficulty seeing clearly a movie or TV screen, blackboard or whiteboard in school and while driving. In school, pupils with myopia should be seated in front. Wearing eyeglasses are recommended for eye correction.</p>	

Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Pagurayan

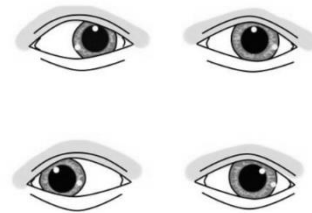
**Hyperopia or Far-sightedness**, also known as **long-sightedness**, is a condition where people have difficulty focusing on objects that are too close but can see distant objects very well. It can be corrected by eyeglasses or contact lenses.




**Xerophthalmia** is a medical condition in which the eye fails to produce tears. It may be caused by vitamin A deficiency characterized by white spots and ulcers on the cornea. If not treated, it could result to night blindness or serious damage to the cornea or outer layer of the eye. Eating foods that are rich in Vitamin A is advised to avoid xerophthalmia.




**Strabismus** is also called **crossed eyes**. It is a condition in which the eyes do not properly align with each other when looking at an object. Mild strabismus can be corrected by a vision therapy or eye exercises performed at home.



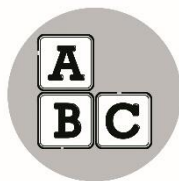


Proper care should be given to our eyes. Eat healthy food, get enough sleep and exercise and use protective eye wear to prevent eye injuries.

Visit your eye specialist if you have problems about your eyes. Ophthalmologists are always ready to give proper care and medication to your eye needs.



Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



## ***What's More***

- A. Directions: Write **Yes** if the statement is correct and **No** if it is not. Write the answer in your notebook.
1. Stunted growth means the normal growth rate in a person has been reduced caused by malnutrition or undernutrition in early childhood.
  2. An underweight person has increased body weight in relation to height.
  3. Impacted Cerumen is an infection in the outer ear canal that happens when water is trapped in the ears causing bacterial or fungal infection that spreads in the inner ear.
  4. Otitis Media is an inflammatory disease of the middle ear due to virus or bacteria caused by the common cold.



5. Myopia or near-sightedness is a vision condition in which it can make people see close objects clearly but far objects blurred.

B. Directions: Write **Agree** if the statement tells good management about personal health issue and concern and **Disagree** if it does not. Write the answer in your notebook.

1. To prevent obesity, we should minimize eating food that is high in sugar, fat and carbohydrates and perform regular exercise.
2. Do not use cotton buds and other objects in cleaning the ears.
3. Visit an ophthalmologist or eye specialists if you have eye problems.
4. Rub your eyes if it gets itchy or irritated.
5. An underweight person should eat healthy foods and do physical activity regularly.



## ***What I Have Learned***

Directions: Complete the sentences with the correct word from the box below. Write the answer in your notebook.

1. An overweight or \_\_\_\_\_ person is likely to suffer from cardiovascular or heart diseases, diabetes and cancer.
2. A \_\_\_\_\_ also called crossed eyes, a condition in which the eyes do not properly align with each other when looking at an object.
3. Hyperopia or Far-sightedness is a condition in which people have difficulty focusing on objects that are up close but can see distant objects very well. It can be corrected by using \_\_\_\_\_.
4. Swimmer's ear is an infection in the \_\_\_\_\_ ear canal caused by water that is trapped in the ears causing bacterial or fungal infection.
5. Pregnant women should observe a healthy diet and lifestyle to prevent \_\_\_\_\_ of their children.

<b>strabismus</b>	<b>outer</b>	<b>stunted growth</b>
	<b>eyeglasses</b>	<b>obese</b>



## What I Can Do

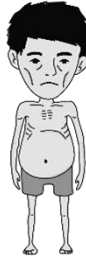
Directions: Match the picture in **Column A** with the correct statement in **Column B**. Write the letter of the correct answer in your notebook.

### Column A

1.



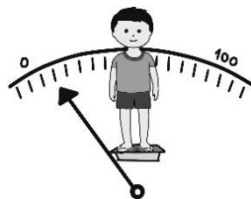
2.



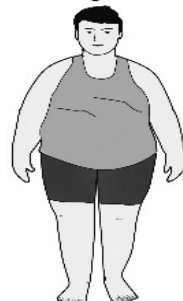
3.



4.



5.



### Column B

a. It is a physical health problem with poor brain development that affects fetal development during pregnancy of a malnourished mother.

b. It is a group of inflammatory diseases of the middle ear which causes pain and is common in children.

c. The Body Mass Index (BMI) is 15% to 20% above normal for the age and height group.

d. Astigmatism can be corrected by using eyeglasses prescribed by eye doctors.

e. A person whose weight is 15% to 20% below normal for the age and height group and considered too low to be healthy.

Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



## **Assessment**

Directions: Write **True** if the statement about personal health issue or concern is correct and **False** if it is not. Write the answer in your notebook.

1. Mild strabismus can be corrected by a vision therapy or eye exercises performed at home.
2. Xerophthalmia is a medical condition in which the eye fails to produce tears caused by vitamin A deficiency.
3. People with myopia or farsightedness can have difficulty in seeing clearly a movie or TV screen, blackboard or whiteboard in school and while driving.
4. An ophthalmologist or eye doctor is a specialist in eye illness.
5. An overweight or obese person is likely to suffer from cardiovascular or heart diseases, diabetes and cancer.
6. Observe healthy diet, regular exercise and enough rest and sleep to prevent diseases.
7. An underweight person should eat lots of junk and processed food and carbonated drinks.
8. Clean your ears with a wet towel after taking a bath to avoid water getting into the ear canal.
9. An underweight person should choose nutrient-rich foods and do regular exercise.
10. If impacted cerumen or hardened earwax is untreated, it can lead to hearing loss, irritation, pain in the ears, dizziness, ringing ears and other health problems.



## ***Additional Activity***

Directions: Complete the table by writing personal health issues and concerns related to height and weight, hearing and vision that you have observed or experienced and how did you manage them. Write the answers in your notebook.

Personal Health Issues and Concerns	How did you manage them?
1. Height and Weight a. _____ b. _____	a. _____ b. _____
2. Hearing a. _____ b. _____	a. _____ b. _____
3. Vision a. _____ b. _____	a. _____ b. _____



## Answer Key

<p><b>Assessment</b></p> <p>1. True 2. True 3. False 4. True 5. True 6. True 7. False 8. True 9. True 10. True</p> <p><b>Additional Activity</b></p> <p>Pupils answer may vary</p>	<p><b>What's More</b></p> <p>A. 1. Yes 2. No 3. No 4. Yes 5. Yes</p> <p>B. 1. Agree 2. Agree 3. Agree 4. Disagree 5. Agree</p> <p><b>What I Have Learned</b></p> <p>1. obese 2. strabismus 3. eyeglasses 4. outer 5. stunted growth</p> <p><b>What Can I Do</b></p> <p>1. b 2. a 3. d 4. e 5. c</p>	<p><b>What I Know</b></p> <p>1. A 2. A 3. C 4. A 5. C 6. A 7. B 8. A 9. B 10. B</p> <p><b>What's In</b></p> <p>1. Vision 2. Height and Weight 3. Hearing 4. Height and Weight 5. Vision</p>
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