



Grade LEVEL 7 - (HEALTH)

Topic Outline

SY 2021 - 2022

Teacher: Jasmin Yurag

1st Quarter

A. Introduction to Health

- i. Definition of Holistic Health
- ii. Dimension
 - Mental/ Intellectual Dimension
 - Emotional Dimension
 - Social Dimension
 - Moral- Spiritual Dimension
 - Physical Dimension

B. Changes in Health Dimension during Puberty

- i. Growth and Development Concept
- ii. Changes in the Holistic Health Dimension

C. Personal Hygiene

- i. Cleanliness vs. Hygiene
- ii. Public importance of Hygiene

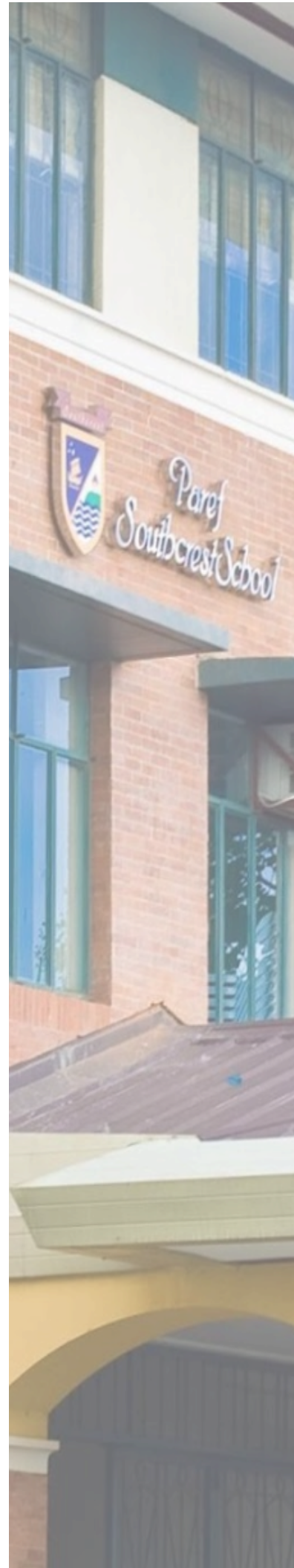
D. Components of Personal Hygiene

- i. Body hygiene
- ii. Oral Hygiene
- iii. Handwashing
- iv. Fingernail and Toenail Hygiene
- v. Ear Hygiene
- vi. Hair Hygiene
- vii. Armpit Hygiene
- viii. Clothes Hygiene
- ix. Menstrual Hygiene

2nd Quarter

A. Management of Health Concerns in Puberty

- i. Poor Eating Habits
- ii. Lack of Physical Activity
- iii. Dental Problems
- iv. Body Odor





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- v. Postural Problems
- vi. Proper Body Mechanics
 - Standing
 - Sitting
 - Squatting
 - Kneeling
 - Lifting

B. Sleep Hygiene

- i. Concept and Definition
- ii. Importance of Quality Sleep
- iii. Signs of Poor Sleep Hygiene
- iv. How to Improve Sleep Hygiene

