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# Health

## Quarter 1 – Module 1: Dimension of Holistic Health



**Health – Grade 7**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 1: Dimension of Holistic Health**  
**First Edition, 2020**

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**Development Team of the Module**

**Writer:** Neilla Zubiri Langcauon-Felipe

**Editors:** Maria Jodura R. Transfiguracion, Elizabeth T. Delas Alas, Ferdinand J. Gotoy  
Ma. Rubynita T. Del Rosario, Raizza Marie R. Buñag,

**Reviewers:** Ferdinand J. Gotoy EdD, Laarni Palasigue

**Illustrator:** Lyka Mie Amor E. Arimbay

**Layout Artists:** Ma. Rubynita T. Del Rosario, Mark Angelo A. Dacayanan

**Management Team:**

Benjamin D. Paragas

Mariflor B. Musa

Melbert S. Brogueza

Danilo C. Padilla

Raquel P/ Girao

Elizabeth T. Delas Alas

Ferdinand J. Gotoy

**Inilimbag sa Pilipinas ng \_\_\_\_\_**

**Department of Education – MIMAROPA Region**

Office Address: Meralco Avenue corner St. Paul Road, Pasig City

Telephone Number: (02) 6314070

E-mail Address: mimaropa.region@deped.gov.ph

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# **Health**

**Quarter 1 – Module 1:  
Dimension of Holistic Health**

# Introductory Message

For the facilitator:

Welcome to the **Health Grade 7** Alternative Delivery Mode (ADM) Module on **Dimension of Holistic Health**.

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the **Health 7** Alternative Delivery Mode (ADM) Module on **Dimension of Holistic Health**.

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



***What I Need to Know***

This will give you an idea of the skills or competencies you are expected to learn in the module.



***What I Know***

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



***What's In***

This is a brief drill or review to help you link the current lesson with the previous one.



***What's New***

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



***What is It***

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



***What's More***

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



***What I Have Learned***

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



***What I Can Do***

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



### **Assessment**

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



### **Additional Activities**

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



### **Answer Key**

This contains answers to all activities in the module.

At the end of this module you will also find:

### **References**

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



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

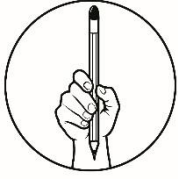
This module was designed and written with what you have in mind. It will help you master the Dimensions of holistic health. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module discusses about:

Lesson 1: Dimensions of Holistic Health:

After going through this module, you are expected to:

- explain the dimensions of holistic health (physical, mental/intellectual, emotional, social and moral-spiritual);  
(H7GD-Ib-13)



## ***What I Know***

The result of your pre-test will check your present knowledge, understanding and skills about dimensions of holistic health.

### **Pre-Assessment**

Directions: Read the questions carefully. Write the letter of your answer in a sheet of paper.

- \_\_\_ 1. It refers to the state of complete physical, mental or intellectual, emotional, social, moral- spiritual and environmental well-being.
  - A. Health
  - B. Physical Health
  - C. Social Health
  - D. Emotional Health
  
- \_\_\_ 2. It refers to the well-being of an individual.
  - A. Physical Health
  - B. Mental Health
  - C. Moral Health
  - D. Emotional Health
  
- \_\_\_ 3. It refers to the ability of an individual to rationalize things.
  - A. Physical Health
  - B. Mental Health
  - C. Moral Health
  - D. Emotional Health
  
- \_\_\_ 4. It refers to the ability of an individual to accept failure, understanding and liking oneself.
  - A. Mental Health
  - B. Physical Health
  - C. Moral Health
  - D. Emotional Health
  
- \_\_\_ 5. It refers to the effect or hazard brought by the contaminated products to human being.
  - A. Moral Health
  - B. Mental Health
  - C. Environmental Health
  - D. Emotional Health



- \_\_\_6. It means to lessen the amount of waste materials.
- A. Reuse
  - B. Recycle
  - C. Refuse
  - D. Reduce
- \_\_\_7. It is the process by which the object is transformed into alternative value and use.
- A. Reuse
  - B. Reduce
  - C. Repurpose
  - D. Recycle
- \_\_\_8. It refers to one's beliefs and values.
- A. Moral- spiritual Health
  - B. Social Health
  - C. Emotional Health
  - D. Physical Health
- \_\_\_9. It refers to building relationship with your community.
- A. Physical Health
  - B. Holistic Health
  - C. Social Health
  - D. Moral Health
- \_\_\_10. It refers to connection of mind, body and spirit.
- A. Physical health
  - B. Health
  - C. Holistic Health
  - D. Economic Health
- \_\_\_11. It refers to the mostly decomposable food waste.
- A. Rubbish
  - B. Garbage
  - C. Hazardous material
  - D. Food poison
- \_\_\_12. It is not included in the dimension of holistic health.
- A. Physical Health
  - B. Emotional Health
  - C. Environmental Health
  - D. Economic Health

- \_\_\_13. It is the best way to improve your mental well-being.
- A. Tell yourself something positive
  - B. Eat junk foods
  - C. Sleep late at night
  - D. Be secretive
- \_\_\_14. It is an example of emotional health.
- A. Saying “ I Love You” to your parents
  - B. Attending to Sunday Mass
  - C. Going out with friends
  - D. Throwing garbage into the garbage bin
- \_\_\_15. It is an aspect of spending quality time with family on weekend.
- A. Social
  - B. Mental
  - C. Emotional
  - D. Environmental

## Lesson

# 1

# Dimension of Holistic Health

Holistic health is an approach to life. Rather than focusing on illness or specific parts of the body, this approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of mind, body and spirit.

Health focuses on wellness. Being healthy means having a balance of all the dimensions of health: physical, mental, emotional, social, and moral-spiritual.



## *What's In*

### **Activity 1: Blast from the past!**

Do you still remember your lessons in Grade 6 about the personal health issues? Let's check if you still remember them by answering the following questions.

Directions: Choose your answer from the box that best describes each personal health issue. Write your answer in your notebook.

Otitis media	Scoliosis	Vision	underweight
Stunted growth	Blister	Obesity	

- \_\_\_\_\_ 1. It is a medical condition in which a person's spine has a sideways curve.
- \_\_\_\_\_ 2. It is a reduced growth rate in human development.
- \_\_\_\_\_ 3. It is a small pocket of body fluid (lymph, serum, plasma, blood or pus) within the upper layers of the skin.
- \_\_\_\_\_ 4. It is defined as the abnormal or excessive fat accumulation that presents a risk to health.
- \_\_\_\_\_ 5. It refers to eye movement and eye coordination.



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

### **Activity 1: Health Check**

Health is a state of complete physical, mental or intellectual, emotional, social, moral-spiritual and environmental well-being. It is not merely the absence of disease or infirmity.

Health is the most important factor in our life. Live healthy in order to have a happy life. As they say health is wealth. Health is important than having a million dollars in your bank account. Your health is more than enough for you to be considered a millionaire. Let's find out how healthy you are.

Directions: List down practices and habits that show healthy living.

Example: Eat vegetable on a regular basis



## ***What is It***

In the Health Check activity, you listed down practices and habits that may help you live healthy. Which of the following activities you listed will help you develop healthy living?

As an adolescent, you must be responsible with what you should be eating and doing. Your health must be your priority. Being healthy means dealing with what we are doing daily without getting tired easily and suffering from undue fatigue.

Lets' read and learn the dimensions of holistic health.

### **A. Physical Health**

- It refers to the well-being of an individual.  
Example: Dorai performs simple physical exercises every day to keep herself healthy.
- It means that you can do your daily task without getting tired and undue fatigued.  
Example: Jane still has the energy to play/bond with her friends after washing her clothes the whole morning.

## B. Mental or Intellectual Health

- It refers to the ability of an individual to think and improve his quality skills in life.  
Example: Go out and make new friends, keep yourself busy with school activities.
- It is the ability to rationalize things.  
Example: Find good reason in your failures. Think that everything happened for a good reason.

## C. Emotional Health

- It is the ability to accept failures, cope with your environment and consider the feeling of others.  
Example: If a family member has left to work in other place, you can easily accept the reality of being away from your love ones.
- Understanding and liking oneself  
Example: Self-love means finding peace and resting comfortably in our own home.

## D. Social Health

- It is how well you build relationship with your community, and how you interact with the people that surround you.  
Example: As a teenager you easily mingle and develop friendship with the neighborhood.
- Social acceptance means to interact with different types of people, accept and understand different norms and values.  
Example: Be who you are and be like what is dictated by your values and norms. It is the fact that most people act in order to be accepted by any group and be like them.

## E. Moral-Spiritual Health

- It refers to one's faith, belief and values, know the meanings and purposes in life.  
Example: Respect everybody's faith; it is looking deeply within oneself and belief.

## F. Environmental Health

- Understand the effect of the air, the water, and the land that surrounds our health.  
Example: Observe proper waste disposal to avoid contamination of our environment.
- Recognize the impact of environment and man-made hazards.  
Examples: Remember the five R's of waste management:
  1. Refuse- It includes garbage and rubbish.  
Garbage is mostly decomposable food waste.  
Rubbish is mostly dry material such as glass, paper, cloth, or wood.

2. Reduce – It is to help cut down the amount of waste we throw away.
3. Reuse –It is learning to reuse items or re-purpose them like old jars and pots into ornaments and shipping containers and created them into home and offices.
4. Repurpose- It refers to the process by which an object with one use value is transformed or redeployed as an object with an alternative use value.
5. Recycle- It is to use recycled paper for printing, handicraft or ornaments.



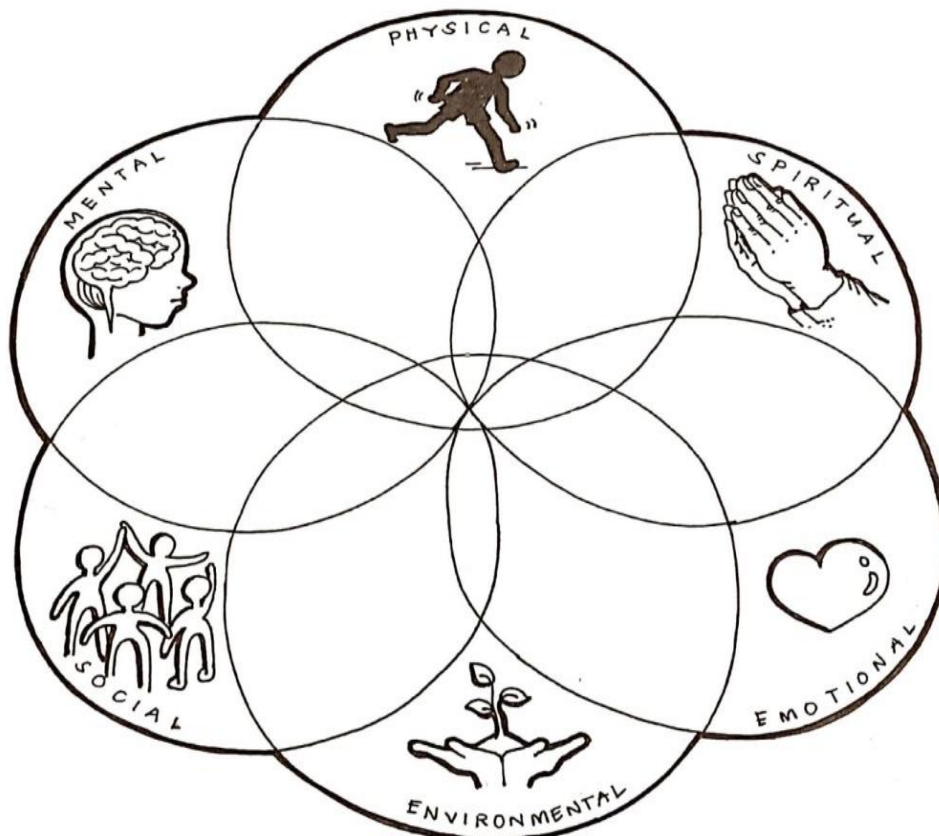
## ***What's More***

### **Activity 1: Holi Dream**

Holistic health and wellness is a way of living that focuses on the interdependence and cooperation of all aspects of an individual – body, mind and soul. It is a lifestyle that focuses on the whole person. Hence, the term holistic is derived.

### **Dimensions of Holistic Health**

Good health and wellness is interdependent on six dimensions.



**Concept of Holistic Health:**

1. Based on the diagram shown above, enumerate the dimensions of holistic health.
2. Why do you think it is important to be:
  - a. Physically healthy?
  - b. Spiritually Healthy?
  - c. Mentally healthy?
  - d. Socially Healthy?
  - e. Environmentally Health?
  - f. Emotionally Healthy?
3. Why do you think it is important to be holistically healthy?

**Activity 2: Fit me in**

Directions: Classify the following activities into physical health, social health, moral/spiritual health, emotional health, mental, and environmental health by writing them on their proper column.

- Walking around the plaza
- Chatting with friends
- Going out with family and relatives
- Exercising on a regular basis
- Eating fruits and vegetables
- Drinking plenty of water
- Throwing garbage into the trash bin
- Showing love and affection to love ones
- Picking pieces of papers on the corridors
- Playing scrabbles and word hunt
- Reading educational materials
- Writing letters to someone

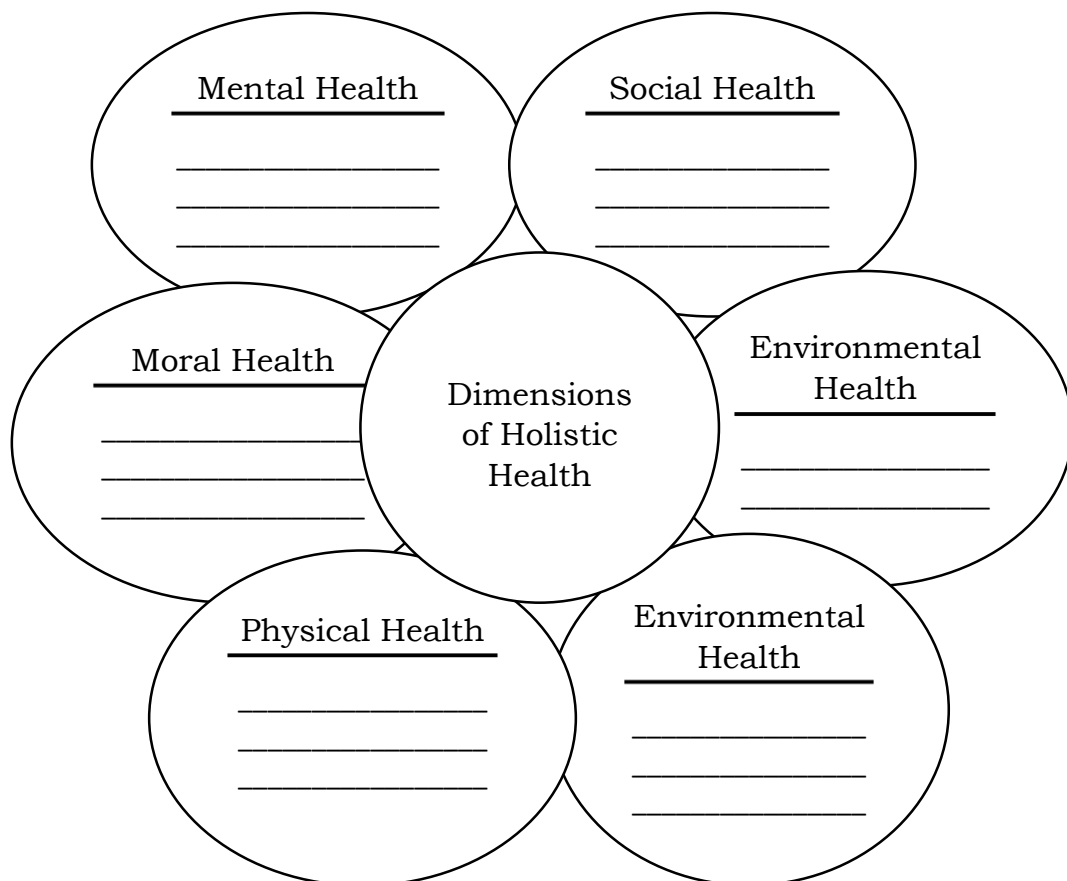
<b>Physical Health</b>	<b>Social Health</b>	<b>Moral/Spiritual Health</b>	<b>Emotional Health</b>	<b>Mental Health</b>	<b>Environmental Health</b>

Below is a rubric that will guide you to interpret your score.

Score	Description	Indicators
10-12	Strong	You really have the knowledge and fully understand the dimensions of holistic health
7-8	Moderate	You need to perform more healthy activities to satisfy the dimensions
4-5	Improving	You need to learn and to practice more healthy activities to satisfy the dimensions
1-2	Developing	There is still much room to learn about the concept of holistic health.

### Activity 3: Wheel of Change

Directions: Write your personal suggestions on how you can attain holistic health inside the circle.







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

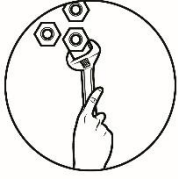
Directions: In 3-5 sentences reflect and analyze on this quotation and illustration. Do this in your activity notebook.

**“The greatest Wealth is Health”**



Evaluation of your output will be based using the following criteria:

1. Message was clear and conveys lessons	5%
2. Contains principles	3%
3. Contains new ideas	<u>2%</u>
Total =	10%



## ***What I Can Do***

### **Activity 1: Match me up**

Health focuses on wellness. It is an approach that includes all the dimensions of health: physical, mental, emotional, social and moral/spiritual.

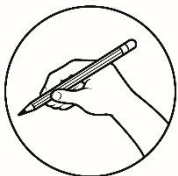
Directions: Match column A with Column B. Write only the letter of your answer in your notebook.

#### **Column A**

- \_\_\_\_\_ 1. Revitalize your mental energy
- \_\_\_\_\_ 2. Celebrate your body
- \_\_\_\_\_ 3. Nourish your soul
- \_\_\_\_\_ 4. Boost your positive emotions
- \_\_\_\_\_ 5. Treat yourself with a good company

#### **Column B**

- a. social
- b. spiritual
- c. mental
- d. physical
- e. environmental
- f. emotional



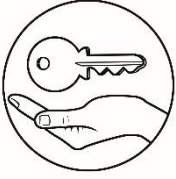
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# Answer Key

<b>Assessment</b>	
<b>Pre-Test/Post Test</b>	
1. A	
2. A	
3. B	
4. D	
5. C	
6. B	
7. C	
8. A	
9. C	
10. C	
11. A	
12. A	
13. A	
14. A	
15. A	

<b>What's In</b>	
1. Scoliosis	
2. Stunted growth	
3. Blister	
4. Obesity	
5. Otitis Media	

<b>What I can do</b>	
1. C	
2. D	
3. B	
4. F	
5. A	

## ***References***

Department of Education, *Physical Education and Health-Grade 7*. Pasig City: Department of Education 2017

Department of Education. "Health 6 Teacher's Guide." accessed October 30, 2019. slideshare.net

**For inquiries or feedback, please write or call:**

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)