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QUARTER 4

INJURY PREVENTION AND SAFETY

LEARNER’S MATERIAL
INTRODUCTION:

Every day you make decisions as to what food to buy and things to use. Sometimes you chose things because this is what you like and sometimes you don’t have any choice since these are bought by your parents. You also see television commercials and posters that can influence what to buy. In this module, you will learn how to be intelligent consumer so that you can make the right decisions to ensure your health. You will also learn that you also have responsibilities and must not make choices without considering some things. Enjoy the activities.

Lesson 1: I am a Consumer!

Activity 1: I'm a Consumer!
Describe a consumer. Write your answers inside the boxes.
Activity 2: What Did I Use Yesterday?

Write the products and services you used yesterday. Then write the reasons for using these.

<table>
<thead>
<tr>
<th>Products</th>
<th>Reasons for Using</th>
<th>Services</th>
<th>Reasons for Using</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Let’s Remember!

Fill the boxes with the parts of consumer health. Give examples of health products, services and information.
I. Label the pictures. Write HI for Health Information, HP for Health Product and HS for Health Service. Do this in your notebook.
II. Fill in the blank to describe a consumer. (5 pts)

A consumer is __________________________________________________
________________________________________________________________
________________________________________________________________

Rubrics: Content (3 pts.) ____________
Structure (2 pts.) ____________

Lesson 2: My Healthy Choice

Activity 1: Name It!

Label the pictures that helped you choose health products and services. Write the health product that you bought and used beside each picture.
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>![Computer and Phone]</td>
</tr>
<tr>
<td>3.</td>
<td>![Newspaper]</td>
</tr>
<tr>
<td>4.</td>
<td>![Children Playing]</td>
</tr>
<tr>
<td>5.</td>
<td>![Philippine Peso]</td>
</tr>
</tbody>
</table>
Write in the circles the factors that influence you in choosing products and services.

Factors that Influence Me in Choosing Products and Services

Let's Check!
Identify the factors that influence the consumers in choosing products and services. Choose your answers from the box below.

<table>
<thead>
<tr>
<th>Likes</th>
<th>Money</th>
<th>Feelings</th>
<th>Value</th>
<th>Other people and media</th>
</tr>
</thead>
</table>

1. What the buyer wants
2. What is important for the buyer
Lesson 3: Be Wise, Be Healthy

Read the story.

Mrs. Castro is a wise consumer. She plans and budgets what to buy. She wants to buy school bags for her two children. She asks the saleslady if the bags are on sale. She goes to different stores to compare prices. She asks the sellers the things used in making the school bags. She also studies the labels.

Answer the following questions;

1. What did Mrs. Castro do before buying the school bags?
2. How will you describe her as a consumer? Why?

Activity 1: My Field Trip Baon!

You are going on a school field trip. What are you going to buy?
You need to buy your snacks. Select from the menu below.
Your parents gave you Php 50.00
List your choices and their prices.

<table>
<thead>
<tr>
<th>ITEMS</th>
<th>PRICES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
</tr>
</tbody>
</table>

I chose these because
________________________________________________________________
________________________________________________________________
_____.

Let's Remember!

A wise consumer plans ahead what to buy and budgets money.
**Activity 2: Better Buy!**

Which is a better buy?
Encircle the picture.

<table>
<thead>
<tr>
<th>1. Features (Read labels)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Product 1" /></td>
</tr>
<tr>
<td>Price</td>
</tr>
<tr>
<td>2. Price</td>
</tr>
<tr>
<td><img src="image3.png" alt="Product 1" /></td>
</tr>
<tr>
<td>Use</td>
</tr>
<tr>
<td>3. Use</td>
</tr>
<tr>
<td><img src="image5.png" alt="Product 1" /></td>
</tr>
</tbody>
</table>

A wise consumer bargains.
A wise consumer compares the quality, price, and use of products.
**Activity 3: For Sale!**

You are at the market.  
Read the poster below.

Will you buy the Magic Notebook?  
Encircle Yes or No. Why?

---

**Yes/ No**, because....

____________________

____________________

____________________

---

**Let’s Remember!**

A wise consumer asks for information before buying.
What are the skills of a wise consumer?
Write around the star.

A wise consumer
________________________
________________________
________________________

Let's Check!

Write a letter of complaint regarding a defective product.
In your letter, tell
Why you are writing
When you bought the product
how much you paid and the receipt number
what’s wrong with the product
what you want to happen

____________________________
____________________________
____________________________
____________________________,

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

____________________________
____________________________
Lesson 4: My Consumer Rights

Let’s Try!

Study the picture carefully.

Activity 1: Just Be Safe!

Look at the pictures. Write the letter of the consumer’s right that is shown in the picture. Write your answer in your notebook.
A. Right to Choose  
B. Right to Information
C. Right to Safety  
D. Right to Basic Needs
Activity 2: Please Read!
Read the situations.
Identify the consumer right being exercised.

1. Father goes to the drugstore to buy medicine for his asthma. His doctor prescribed the medicine. Before buying, he asks the pharmacist questions about the medicine.

2. Ana buys bread for her brother Ali. She looks for the expiration date.

3. Roy sees a toothpaste sign ‘BUY 2 TAKE 1”. He compares its price with the regular price of one toothpaste.

4. Mother goes to the dentist. She reads the services offered at the dental clinic.

5. Dina owns a sari-sari store. She sells rice, milk, sugar, salt and other food needs of her neighbors.

Activity 3: A Toy to Buy
You want to buy a toy.
List five (5) questions in that you will ask before buying.
As a consumer, I have the right to

- Basic needs
- Choose
- Safety
- Information

**Let's Check!**

**I Practice My Rights!**

Write down the activities that you do to practice your consumer rights.
Ask My Parents
Interview your guardian/parents. Ask them to share an interesting experience in exercising their consumer rights. Be ready to share in class.

Lesson 5: Let’s Practice our Rights

Let’s Do this at Home
Let’s Try!

List 5 things that you see at the school canteen. Provide the details asked.

<table>
<thead>
<tr>
<th>Items</th>
<th>Accepted by DOH? Yes/No</th>
<th>Enriched with__</th>
<th>Expiry Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. What items are accepted by the Department of Health?
2. What ingredients are these enriched with? Are these safe to eat?
3. Why do we need to look for this information?
Fill in the balloon organizer with the different consumer rights.

Let's Check!

What consumer right is being described? Write it on the blank provided. Choose your answer from the box.

- representation
- redress
- consumer education
- healthy environment
1. You bought canned milk from the grocery store. You found out that the milk expired 3 months ago so you returned it. You practiced the right to ________________.

2. The Barangay Council of Barangay Maliwanag passed a resolution that a young boy or girl of your age should not be sent to buy alcoholic drinks and cigarettes. This shows the right to ________________.

3. A poster shows the prices of generic medicines are lower than those the branded ones. This supports the right to ________________.

4. A fast food store uses paper bags, paper cups and paper plates in serving their customers. They use these to lessen the problem of trash. This supports the right to ________________.

5. You ask for a replacement of the defective toy car you bought at a department store. This shows your right to ________________.
Lesson 6: I am Responsible

Let's Do!

Activity 1: Am I a responsible consumer?

Read the situations draw a smiling face if it shows being a responsible consumer and a sad face if not.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ask to the seller questions about the use of the product</td>
</tr>
<tr>
<td>2.</td>
<td>Buy a pen immediately without asking about the price at other stores</td>
</tr>
<tr>
<td>3.</td>
<td>Ask whether some endangered plants or animals were used in making the product.</td>
</tr>
<tr>
<td>4.</td>
<td>Do nothing even if the toy your mother bought was defective upon opening.</td>
</tr>
<tr>
<td>5.</td>
<td>Buy things at a nearby store even though you know prices are more expensive than other store</td>
</tr>
<tr>
<td>6.</td>
<td>Complain why the store is no longer gives plastic bags for the things you bought</td>
</tr>
<tr>
<td>7.</td>
<td>Join a group filing a complaint against a store that sells expired products.</td>
</tr>
<tr>
<td>8.</td>
<td>Buy only what you need especially after natural disasters.</td>
</tr>
</tbody>
</table>
Fill in the shape organizer with the responsibilities of a consumer.

Let's Remember!

Let's Check!

Identify the responsibility of the consumer in the given situation. Write your answer on the blank.

1. Nena asks the seller about the price and the use of the product she buys. ______________________
2. Mang Ramon segregates the biodegradable from non-biodegradable materials. ____________________

3. Aling Corazon and her friends organize a group to protect their interests as consumers. ____________________

4. Donna complains about the defective products she receives. ____________________

5. Father does research on the effects of the product he wants to buy. ____________________

Lesson 7: Information: Good for Me and You

Let’s Do!

Check the box if the government agency is reliable a source of health information.

1. [ ] Department of Health
2. [ ] Department of Trade and Industry
3. [ ] Department of Education
4. [ ] Other
Activity 2: How Do I Choose The Right Source of Information?
Check if the ad is reliable, and draw a cross (X) if it is not.

1. [Image]

2. [Image]

3. [Image]

4. [Image]

5. [Image]
Which printed materials are reliable sources of health information?

**Activity 2: Let’s Hear it from the Experts**

Fill the graphic organizer. Write the health professionals who are sources of information.

Who are the professionals that give us reliable information on health?

**Let’s Remember!**

The sources of reliable information are government agencies, health professionals and printed materials.
A. Study the pictures. Check (/) the reliable sources of information.

1. [Image of a crest labeled "Republic of the Philippines Department of Health"]

2. [Image of a health center]

3. [Image of a child walking]

4. [Image of a nurse]

5. [Image of a person holding a clipboard]

6. [Image of a newspaper]

Let's Check!