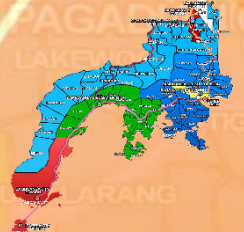




Republic of the Philippines
Department of Education
 Regional Office IX, Zamboanga Peninsula



6



Zest for Progress
 Zeal of Partnership

- JANUARY
Malugiton
- FEBRUARY
Mahiguimaon
- MARCH
Matinabungan
- APRIL
Matinahuron
- MAY
Mahapsay og Malimpyo
- JUNE
*Maabik og Masunod sa
Dusaklong Oras*
- JULY
Maantigo og Maabilidad
- AUGUST
*Maginhuhunoon
para sa Uban*
- SEPTEMBER
Madaginaton
- OCTOBER
Matinud-anon
- NOVEMBER
Masaligan
- DECEMBER
Maalampon

HEALTH

Quarter 2, Wk.8 - Module 2 Proper Waste Management



Name of Learner: _____

Grade & Section: _____

Name of School: _____



WHAT I NEED TO KNOW

People use more and more convenient products because these can be easily disposed of and replaced. This throwaway concept makes communities struggle with waste management problems.

Everyone in the community can make an impact on the solid waste problem through public awareness and action. This also diminishes the scavenging of waste pickers in dumpsites and the littering of animals and pests. Let

us go and discover more about proper waste management(Source: Marissa C. Pascual, Irene Feliz S. Reyes, Ma. Elvira M. Gracia, Ma. Mignon C. Artuz, *Enjoying Life Through Music Art Physical education and Health 6*, The Phenix Publishing House Inc., 2017, 370-382)



<https://clipart-library.com/waste-cliparts.html>

In this module, you will be able to do the following:

- A.** Identify things that can be recycled in school and the community.
(H6CMH-11f-7)

- B.** Practice proper waste management at home, in school, and the community.**(H6CMH-11f-6)**

- C.** Advocate for environmental protection through proper waste management.
(H6CMH-11f-9)



I. WHAT I KNOW

Directions: On the line, write **B** if the example is biodegradable waste, **NB** if it is nonbiodegradable waste, or **H** if it is a hazardous waste.

_____ 1. fruit and vegetables peelings



<https://krishijagran.com/health-lifestyle/10-reasons-you-should-never-throw-away-these-vegetable-and-fruit-peels/?amp=1>

_____ 3. empty bottles



<https://www.hospitalitymarketplace.co.za/recycling-are-you-returning-your-glass-bottles-and-jars/>

_____ 5. plastics



<https://journals.openedition.org/factsreports/5191>

_____ 2. pesticides



<https://m.indiamart.com/proddetail/insecticides-aerosol-cans-1256721891.html>

_____ 4. used batteries



<https://communalnews.com/battery-recycling-market-future-is-charged/>



WHAT'S IN

Why should you classify different types of wastes?



WHAT'S NEW

Directions: Put a checkmark (✓) on the box if the picture shows proper waste management and cross (x) if it is not.

1.



<https://www.alamy.com/stock-photo/>

2.



<https://followgreenliving.com>



<https://gippslandunwrapped.com/2017/07/27/>



<https://notesfrompoland.com/2020/03/04/>



<https://beautyharmonylife.com>



WHAT IS IT

When you start to identify and segregate waste, you will realize that it is not acceptable to throw most of it.

Proper waste management can be done through *waste reduction*—reusing or finding other items instead of throwing them. Your trash might be someone else’s treasure. You can sell your unused items. Unsold items can be donated to charity.

Another way is by *composting*. Compost is a soil mixture made from decaying organic matter that can be used to improve the soil's fertility and water-holding capacity.

The most popular way of waste disposal is *recycling*. It is a process of salvaging raw materials from discarded products and using

them to create new products. It reduces the demand for resources and saves energy.

Everyone in the community produces waste, so it is just fair that members should be responsible for practicing proper waste management. The "Ecological Solid Waste Management Act of 2000" or Republic Act 9003 can effectively address solid waste management. Communities should not leave appropriate waste management to technical experts and the government. We should take the initiative to practice it at home, in school, and in our community to make our Mother Earth clean, green, and more sustainable.



WHAT'S MORE

Make a list of things that can be recycled in school and your community. On the corresponding columns, think of what you can create using that waste.

Recyclables in School	New Product	Recyclables in the Community	New Product
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	



WHAT I HAVE LEARNED

waste management	reducing	Everyone
Republic Act 9003	resources	products
energy	reduction	composting
recycling		

Directions: Complete the paragraph using the words inside the box.

People use more and more convenient _____ because these can be easily disposed and replaced. This throwaway concept makes community struggle with _____ problems.

Proper waste management can be done through _____ or reusing, _____ and _____. Waste _____ can be done by reusing or finding other uses for objects. Recycling reduces the demand for _____ and saves _____.

The “Ecological Solid Waste Management Act of 2000“ or _____ has the potential to effectively address solid waste management. Proper waste management should not be left to technical experts and the government. _____ should take the initiative to practice it at home, on campus, and in the community.



WHAT I CAN DO

Some of the households in your neighborhood have one waste bin others have two. In school, trash containers are tightly sealed and labeled, but some make a mistake in identifying and segregating.

You are an advocate of environmental protection through proper waste management. Create an information campaign about proper waste management so they will be encouraged to take action.

Rubric

Criteria	Advanced (5)	Proficient (4)	Approaching Proficient (3)	Developing (2)	Beginning (1)
Creativity	Can show excellent attention to details; ideas/ materials / methods used are	Can show great attention to details; ideas/ materials/ methods used are effective	Can show good attention to details; imaginative touches are scattered throughout	Can show little signs of creativity	Cannot show creativity

	highly effective		the project		
Accuracy of information	Can present accurate and appropriate data or information	Can present but had few errors and missing data or information in the explanation	Can present but had some errors and missing data or information in the explanation	Can present but had many errors and missing data or information in the explanation	Cannot present correct data or information in the explanation



ASSESSMENT

Match the waste management terms in column B with their descriptions in column A. Write the correct letter on the line.

A

B

- | | |
|---|---------------------|
| ___1. It is a decaying organic matter that can be used to improve the fertility and water holding capacity of the soil. | a. biodegradable |
| ___2. It can be done through reusing or finding other uses for objects. | b. compost |
| ___3. It can be broken down by microorganisms. | c. recycling |
| ___4. It is the process of reclaiming raw materials from discarded products and using them to create new products. | d. nonbiodegradable |
| ___5. It cannot be broken down by nature. | e. reducing |



ADDITIONAL ACTIVITIES

Create a poster on the importance of waste management.

Rubric

Criterion	Advanced (5)	Proficient (4)	Approaching Proficient (3)	Developing (2)	Beginning (1)
Accuracy of information	Can present accurate and appropriate data or information	Can present but had few errors and missing data or information in the explanation	Can present but had some errors and missing data or information in the explanation	Can present but had many errors and missing data or information in the explanation	Cannot present correct data or information in the explanation

Region IX: Zamboanga Peninsula Hymn – Our Eden Land

Here the trees and flowers bloom
Here the breezes gently Blow,
Here the birds sing Merrily,
The liberty forever Stays,

Gallant men And Ladies fair
Linger with love and care
Golden beams of sunrise and sunset
Are visions you'll never forget
Oh! That's Region IX

Cebuanos, Ilocanos, Subanons, Boholanos, Ilongos,
All of them are proud and true
Region IX our Eden Land

Here the Badjaos roam the seas
Here the Samals live in peace
Here the Tausogs thrive so free
With the Yakans in unity

Hardworking people Abound,
Every valleys and Dale
Zamboangueños, Tagalogs, Bicolanos,

Region IX
Our..
Eden...
Land...

My Final Farewell

Farewell, dear Fatherland, clime of the sun caress'd
Pearl of the Orient seas, our Eden lost!,
Gladly now I go to give thee this faded life's best,
And were it brighter, fresher, or more blest
Still would I give it thee, nor count the cost.

On the field of battle, 'mid the frenzy of fight,
Others have given their lives, without doubt or heed;
The place matters not-cypress or laurel or lily white,
Scaffold or open plain, combat or martyrdom's plight,
T is ever the same, to serve our home and country's need.

I die just when I see the dawn break,
Through the gloom of night, to herald the day;
And if color is lacking my blood thou shalt take,
Pour'd out at need for thy dear sake
To dye with its crimson the waking ray.

My dreams, when life first opened to me,
My dreams, when the hopes of youth beat high,
Were to see thy lov'd face, O gem of the Orient sea
From gloom and grief, from care and sorrow free;
No blush on thy brow, no tear in thine eye.

Dream of my life, my living and burning desire,
All hail ! cries the soul that is now to take flight;
All hail ! And sweet it is for thee to expire ;
To die for thy sake, that thou mayst aspire;
And sleep in thy bosom eternity's long night.

If over my grave some day thou seest grow,
In the grassy sod, a humble flower,
Draw it to thy lips and kiss my soul so,
While I may feel on my brow in the cold tomb below
The touch of thy tenderness, thy breath's warm power.

Let the moon beam over me soft and serene,
Let the dawn shed over me its radiant flashes,
Let the wind with sad lament over me keen ;
And if on my cross a bird should be seen,
Let it trill there its hymn of peace to my ashes.

Let the sun draw the vapors up to the sky,
And heavenward in purity bear my tardy protest
Let some kind soul o'er my untimely fate sigh,
And in the still evening a prayer be lifted on high
From thee, O my country, that in God I may rest.

Pray for all those that hapless have died,
For all who have suffered the unmeasur'd pain;
For our mothers that bitterly their woes have cried,
For widows and orphans, for captives by torture tried
And then for thyself that redemption thou mayst gain

And when the dark night wraps the graveyard around
With only the dead in their vigil to see
Break not my repose or the mystery profound
And perchance thou mayst hear a sad hymn resound
'T is I, O my country, raising a song unto thee.

And even my grave is remembered no more
Unmark'd by never a cross nor a stone
Let the plow sweep through it, the spade turn it o'er
That my ashes may carpet earthly floor,
Before into nothingness at last they are blown.

Then will oblivion bring to me no care
As over thy vales and plains I sweep;
Throbbing and cleansed in thy space and air
With color and light, with song and lament I fare,
Ever repeating the faith that I keep.

My Fatherland ador'd, that sadness to my sorrow lends
Beloved Filipinas, hear now my last good-by!
I give thee all: parents and kindred and friends
For I go where no slave before the oppressor bends,
Where faith can never kill, and God reigns e'er on high!

Farewell to you all, from my soul torn away,
Friends of my childhood in the home dispossessed!
Give thanks that I rest from the wearisome day!
Farewell to thee, too, sweet friend that lightened my way;
Beloved creatures all, farewell! In death there is rest!

I Am a Filipino, by Carlos P. Romulo

I am a Filipino—inheritor of a glorious past, hostage to the uncertain future. As such I must prove equal to a two-fold task—the task of meeting my responsibility to the past, and the task of performing my obligation to the future.

I sprung from a hardy race, child many generations removed of ancient Malayan pioneers. Across the centuries the memory comes rushing back to me: of brown-skinned men putting out to sea in ships that were as frail as their hearts were stout. Over the sea I see them come, borne upon the billowing wave and the whistling wind, carried upon the mighty swell of hope—hope in the free abundance of new land that was to be their home and their children's forever.

I am a Filipino. In my blood runs the immortal seed of heroes—seed that flowered down the centuries in deeds of courage and defiance. In my veins yet pulses the same hot blood that sent Lapulapu to battle against the first invader of this land, that nerved Lakandula in the combat against the alien foe, that drove Diego Silang and Dagohoy into rebellion against the foreign oppressor.

The seed I bear within me is an immortal seed. It is the mark of my manhood, the symbol of dignity as a human being. Like the seeds that were once buried in the tomb of Tutankhamen many thousand years ago, it shall grow and flower and bear fruit again. It is the insignia of my race, and my generation is but a stage in

I am a Filipino, child of the marriage of the East and the West. The East, with its languor and mysticism, its passivity and endurance, was my mother, and my sire was the West that came thundering across the seas with the Cross and Sword and the Machine. I am of the East, an eager participant in its spirit, and in its struggles for liberation from the imperialist yoke. But I also know that the East must awake from its centuries sleep, shake off the lethargy that has bound his limbs, and start moving where destiny awaits.

I am a Filipino, and this is my inheritance. What pledge shall I give that I may prove worthy of my inheritance? I shall give the pledge that has come ringing down the corridors of the centuries, and it shall be compounded of the joyous cries of my Malayan forebears when first they saw the contours of this land loom before their eyes, of the battle cries that have resounded in every field of combat from Mactan to Tirad Pass, of the voices of my people when they sing:

"I am a Filipino born to freedom, and I shall not rest until freedom shall have been added unto my inheritance—for myself and my children and my children's children—forever."



