

MAPEH (Health) – GRADE V – 3rd QUARTER**Content Standard:** Understands the nature and effects of the use and abuse of caffeine, tobacco and alcohol**Performance Standard:** Demonstrates the ability to protect one's health by refusing to use or abuse gateway drugs

Most Essential Learning Competencies	Duration/ Date	K to 12 CG Code / Reference Material	Presented Date / s	Practicing Date / s	Mastery Date / s	Activity / Observations (Remarks)	Rating
Explains the concept of gateway drugs.	Week 1						
Identifies products with caffeine.	Week 2						
Describes the general effects of the use and abuse of caffeine, tobacco and alcohol.	Week 3 to Week 4						
Analyzes how the use and abuse of caffeine, tobacco and alcohol can negatively impact the health of the individual, the family and the community.	Week 5 to Week 6						
Demonstrates life skills in keeping healthy through the non-use of gateway drugs.	Week 7						
Follows school policies and national laws related to the sale and use of tobacco and alcohol.	Week 8 to Week 9						