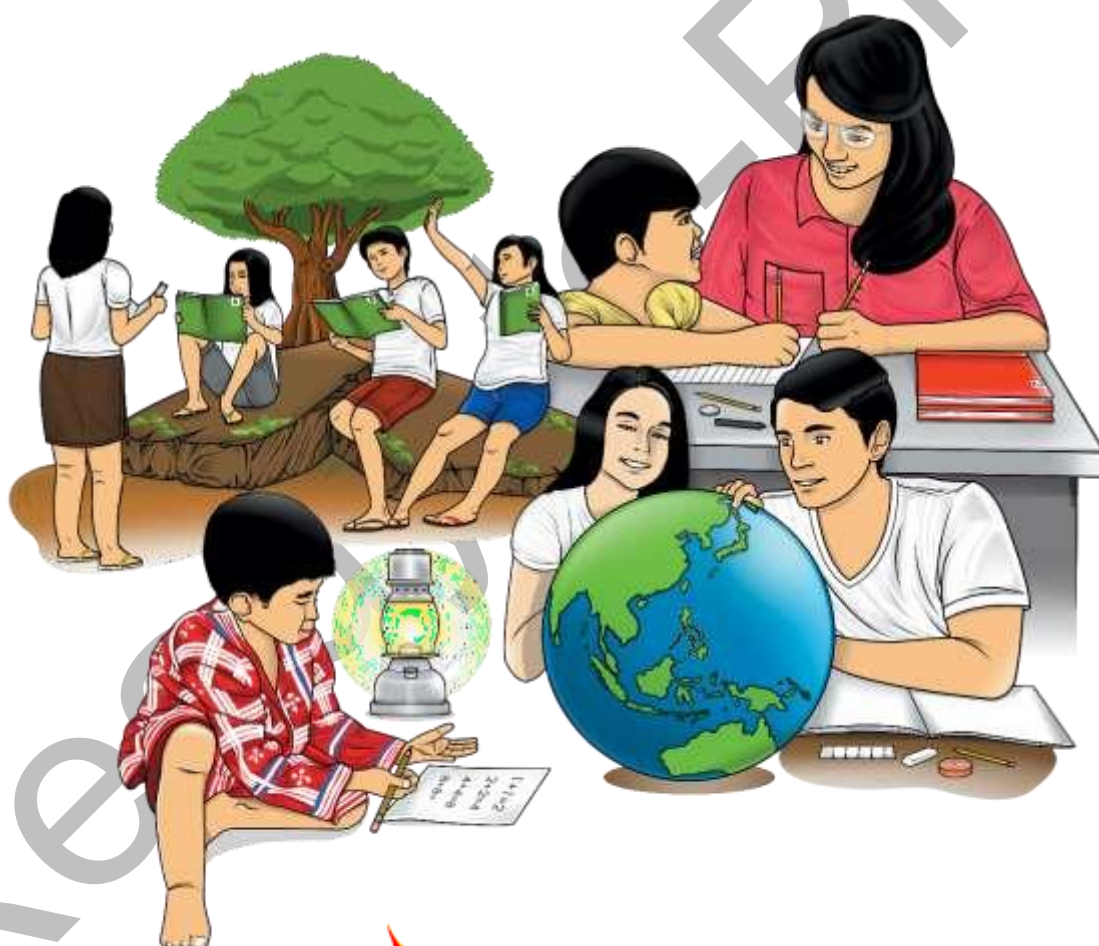


# Health

## Quarter 4 – Module 2 :

### Debunking Myths and Fallacies About Non-Communicable Diseases



## Health – Grade 7

### Alternative Delivery Mode Quarter

#### 4 – Module 2 :

First Edition, 2021

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#### Development Team of the Module

**Author:** Harold Ryan L. de Lemos

**Editors:**

**Language Editor:** Leonora Q. Privado

**Content Editor:** Mary Jane S. Dagohoy,

**Social Content:** Maria Salvacion P. Villaneuva

**IPR Reviewer:** Raizza Marie R. Buñag

**Technical Reviewer:** Ma. Rubynita T. Del Rosario

**Reviewers:**

**Language:** Leonora Q. Privado, Aida A. Pelaez, Joseph F. Jambalos

**Content:** Mary Jane S. Dagohoy, Mat C. Gaytano

**Illustrators:** Joyet F. Agar

**Layout Artists:** Ma. Rubynita T. Del Rosario, Mark Angelo A. Dacayanan,  
Joel F. Capus, Maribel B. Zamora

**Project Development Team:** RD Benjamin D. Paragas

Mariflor B. Musa

Freddie Rey R. Ramirez

Danilo C. Padilla

Raquel P. Girao

Elizabeth T. Delas Alas

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**Department of Education – MIMAROPA Region**

Office Address: Meralco Ave., cor. St. Paul Road, Pasig City, Philippines

Telefax: 02-8631-4070

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

# Health

## Quarter 4 – Module 2 :

Debunking Myths and Fallacies  
About Non-Communicable Diseases

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step- by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



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

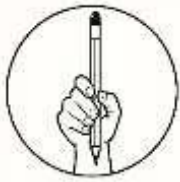
This module was designed and written with you in mind. It is here to help you correct the different misconceptions about non-communicable diseases. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. 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 is all about:

**DEBUNKING MYTHS AND FALLACIES ABOUT NON-COMMUNICABLE DISEASES**

After going through this module, you are expected to have learned the following competency:

1. Correct the common myths and fallacies about non-communicable diseases.



## ***What I Know***

### **Pre-Assessment**

Directions: Read each statement below carefully. Place a check ☒ on the line if you think a statement is a fact. Place a ✖ on the line if you think the statement is a myth.

- \_\_\_\_\_ 1. All non-communicable diseases (NCDs) cannot be prevented- they always run in families.
- \_\_\_\_\_ 2. Anemia means you have low blood pressure.
- \_\_\_\_\_ 3. Non communicable diseases mainly affect elderly.
- \_\_\_\_\_ 4. Eating gecko or lizard may cure asthma.
- \_\_\_\_\_ 5. Taking a bath on Friday will not make one sick.
- \_\_\_\_\_ 6. Relapse or “binat” caused by eating certain kinds of food or by cutting the hair too soon after the illness is best treated by fumigating the patient with smoke produced by burning the offending food or the hair.
- \_\_\_\_\_ 7. A pregnant woman’s cravings will affect the baby’s appearance.
- \_\_\_\_\_ 8. “No one in my family has diabetes, so I won't get the disease.”
- \_\_\_\_\_ 9. Lung cancer only affects smokers.
- \_\_\_\_\_ 10. Allergies can persists even after childhood.
- \_\_\_\_\_ 11. Cancer is a disease of the rich, and affluent people.
- \_\_\_\_\_ 12. Both young and old people can get arthritis.
- \_\_\_\_\_ 13. Eating heavy meal right before sleeping is theorized to cause “bangungot.”
- \_\_\_\_\_ 14. Sleeping with wet hair causes blindness.
- \_\_\_\_\_ 15. Washing sweaty, tired hands can lead to spasmodic hands or pasma.

**Lesson****1****Correct Myth and Fallacies about  
Non-communicable Diseases**

We human are curious by nature. Through the span of time, we were able to explain the things that are happening around us. We Filipinos exhibit this kind of characteristic, we tend to explain things on a creative manner. This enable us to come up with some remarkable ideas, but there are times, scientific explanation gets sacrificed in favor of an amusing result. Thus, this makes some of our ideas about the world inaccurate.

Have you ever heard your mother saying not to take a bath on Friday night because you will get sick? And you never ask her why, since our culture taught us to respect and listen to our elders. But, have you ever asked yourself “Is it true that I’ll get sick?”

In this module, you will learn the different practices that are considered myth about non-communicable diseases.



## What's In

### Activity 1: Puzzle Time!

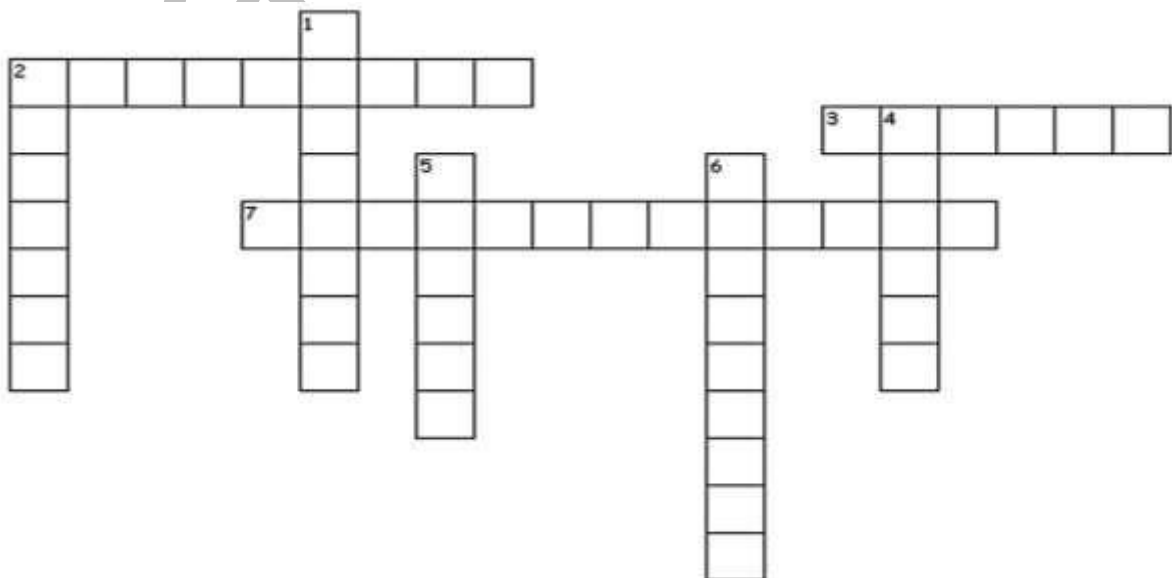
Direction: Complete the crossword by filling in a word that fits each clue.

#### Across

2. It refers to inflammation of joints.
3. It is a condition in which your airways narrow and swell.
7. It occurs when kidneys suddenly become unable to filter waste products from blood.

#### Down

1. It results from either too little insulin produced by the pancreas or failure of the insulin to function normally.
2. This occur when your immune system reacts to a foreign substance.
4. It occurs when a clot blocks a small vessel in the brain.
5. It refers to the abnormal growth of cells in the body.
6. This happens when the force of the blood pushing the walls of blood vessels are consistently high.







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

Welcome to our new lesson. The purpose of this activity is to give you an idea about our topic in this module.



The mother asks her daughter not to sleep while her hair is still wet, else it will blind her.

The daughter immediately followed what her mother said.

Processing Question:

1. Why did the mother ask her daughter to dry her hair before she go to sleep?

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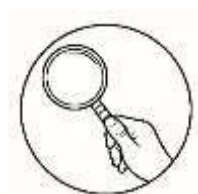
2. Do you believe that sleeping with wet hair causes blindness?

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## ***What is It***

“Health is wealth” is a famous saying that refers to the importance of health to us. Our health is the key to our happiness. But sad to say there are practices in the world that contradict the proper way of being healthy. This module will help you understand the different myth and fallacies about non-communicable diseases and how to be equipped with right knowledge and correct practices to become healthy.

What is a myth? And what is a fallacy? According to Merriam dictionary, *myth* is a popular belief or tradition that has grown up around something or someone. Meaning it is only a form of practice established through the span of time without any form of scientific study, in short it is a false perception. While *fallacy* is an often conceivable argument using false or invalid inference. Both concepts have the same definition of a false and mistaken idea.

This module will focus on the myths and fallacies about non-communicable diseases. It will help you be aware of the wrong practices you thought was right about non-communicable diseases.



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

### **Activity 1.1: Make me a list!**

Here's an activity for you. The purpose of this task is finding out the different myths and fallacies about non-communicable diseases in your community.

Directions: Make a survey by interviewing your grandparents, siblings, parents and friends about the different myth and fallacies about non-communicable diseases that you heard in your community.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

### Activity 1.2: Prove it!

Now that you are done listing the different myths and fallacies about non-communicable diseases, let's find out whether it is a myth or a fact.

Direction: Choose 5 myths or fallacies you have written in the last activity and research scientific articles, study, or statements that counter or debunk the myths or fallacies.

1.

2.

3.

4.

5.



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

You are almost done. This time let's find out what you have learned from this activity. Direction: Complete the statement and by writing something about what you learned from myth and fallacies on non-communicable diseases.

Today I learned  
that \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I Realized that

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

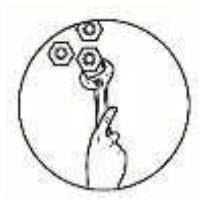
\_\_\_\_\_

I  
feel \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

### **Activity 2: Express yourself!**

This activity will test your creativity, this time you will illustrate a fact and a myth from your list last activity.

Directions: Make a simple drawing that will show a myth and fact about the common misconception on non-communicable diseases.

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## Assessment

Direction: Read each statement below carefully. Place a check ☒ on the line if you think a statement is a fact. Place a ☐ on the line if you think the statement is a myth.

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Ready to

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**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)