



# Menstrual Hygiene Management

Science, Health at  
Edukasyong Pangkabuhayan  
at Pantahanan





# Menstrual Hygiene Management

## Integration



### Lesson Plan in Science 5 Quarter 2

#### I. Learning Competency:

Describe the parts of the reproductive system and their functions.

**S5LT-IIa-1**

#### Objective(s):

At the end of the lesson students shall be able to:

1. identify the parts of the female reproductive system
2. describe the female reproductive system.

#### II. Content/Topic: The Female Reproductive System

#### III. Learning Resources:

- Science Beyond Borders, Teacher's Manual pp 36-37
- SLM-Q2-Module 1, Lesson 1, p 6
- CSE-LAC CSE Kit #MeronAko Video

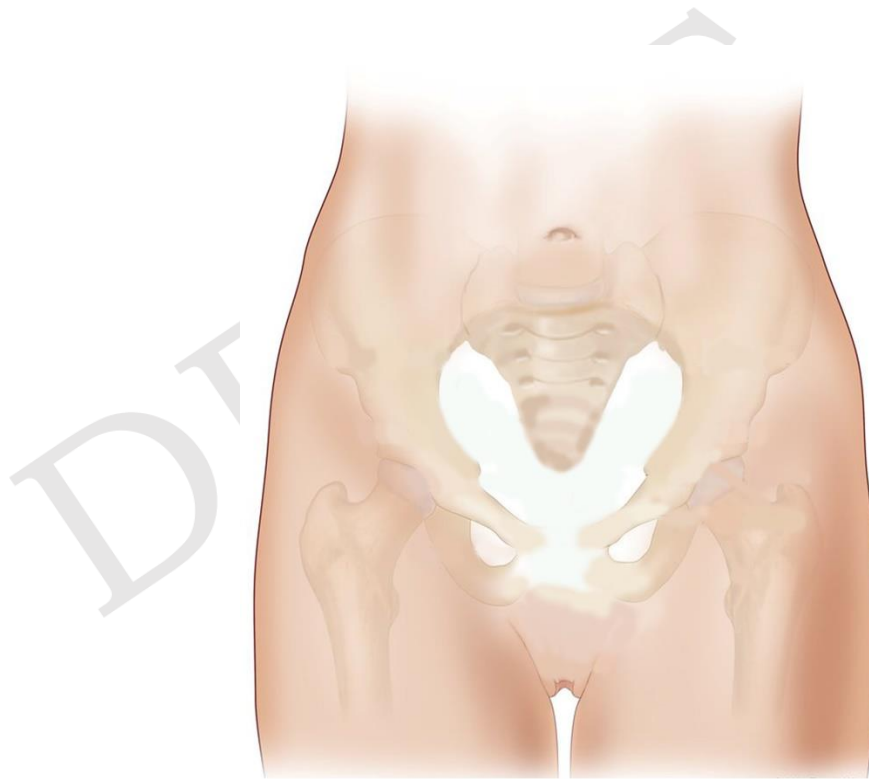
#### IV. Procedures:

##### A. Motivation

##### Task 1: "Paste to Paste"

**Directions:**

- Divide the class into groups.
- Each group will be given an envelope containing an illustration of a body frame and some cut-out parts of the female reproductive system.
- Ask the learners to put the cut-out pictures on the body frame as fast as they can.
- The first group to assemble the parts correctly will be declared winner.



**Follow-up question:**

What do you see in the picture?

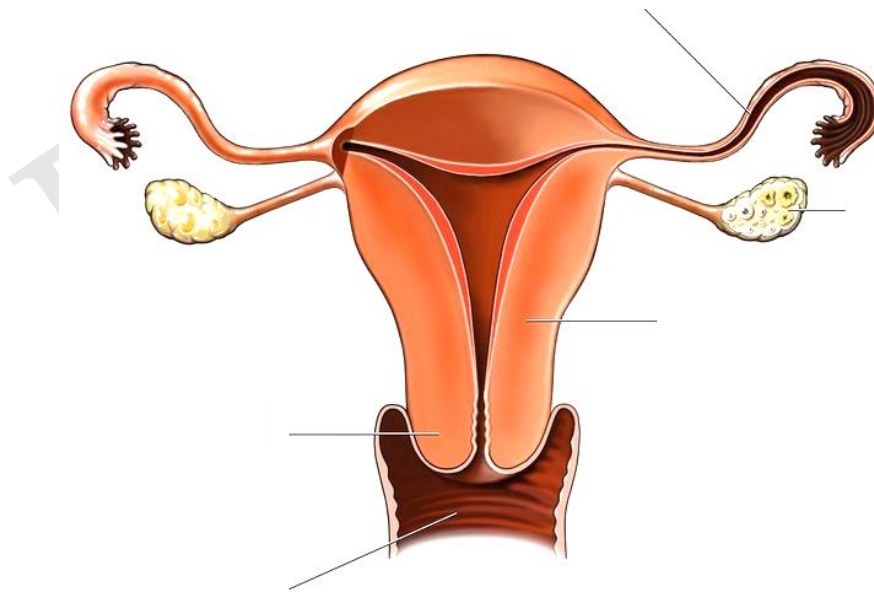
**B. Activity**

## Task 2. “Internal Affairs”

### Directions:

- Provide each group with the parts of the reproductive system written on strips of paper.
- Ask the pupils to paste these strips to its corresponding assembled parts of the reproductive system used in the previous activity.
- A member from each group will be assigned to present their outputs.

### Sample Illustration:



### Follow-up Question:

1. Were you able to come up with the correct labeling of the parts of Reproductive System?
2. How many parts did your group name correctly?

3. Which part of the system is already familiar to you?

**Note to the Teacher:**

*The moment the learners mention the vagina, the teacher will emphasize its proper caring and hygiene. Mention the ways on how to take care the vagina.*

1. Wash your genital areas with mild soap and water.
2. Do not borrow another person's underwear.
3. Change underwear regularly.

*Refer to the information to CSE-LAC CSE Kit #MeronAko Video.*

4. So why it is necessary to practice proper hygiene on the genital areas?

**C. Analysis**

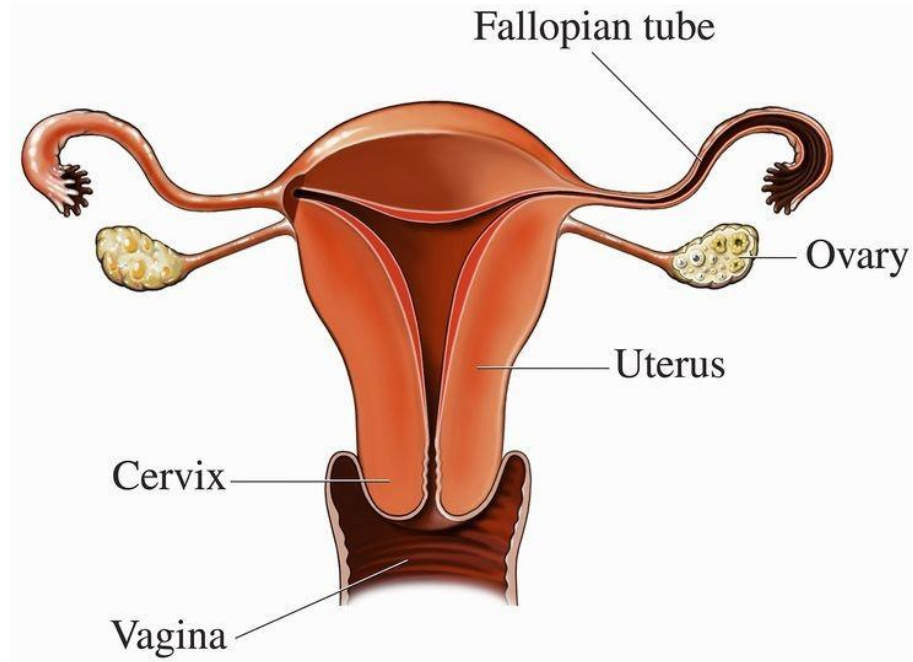
**Based on the activity what are your answers to the questions below.**

1. What are the parts of the female reproductive system?
2. How will you describe the Female Reproductive System?

**D. Abstraction**

**The Female Reproductive System** is made of several organs which include the ovaries, fallopian tubes, uterus, and vagina. It is specifically responsible for producing egg cells and supporting a developing baby inside a mother's womb.

## Parts of the Female Reproductive System



### Ovary

The ovaries are oval in shape and located in the lower part of the abdomen.

### Fallopian tube

A pair of tubes that connects the ovaries and the uterus.

### Uterus

Also called the **womb**, the uterus is a hollow muscular organ located at the lower abdomen. It has a soft, smooth inner lining called the **uterine** or **endometrium**.

### Cervix

The cervix is located at the lower part of the uterus. It is a narrow opening between the uterus and the vagina.

## Vagina

Also called the **birth canal**, the vagina is a hollow, muscular tube that extends from the cervix to the vaginal opening called **vulva**.

### Note to the Teacher:

*The teacher will mention each part in their local dialect/ term. Tells the learners that they should not make fun of the terms that refer to the reproductive system and asks them why is it important to use the correct terms to refer to the male and female reproductive parts?*

## E. Application

### TASK 3: External Affairs

- Each group will identify an external reproductive part and think of ways to protect them using the letters of their identified part. The composition will be evaluated using the following rubrics:

CRITERIA	3	2	1
Relevance to the theme	The composition is relevant and has used all the letters of the part	The composition is relevant and but did not use all the letters of the part	The composition is irrelevant.
Language used	The languages is clear and easy to understand.	The language used is understandable but not clear.	The language used is not understandable.
Learner's Participation	All members of the group participated in the activity.	99-75% of the members participated in the activity.	74% of the members participated in the activity.

**F. Closure:**

Even at a young age, you should already protect your reproductive organ and practice proper hygiene to reduce the risk of acquiring diseases and infections.

**V. Reflection**

**VI. Remarks**

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