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**12**

**QUARTER 1**



**DEPED - ANGELES CITY**  
CURRICULUM IMPLEMENTATION DIVISION

# CABLE

**CONTEXTUALIZED ACTIVITY-BASED LEARNING EXERCISES**

(ACTIVITY BASED LEARNING MATERIALS ON CRITICAL CONTENTS FOR FACE TO FACE CLASSES)



DEPARTMENT OF EDUCATION - SCHOOLS DIVISION OF ANGELES CITY  
Jesus St. Pulungbulo, Angeles City

**CABLE – Grade 12**  
**Quarter 1 – All Subjects**  
**First Edition, 2022**

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## **INTRODUCTION**

This Project CABLE (Contextualized Activity-Based Learning Exercises) is a collaborative project of all the Education Program Supervisors of SDO Angeles City, in coordination with Public Schools District Supervisors.

This has been conceptualized in order to help address the present gaps on learning materials especially on critical contents. The situations, examples (food, places, etc.) and the activities are based on the context of the learners in Angeles City and highlight Kapampangan ingenuity.

This contextualized activity-based learning exercises will help learners to enhance their content knowledge and to make the concepts more relatable. With this, learners are assured of learning materials that they can use during the face to face classes addressing their learning needs specifically on the critical contents.

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Grade 12 Week <b>6-7</b>	<b>PRACTICAL RESEARCH 2</b> Review of Related Literature and Conceptual Framework
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Name \_\_\_\_\_

### Quarter 1: Weeks 6-7

#### Learning Competency with Code:

Present written review of related literature and conceptual framework

(CS\_RS12-If-j-9)



### ACTIVITY 1

Present a literature review and conceptual framework on any topic related to the culture, practices, beliefs, customs and traditions of the Angelenos.

Refer to the rubric for scoring.

#### Rubric for Scoring

	10	7-9	4-6	1-3
Conceptual Framework	All the concepts support the statement of the problem.	Most concepts support the statement of the problem.	Some concepts support the statement of the problem.	Few concepts support the statement of the problem.
	All the concepts are arranged properly so that one logically leads to the next.	Most concepts are arranged properly so that one logically leads to the next.	Some concepts are arranged properly so that one logically leads to the next.	Few concepts are arranged so that one logically leads to the next.
Review of Related Literature	Cites findings and recommendations of previous studies conducted that are very much related to the topics.	Cites findings and recommendations of previous studies conducted that are related to the topics.	Cites findings and recommendations of previous studies conducted that are somewhat related to the topics.	Cites findings and recommendations of previous studies conducted that are not related to the topics.

### REFERENCE

Bacolod I. C. (2016) Research Manual. Mabalacat City College. p. 12-15



Grade 12 Aralin <b>7</b>	<b>FILIPINO</b> Malikhaing Pagsulat: Pagsulat ng Tula
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Pangalan \_\_\_\_\_

### Unang Markahan: Ikapitong Linggo

#### Kasanayang Pampagkatuto at Koda:

Nakasusulat ng tula na gumagamit ng iba't ibang sangkap, mga teknik, at kagamitang pampanitikan (HUMSS\_CW/MP11/12c-f10)



### GAWAIN 1: LUMIKHA NG TULA, KAYA KO!

Magsasagawa ng isang paligsahan sa pagkuha ng larawan sa Angeles City. Ito ay ididispley o ilalagay sa Munisipyo upang makita ang ganda ng siyudad. Ang mga kalahok ay ang mga mag-aaral mula sa Ikalabindalawang baitang ng pampublikong paaralan. Ang tema ay tungkol sa mga *tourist spot* na madalas puntahan ng mga turista. Bawat mag-aaral ay pipili lamang ng isang larawan na kanilang itatanghal at kinakailangang lapatan ng tradisyunal o kumbensiyunal na tula. Susuriin ng mga hurado ang tula batay sa nilalaman, elemento, at angkop na salita, sesura at damdamin.

Gagamitin ang *rubric* o pamatayan sa ibaba para sa iyong bubuin.

#### Pamantayan sa Pagsulat ng Kumbesiyonal na Tula

Pamantayan	1-3	4-7	8-10
<b>Nilalaman</b>	Malayo sa paksa ang mensahe ng tula	Hindi gaanong naipaliwanag at may kalabuan ang mensahe	Malinaw at maayos na naipaliwanag ang mensahe ng tula.
<b>May Sukat at Tugma</b>	Walang sukat at tugma ang lahat ng taludtod	May tugma ang tula subalit may ilang na hindi parepareho ang sukat	Halos lahat ng taludtod ay may sukat at tugma
	1-3	4-5	
<b>Salitang ginamit</b>	Walang kaugnayan ang salitang ginamit	Angkop na angkop ang mga salitang ginamit.	
<b>Damdamin Tono at Tinig</b>	Hindi angkop ang tono o tinig ng tula sa paksa	Angkop ang pagpapahayag ng damdamin kaugnay sa paksa	

Sanggunian:

Dela Cruz M.S. (2017). Malikhaing Pagsulat. Diwa Learning System Inc.: Makati City



Grade 12 Lesson <b>4</b>	<b>INTRODUCTION TO THE PHILOSOPHY OF THE HUMAN PERSON</b> The Human Person in the Environment
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Pangalan \_\_\_\_\_

**Quarter 1: Week 7 and 8**

**MELC and Code:** Demonstrate the virtues of Prudence and Frugality towards Environments (*Code: PPT11/12-lj-4.3*)



## **ACTIVITY: One Earth, One Life!**

### **Direction:**

Organize an environmental awareness program that will address current environmental problems and issues in your school and/or community. Discuss in class the objectives of the program and identify activities that will meet those objectives. Coordinate with school authorities and/or community leaders in the implementation of the program. Make a proposal of your activity following the template given. Prepare an activity report on the implementation of the program.

Title of the program	
Objective/s of the program	
Persons Involved/Committee	
Resources needed and source	
Date of Implementation	
Activities	

### **Rubric in Scoring the Public Awareness Campaign Project**

	<b>Level 1 2 points</b>	<b>Level 2 3 points</b>	<b>Level 3 4 points</b>	<b>Level 4 5 points</b>
<b>Content</b> Information is thoroughly grounded in facts through research with no spelling or grammar errors.	Level 1 Information is sparse, inadequate, incorrect or outdated. There is rarely correct grammar and spelling	Level 2 Information is inadequate and lacks support of research and facts. Spelling and grammar is sometimes correct.	Level 3 Information, research and facts are adequate and current; Some images are helpful and used in relation to the	Level 4 Information, facts and research is abundant, current and interesting. Content is presented with

			text, with most spelling and grammar correct.	no spelling or grammar errors.
<b>Organization</b> Method of communication is professional, visually appealing and fluent	Level 1 Information is difficult to navigate, and objectives of the public awareness campaign are not clear. Campaign lacks professionalism.	Level 2 Information of campaign objectives shows some organization, but lacks flow and clarity. Information was somewhat presented in a professional and visually appealing way.	Level 3 Information is adequately organized, and was mostly visually appealing. The objectives of the campaign were somewhat communicated with flow.	Level 4 All information is clearly organized in a professional and visually appealing way that exceeded expectations. Information was fluent and easy to navigate.
<b>Creativity</b> Originality shown through method of communication.	Level 1 Awareness campaign communicates message without demonstrating any elements of creativity or original thoughts.	Level 2 Awareness campaign seldom demonstrates new ideas while communicating message.	Level 3 Awareness campaign effectively communicates message while demonstrating some elements of creativity and original ideas.	Level 4 Awareness campaign effectively communicates message while demonstrating elements of high creativity and many original ideas.
<b>Relatable</b> (Relevance to Local Community)  Information is relevant, accessible and grabs attention of the community.	Level 1 Information shows a lack of relevance and connection to the community.	Level 2 Information provides somewhat a relevance and connection to the community.	Level 3 Information is presented in a way that is mostly relevant and connected to the community.	Level 4 Information thoroughly engages the community and allows for a high degree of relevance and connection.

## REFERENCES

Abella, R. (2016). *Introduction to the Philosophy of the Human Person*. Quezon City: C & E Publishing, Inc.

<https://www.rcampus.com/rubricshowc.cfm?code=TX4344C&sp=yes> on retrieved on May 16, 2022



Grade 12 Week <b>9</b>	<b>TLE</b> Cookery
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Pangalan \_\_\_\_\_

**Quarter 1: Week 9**

**Learning Competency with Code:**

1.1 Prepare starch and cereal dishes (TLE\_HECK9-12A-Ig-i6)



## ACTIVITY 1

Directions: Help a friend by responding to her letter.

May 27, 2022

Dear Classmate,

Greetings!

I was absent yesterday due to unavoidable circumstances. May I know what our teacher discussed about the importance of eating starchy foods, the source of starchy foods and their benefits to the body?

I'm hoping that you can help me with this even through a short paragraph so I will be ready when our teacher calls me during the recitation.

Thank you so much and God bless.

Sincerely yours,

JOSEPHINE

Rubrics for written response.

Criterion	Outstanding	Meets Expectations	Emerging
Overall Assessment	Work is distinguished by its completeness, thoroughness, originality or specific insights. 10 9 8	Meets all of the basic requirements of the assignment. Level of work is best characterized as solid and well thought out. 7 6 5 4	Work does not meet the minimum standards of expected level of scholarship 3 2 1
Organization	The writing is clear, logical and internally consistent. 5 4	Writing is generally clear and consistent. 3 2	No clear organization is evident.
Grammar and Mechanics	Spelling and grammar are accurate. 5 4	Spelling and grammar are mostly accurate. 3 2	There are multiple grammatical errors 1
Total			



## ACTIVITY 2

Group yourselves into 5 groups and prepare any of the appetizers of your choice. Sample of starchy foods are suggested to prepare:

### Kapampangan Tamales



<https://amiablefoods.com/tamales/>

**Ingredients:**

- ½ pound chicken
- salt and pepper to taste
- 1 tablespoon canola oil
- 1 onion, peeled and finely chopped
- 2 cloves garlic, peeled and minced
- 4 cups coconut milk
- 1 cup chicken broth (reserved from cooking the chicken)
- 2 ¼ cups rice flour
- 1 tablespoon annatto powder diluted in 1 tablespoon water.
- 1 tablespoon smooth peanut butter
- 3 hard-boiled eggs peeled and quartered

**Instructions:**

1. In a saucepan over medium heat, add chicken and enough water to cover. Bring to a boil, skimming scum that may float on top. When the broth has cleared, season with salt and pepper to taste.
2. Lower heat, cover, and simmer for about 15 to 20 minutes or until chicken is cooked. Drain chicken, reserving about 1 cup of the broth. Allow chicken to cool to touch and then flake.
3. In a wide pan over medium heat, heat oil. Add onions and garlic. Cook until softened.
4. Add coconut milk and broth. Bring to a gentle boil.
5. Slowly add rice flour, whisking vigorously to prevent lumps. Cook, stir regularly, for about 30 minutes until it resembles a thick paste.
6. Separate 2/3 of the mixture into one bowl and the remaining 1/3 in another bowl. Add the dissolved annatto and the peanut butter to 1/3 of the mixture. Stir until well combined and evenly colored.
7. Wash banana leaves and with a paper towel, wipe down any grit and dirt. Briefly pass-through gas flames or soak for a few minutes in hot water until softened and more pliable. Set aside.
8. Scoop about 2 tablespoons of plain mixture on a banana leaf and spread to about 3-inches wide.
9. Scoop about 1 tablespoon of the colored mixture onto the plain mixture and spread across the top.
10. Arrange the pieces of flaked chicken and sliced hard-boiled eggs on top of the colored mixture. Fold banana leaves over tamales mixture to fully enclose and tie using kitchen twine to secure.
11. Arrange prepared tamales in a steamer basket and steam for about 20 to 30 minutes or until cooked. Alternatively, arrange tamales in a pot and add enough water to cover. Over medium heat, boil for about 20 to 30 minutes.

12. Carefully remove tamales from heat and let stand for 1 or 2 minutes to make the texture firm. It may be served hot or cold.

### **Kapampangan Mochi**



<https://amiablefoods.com/mochi->

Ingredients:

#### **For the filling**

- ¼ cup butter
- ½ cup hydrated coconut flakes (shredded)
- 3 tablespoon water (for hydrating coconut flakes)
- ¾ cup brown sugar (add more depending on preference)
- ¼ teaspoon salt

#### **For rice cake**

- 2 cups of glutinous rice flour
- 1 cup of warm water (add more if needed)
- 2 liters of water for boiling the mochi (adjust if needed)

#### **For sauce or topping**

- 1 ½ cup coconut milk (or coconut cream)
- 2 tablespoons granulated sugar (add more depending on preference)
- 2 ½ tbsp rice flour (or all-purpose flour)

Instructions:

#### **Making the filling**

1. In a pan, melt butter over low-medium heat. Add brown sugar until caramelized then tip in grated coconut or coconut flakes. Stir until well incorporated.
2. Once the coconut is translucent and rendered moist, taste and adjust sweetness according to preference. Remove from heat and transfer in a bowl to completely cool down. Set aside.

### **Making the galapong/rice cake**

1. Mix glutinous rice flour and warm water until dough forms.

### **Assembly**

1. Once the filling is completely cold, scoop 1 ½ tablespoon of rice dough and mold it into a ball using the palm of your hands. Flatten by hand to make a round shape approximately 2 ½ inches in diameter.
2. Place 1 ½ tablespoon of coconut filling in the center of the dough and fold. Using your fingers pinch the edges of the dough to seal. Mold the mochi into oval shapes by folding the sides.
3. Place water into a pot and bring to a boil. Once the water is boiling, tip the mochi in 3 batches. Once the mochi floats, remove it from the pot and arrange it in a baking pan/dish. Set aside.

### **Make the sauce**

1. Preheat the oven to 180°C or 356°F. Grill setting.
2. In a saucepan pour coconut milk. Add sugar and rice flour. Stir until no traces of flour are left.
3. Place the saucepan on the stove and cook over low-medium heat. Continue stirring until the sauce thickens but is still pourable.
4. Pour the cooked sauce over the mochi but leave some for toppings. Place the mochi in an oven and bake for 20 minutes or until the top part of the mochi is slightly torched.
5. Remove from the oven and serve while warm. Top with remaining sauce.

Rubrics in preparing starchy foods. Put a check mark on the points appropriate to the performance of the learners.

Rubrics in preparing starchy foods.	4 Highly Observed	3 Observed	2 Not everything was observed.	1 Was not observed
1. Observance of safety precautionary measures				
2. Completeness in measuring tools, equipment, and ingredients				
3. Palatability				
4. Texture				
5. Nutrition				

## REFERENCES

Curriculum Guide Home Economics Cookery May 2016

Manalo, L. (2019). Kapampangan Tamales <https://www.kawalingpinoy.com/filipino-tamales/>

Mia, (2020). Mochi Kapampangan <https://amiablefoods.com/mochi-kapampangan/>



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