

Pangalan: _____ Iskor: _____

Mga Gawaing Pangkalusugan

Panuto: Isulat ang **Tama** kung ang mga sumusunod na pangungusap ay nakabubuti sa kalusugan at **Mali** kung hindi.

_____ 1. Naghihilamos ako at nagsusuot ng malinis na damit bago matulog.

_____ 2. Naliligo ako sa tubig ulan at baha.

_____ 3. Naghuhugas ako ng mga kamay pagkatapos gumamit ng palikuran.

_____ 4. Naglalaro ako ng cellphone o tablet bago matulog.

_____ 5. Kumakain ako ng maraming kendi a tsokolate.

_____ 6. Nag-eehersisyo ako tuwing umaga.

_____ 7. Hilig ko ang pag-inom ng softdrinks.

_____ 8. Umiinom ako ng walong basong tubig araw-araw.

_____ 9. Kumakain ako ng prutas at gulay.

_____ 10. Iniiwasan ko ang pagpupuyat tuwing gabi.

Mga Gawaing Manual

Jiyuan Zhang



Mga Gawaing Manual:

Filipino Pagbasa Sa Ating Panahon Preparatory (teacher's Manual)1st Ed. 2002 , TANONG AT SAGOT Junes Almodiel,2012-08-07 Nasa pangunahing turo ng Iglesia Filipina Independiente IFI na ang Biblia ay ang dapat na maging gabay sa pananampalataya at higit na dapat bigyang pansin dito ang pinakamahalagang salita ng Tagapagligtas Ibigin mo ang Panginoon mong Diyos nang buong puso nang buong kaluluwa at nang buong pag iisip Ito ang pinakamahalagang utos Ito naman ang pangalawa Ibigin mo ang iyong kapwa gaya ng iyong sarili Sa dalawang utos na ito nakasalalay ang buong Kautusan ni Moises at ang turo ng mga propeta Mateo 22 37 40 Ito ang mga unang katagang binibigkas sa Binyag ng IFI Ang Makabayang Simbahang Filipinista Aglipayano ay naniniwala na ang mapagmahal na Panginoon ay ganap at tunay na Panginoon at hindi ang makapangyarihang mananakop lahat ay magpapahalaga sa kautusang mahalin ang kapwa at ito ay tiyak na magbubunga ng mapayapang mundo Nakasulat Wala nang ibang utos na hihigit pa sa mga ito Marcos 12 31 Lahat ay nakasalalay sa dalawang utos na ito *Philippine Values Digest , Filipino Wika Sa Ating Panahon Kindergarten (teacher's Manual)1st Ed. 2002 , The National Police System of the Philippines ,1979 Obra Maestra Iii' 2006 Ed.(noli Me Tangere) , Ang Pagyabong 1 Tm-2009 , Ang Pagyabong 4 Tm-2009 , Alay Sa Kapwa Ii' 2002 Ed. , Ang Pagyabong 3 Tm-2009 , Ang Pagyabong 5 Tm-2009 , Ang Pagyabong 6 Tm-2009 , Ang Pagyabong 2 Tm-2009 , Kaganapan Sa Pakikipagkapwa Ii' 2007 Ed. , Philippine national bibliography ,2000 Obra Maestra Ii' 2006 Ed.(florante at Laura) , Philippine Labor ,1991 Unyon! Rody Del Rosario,1985 Mga teoryang pampulitika Benjamin R. Mangubat,1989 Diccionario Ingles-Espa_ol-Tagalog Con partes de la oracion y pronunciacion figurada Sofronio G. Calderón,*

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Table of Contents Mga Gawaing Manual

1. Understanding the eBook Mga Gawaing Manual
 - The Rise of Digital Reading Mga Gawaing Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Mga Gawaing Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mga Gawaing Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mga Gawaing Manual
 - Personalized Recommendations
 - Mga Gawaing Manual User Reviews and Ratings
 - Mga Gawaing Manual and Bestseller Lists
5. Accessing Mga Gawaing Manual Free and Paid eBooks
 - Mga Gawaing Manual Public Domain eBooks
 - Mga Gawaing Manual eBook Subscription Services
 - Mga Gawaing Manual Budget-Friendly Options

6. Navigating Mga Gawaing Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Mga Gawaing Manual Compatibility with Devices
 - Mga Gawaing Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mga Gawaing Manual
 - Highlighting and Note-Taking Mga Gawaing Manual
 - Interactive Elements Mga Gawaing Manual
8. Staying Engaged with Mga Gawaing Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mga Gawaing Manual
9. Balancing eBooks and Physical Books Mga Gawaing Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mga Gawaing Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Mga Gawaing Manual
 - Setting Reading Goals Mga Gawaing Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mga Gawaing Manual
 - Fact-Checking eBook Content of Mga Gawaing Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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