

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMICS – HOUSEHOLD SERVICES  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 1: USE AND MAINTENANCE OF TOOLS AND EQUIPMENT</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>• Types and Uses of Cleaning Tools, Equipment, Supplies, and Materials</li> <li>• Safety Measures in Handling Different Cleaning Tools, Equipment, Supplies, and Materials</li> </ul>	<ol style="list-style-type: none"> <li>1. Appropriate cleaning tools and equipment are used properly.</li> <li>2. Appropriate supplies and materials for cleaning different areas are prepared.</li> <li>3. Instructions in handling different tools, equipment, supplies, and materials are followed correctly.</li> <li>4. Safety measures and precautions are observed.</li> </ol>	<p>LO1. Use of appropriate cleaning tools, equipment, supplies and materials.</p>	<ol style="list-style-type: none"> <li>1. Demonstrating the actual use of cleaning tools, equipment, supplies, and materials.</li> </ol>	<ul style="list-style-type: none"> <li>• Performance Test</li> <li>• Written Test</li> </ul>	<p>7 hours</p>
<ul style="list-style-type: none"> <li>• Maintenance of Cleaning Equipment               <ul style="list-style-type: none"> <li>➤ Vacuum cleaner</li> <li>➤ Floor Polisher</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li>1. Cleaning equipment are properly maintained.</li> </ol>	<p>LO2. Maintain of cleaning equipment.</p>	<ol style="list-style-type: none"> <li>1. Writing a reaction paper after film viewing.</li> </ol>	<ul style="list-style-type: none"> <li>• Written Test</li> </ul>	<p>4 hours</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMICS – HOUSEHOLD SERVICES  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 2: PRACTICING OCCUPATIONAL HEALTH AND SAFETY PROCEDURES</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>• Philippine OHS standards</li> <li>• Effects of hazards in the workplace</li> <li>• Hazards/Risks               <ul style="list-style-type: none"> <li>➤ Physical Hazard</li> <li>➤ Biological Hazards</li> <li>➤ Chemical Hazards</li> <li>➤ Ergonomics Hazards</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li>1. Effects of hazards are determined.</li> <li>2. OHS issues and concerns are identified in accordance with workplace requirements and relevant workplace OHS legislation.</li> <li>3. Hazards are identified.</li> </ol>	<p>LO1. Evaluate/ identify hazards and risks.</p>	<ol style="list-style-type: none"> <li>1. Presenting and identifying different types of hazards either through pictures or video</li> </ol>	<ul style="list-style-type: none"> <li>• Written Test</li> <li>• Situation Analysis</li> </ul>	<p>5 hours</p>
<ul style="list-style-type: none"> <li>• Safety Regulations               <ul style="list-style-type: none"> <li>➤ Clean Air Act</li> <li>➤ Electrical and Fire Safety Code</li> <li>➤ Waste Management</li> <li>➤ Disaster Preparedness and Management</li> </ul> </li> <li>• Contingency measures and procedures               <ul style="list-style-type: none"> <li>➤ Evacuation</li> <li>➤ Isolation</li> <li>➤ Decontamination</li> </ul> </li> <li>• Personal Protective Equipment (PPE)</li> </ul>	<ol style="list-style-type: none"> <li>1. OHS procedures for controlling hazards and risk are strictly followed.</li> <li>2. Procedures in dealing with workplace accidents, fire and emergencies are followed in accordance with the organization's OHS policies.</li> <li>3. Procedures in providing appropriate assistance in the event of workplace emergencies are identified in line with the established organizational protocol.</li> <li>4. Personal protective equipment (PPE) is correctly used in accordance with</li> </ol>	<p>LO2. Control hazards and risks.</p>	<ol style="list-style-type: none"> <li>1. Listening to Resource Speakers</li> <li>2. Panel Discussion</li> <li>3. Reporting by students</li> <li>4. Actual Presentation</li> <li>5. Research Making</li> </ol>	<ul style="list-style-type: none"> <li>• Written Test</li> <li>• Case/Situation analysis</li> <li>• Performance Test</li> </ul>	<p>6 hours</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMICS – HOUSEHOLD SERVICES  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
	organization's OHS procedures and practices.				
<ul style="list-style-type: none"> <li>• Operational health and safety procedure, practices and regulation/Emergency-related drills and training               <ul style="list-style-type: none"> <li>➤ Fire Drill</li> <li>➤ Earthquake Drill</li> <li>➤ Basic Life Support/CPR</li> <li>➤ First Aid</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li>1. Procedures in emergency related drill are strictly followed in line with the established organization guidelines and procedures.</li> <li>2. OHS personal records are filled up in accordance with workplace requirements.</li> </ol>	LO3. Maintain occupational health and safety awareness.	<ol style="list-style-type: none"> <li>1. Conducting actual drills/ trainings / first aid.</li> </ol>	<ul style="list-style-type: none"> <li>• Performance Test</li> <li>• Written Test</li> <li>• Situation Analysis</li> </ul>	8 hours

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMICS – HOUSEHOLD SERVICES  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 3: MAINTAIN AN EFFECTIVE RELATIONSHIP WITH CLIENTS/CUSTOMERS</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>Professional Code of Conduct/Ethics of a Household worker</li> <li>Uniform, equipment and paraphernalia of a Household worker</li> <li>Personal Hygiene and Good Grooming</li> </ul>	<ol style="list-style-type: none"> <li>Uniform, paraphernalia and personal hygiene are maintained according to Code of Conduct/Ethics of a household worker</li> <li>Prescribed uniform, equipment and paraphernalia are worn in accordance with employer/agency standards</li> </ol>	<p>LO1. Maintain a professional image.</p>	<ol style="list-style-type: none"> <li>Keeping an up-to-date data on related matters through any of the following activities: <ul style="list-style-type: none"> <li>Research Work</li> <li>Reaction Paper after film viewing/ story viewed or read</li> <li>Demonstration</li> </ul> </li> </ol>	<ul style="list-style-type: none"> <li>Written Test</li> <li>Performance Test</li> </ul>	<p>3 hours</p>
<ul style="list-style-type: none"> <li>Customer Relation Service</li> <li>Human Relation</li> <li>Public Relation</li> <li>Desirable Traits of a Household worker</li> </ul>	<ol style="list-style-type: none"> <li>Changes in client's needs and requirements are acted upon according to standard operating procedure.</li> <li>Satisfactory performance of a household worker is acknowledged based on agency/employer/customer/client feedback.</li> <li>Possible causes of client/customer dissatisfaction are identified, dealt with and recorded according to agency/employer policy.</li> <li>Client is fully informed of all relevant household matters</li> </ol>	<p>LO2. Build credibility to meet customers/clients requirements</p>	<ol style="list-style-type: none"> <li>Making a Service Plan based on Content Standard.</li> </ol>	<ul style="list-style-type: none"> <li>Written Test</li> <li>Situation Analysis</li> </ul>	<p>2 hours</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMICS – HOUSEHOLD SERVICES  
(Exploratory)**

<b>Content Standard</b>	<b>Performance Standard</b>	<b>Learning Competencies</b>	<b>Project/ Activities</b>	<b>Assessment</b>	<b>Duration</b>
	in a timely manner and according to agreed reporting procedures.				

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMICS – HOUSEHOLD SERVICES  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 4: MANAGING ONE’S PERFORMANCE</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>• Performance Standard               <ul style="list-style-type: none"> <li>➤ Workload/Task Identification</li> <li>➤ Time Management</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li>1. Performance standards are continuously upgraded to serve the interest and mission of the agency in compliance with the employer’s/client’s/customer’s requirement.</li> <li>2. Rules and regulation prescribed by the agency and the employer/client/customer are familiarized.</li> </ol>	<p>LO1. Plan for completion of own workload.</p>	<ol style="list-style-type: none"> <li>1. Budget of Work Preparation</li> <li>2. Workload Plan Preparation</li> </ol>	<ul style="list-style-type: none"> <li>• Written Test</li> <li>• Performance Test</li> </ul>	<p>3 hours</p>
<ul style="list-style-type: none"> <li>• Duties and responsibilities of a Household worker</li> </ul>	<ol style="list-style-type: none"> <li>1. Duties and responsibilities are accurately identified.</li> <li>2. Priority assignments are defined according to job description.</li> </ol>	<p>LO2. Maintain quality of own performance</p>	<ol style="list-style-type: none"> <li>1. Making a Service Plan to maintain quality of own performance.</li> </ol>	<ul style="list-style-type: none"> <li>• Written Test</li> <li>• Performance Test</li> </ul>	<p>2 hours</p>
					<p><b>40 hours</b></p>