



Technology and Livelihood Education

Quarter 2 – Module 1: Home Economics



Name of Learner: _____

Grade & Section: _____

Name of School: _____

JANUARY	<i>Makugiton</i>
FEBRUARY	<i>Mahiguagaon</i>
MARCH	<i>Matinabungan</i>
APRIL	<i>Matinahuron</i>
MAY	<i>Mahapsay og Malimpyog</i>
JUNE	<i>Maabtik og Masurod sa Dsuhtong Oras</i>
JULY	<i>Maantigo og Maabilidad</i>
AUGUST	<i>Maginhuhunon para sa Ubon</i>
SEPTEMBER	<i>Madaginton</i>
OCTOBER	<i>Matinud-anon</i>
NOVEMBER	<i>Masaligan</i>
DECEMBER	<i>Maalampon</i>

TLE – Grade 6
Alternative Delivery Mode
Quarter 1 – Module 1: Family Resources
First Edition, 2020

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Published by the Department of Education
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Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines

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What I Need to Know

This module was designed and written with you in mind. It is here to help you understand fully about family. 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.

This lesson will expand your knowledge about family. the module is all about family resources and needs (human, materials and nonmaterial)

After going through this module, you are expected to:

Identify family resources and needs (human, materials, and non- material)

- a. Define family resources
- b. Identify lists of family resources
- c. Explain the types of family resources
- d. List basic needs of man



What I Know

A. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which kind of resources are the things around us?

- | | |
|-------------|------------------|
| A. Material | C. non-material |
| B. human | D. environmental |

2. Each individual is endowed with this kind of resources to pursue certain goals in life. What resources are these?

- | | |
|-------------|------------------|
| A. Material | C. non-material |
| B. human | D. environmental |

Lesson 1

Family Resources

This lesson will help you learn to identify the resources available in the family and how to properly manage these resources in order to provide sufficiently for the family's different needs.

Apart from money, family resources also include things non-working members of the family may possess. These are energy, time, and skills. Like money, these resources are finite. This should be instilled in the minds of the members of the family.



What's In

Resources are the things, ideas, or qualities possessed by an individual or a family. These can also in the form of services or properties used to produce goods and services that meets the needs and wants of man. Good management of family resources means using the human and nonhuman resources of the household in attaining the family's goal or the goals of each family member.

This can be achieved through the effective management of family resources and the full cooperation of each member in any worthwhile activity. The family uses its resources to make the home the best place dwelling place.



What's New

Types of family resource

Human Resources



Every able-bodied member of the family is considered an important human resource. People who can contribute their time, effort, skills, strength, and expertise is considered part of the family's human resource.

Capabilities, Intelligence, and Skills

Every person has his or her unique ability and intelligence in a way that improves not only himself or herself but also others. It is important to identify the talents and skills that each person has and utilize them for the common good.

Strength/Energy

The strength of a person does not only mean having good health and strong body. It also means having emotional stability, mental alertness, and having reasonable commitment and positive outlook in life, especially in work that improves self and society. Strength is also needed to accomplish tasks on time in order to play, entertain, and relax with the family afterwards.

Material Resources

Tangible assets such as house and lot, furniture and appliances, jewelry, automobiles, and cash are referred to as the family's material resources. Every family must invest wisely in material resources, making sure that they consider quality, durability, and appreciation value when choosing what to purchase.

Real properties and jewelry increase in value over time while the value of furniture, appliances, and automobiles depreciate or go down as they get old and worn out. Non – monetary material resources are valuable too because they can be sold for a certain amount of cash.

Non-material Resources

Time, health, and experience are intangible resources but are also important. Without non-material resources, family members will be unable to perform their duties and responsibilities at home, in school, and at work. Time is very important. This is the resource that cultivates cooperation, fulfilment of the prescribed duties, and smart maintenance of homes. This is used to start and finish the work without giving burden to the body or resentment to the person. Health, The health of family members is important. When family members are in good health, they can do their duties without delay.

Experience

The more experience a family member has, the more likely he or she will get hired and be paid a good amount for his or her services. So, job or work experience is an important non-material resource to have.

Time /Energy management

There are some tasks that require only little time and energy to accomplish. Take these things into consideration when scheduling activities. Household activities should be managed properly to lessen unnecessary labor and help speed up work and reduce stress.

Importance of Proper Time/Energy Management

- Promotes harmony and security.
- Allows more time for leisurely activities.
- Opens opportunities for constructive activities such as organizing worthwhile projects.
- Tasks are completed according to schedule.

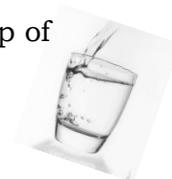
Basic needs – are requirements for sustaining life and promoting physical and mental growth for the children within the family.

1. Food, water, shelter, and clothing. These needs are provided by parents to their children since birth, to keep them alive.
2. Security and safety needs. The parents provide security and the safety needs of their children to make them comfortable and to keep them free from fear. This includes healthcare and education.

Food – fuels the human body. Without it, the body cannot grow or perform at its best, the organs will stop working properly, and the body eventually dies. Food supplies nutrients, which are used by every cell in the body as building materials and fuel.



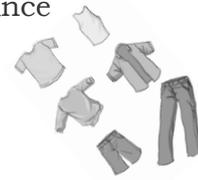
Water –is vital to life, humans, plants and animals are made up of mostly water. All living things would die if it weren't for water. We use water for drinking, washing, cleaning, cooking and watering plants.



Shelter -Human beings need shelter for protection against natural threats, such as extreme weather and dangerous creatures, and even as security against other human beings.



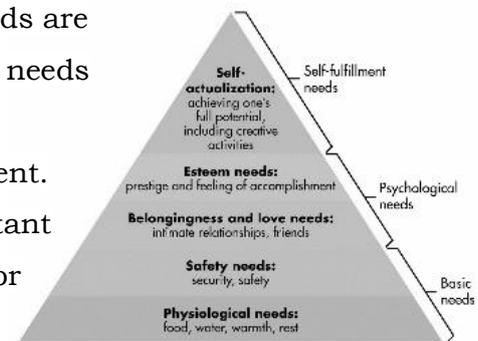
Clothing – is a fiber and textile material worn on the body to enhance personal appearance and protect it from extreme temperatures and elements of various climate.



Education – boosts self-esteem, gives the confidence to pursue dreams and alleviates poverty.



Social needs - are things such as acceptance, appreciation, belonging and companionship. Essentially, social needs are met by forging relationships with other people. Social needs are also considered to be deficiency needs or something that is essential for growth and development. According to Maslow's theory, social needs are important because Forging emotionalrelationships is essential for preventing anxiety, depression and loneliness.



Social needs are met in a variety of ways. Families meet the social needs of children, but later in life, romantic partners, friends and co-workers further meet social needs. Joining groups, such as a church or athletic team, also meets social needs.



What is It

The proper management of the home depends on how family members utilize their materials and non-material resources. Using family resources properly will help attain goals for a better home life

Family resources include human resources, material resources and non- material resources.

Basic needs primarily refer to food, water, shelter, clothing and education. Also includes security and safety.

Social needs include acceptance, appreciation, belonging companionship

Below are some helpful reminders or tips to simplify work at home.

Identify and analyze each activity. Not everything has to be done every day. Plot the activities that can be done daily, weekly, or monthly.

The following is an example of how to plan activities so as not to overwork the household and allow for other activities to be included during the day.

Daily	Weekly	Monthly/Need Arises
Cooking	Marketing	Changing curtains
Sweeping the floor	Buying groceries	Doing home repairs
Mopping the floor	Washing clothes	Re-arranging appliances
Washing dishes/utensils	Ironing clothes	
Watering the plants	Cleaning the yard	
Cleaning the toilet	Applying floor wax	
Running errands	Dusting furniture	
	Cleaning cabinets	
	Arranging clothes	
	Defrosting refrigerator	



What's More

Directions: Place a check under a resource that you value for each row.

Legend:

T – Time

S – Strength

M – Money

C – Capability/Skill/Talent

Task	T	M	S	C
1. Working according to the given schedule.				
2. Resting after the assigned task.				
3. Arranging the dish garden in a creative way.				
4. Saving a small portion of the allowance daily.				
5. Multitasking (doing two or more tasks at the same time)				
6. Creating a recipe of a new food item.				
7. Buying clothes for long term use.				
8. Having recreation activities to forget problems.				
9. Expenses that come regularly.				
10. Money earned from business.				

A. List 10 household chores done in the home everyday. Prepare a work schedule for one week. Write your answers in your notebook.



What I Have Learned

Directions: Read and answer the questions below.

What are the different family resources?

How can you manage family resources wisely?

Why should you learn how to manage your time, money, and energy?

What are the basic needs of man?



What I Can Do

Practical Activities:

- A. Discuss with your family what values your family holds dear, goals for which the Family strives for, and resources that the family use to achieve these goals. Make a written report on your notebook.
- B. Interview your parents regarding your family's source of income. What can you do to help increase the income of the family?



Assessment

Let's see how much have you learned today!

Directions: Read the question carefully and write the letter of the correct answer.

1. What family resources does furniture and appliances belong?
A. Non- material resources B. Human resources
C. Material resources D. Spiritual resources
2. Which of the following statements is **TRUE**?
A. House and lot, effort and appliances are some of the examples of material resources.
B. Time, effort, skills and strength are considered human resources
C. Non- materials resources refers to time, health, automobile, and experience
D. Money is the only basic form of human resources.
3. All of the following are the examples of non- material resources, **EXCEPT**?
A. health B. experiences C. cash D. time
4. Basic needs: food, family resources: non- materials, social needs: _____?
A. appreciation B. security C. effort D. experience

5. Which of the following statements best shows family resources?
- A. I and II only
 - B. I, and III only
 - C. I, III and IV only
 - D. II, III, and IV only

- I. Material, non- material and human resources are primarily types of family resources
- II. Material and non- material are the only resources that a family can have.
- III. Able body of the family who can contribute their time, effort, and skills in considered part of the family's human resources.
- IV. Health and experience are important intangible family resources.

6. Which kind of resources are the things around us?
 A. Material B. Non-material C. Human D. Environmental
7. Each individual is endowed with this kind of resources to pursue certain goals in life. What resources are these?
 A. Material B. Human C. non-material D. environmental
8. Time is an example of _____ resources.
 A. Material B. Human C. non-material D. environmental
9. _____ resources depend on how the members manage materials efficiently and wisely.
 A. Material B. Human C. non-material D. environmental
10. Good health is an example of _____ resources.
 A. Material B. Human C. non-material D. environmental



Additional Activities

How do you use your time?

Directions: Make a one-week schedule of your activities and household chores. Write it in your notebook.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Answer Key

What I Know
1. A
2. B
3. C
4. D
5. A

What's More
1. T
2. S
3. C
4. M
5. T
6. C
7. T
8. T
9. M
10. M

Assessment
1. A
2. B
3. C
4. A
5. D
6. D
7. C
8. B
9. A
10. C

References

Modified In-School Off-School Approach Modules (MISOSA) Self-Instructional Materials, Department of Education, Revised 2010 DepED Learning Resource Management and Development System