

**K to 12 BASIC EDUCATION CURRICULUM**  
**SENIOR HIGH SCHOOL TECHNICAL-VOCATIONAL-LIVELIHOOD TRACK**  
**HOME ECONOMICS – CAREGIVING (CG)**  
**GRADE 7/8 (Exploratory)**

**Course Description:**

This curriculum guide is an exploratory course in **Caregiving** which leads to National Certificate Level II (NC II). It covers four common competencies that a Grade 7/8 Technology and Livelihood Education (TLE) student ought to possess, namely: 1) use of tools, equipment; and paraphernalia 2) maintain tools, equipment and paraphernalia 3) perform mensuration and calculation; and 4) practicing Occupational Health and Safety Procedures (OHSP)

The preliminaries of this exploratory course include the following: 1) discussion on the relevance of the course; 2) explanation of key concepts relative to the course and; 3) exploration on career opportunities.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<b>Introduction</b> 1. Key concepts in caregiving 2. Relevance of the course 3. Career opportunities	The learner demonstrates understanding of key concepts and theories in caregiving.	The learner independently demonstrates common competencies in caregiving as prescribed in the TESDA Training Regulation.	1. Explain key concepts in caregiving 2. Discuss the relevance of the course 3. Explore on opportunities for caregiving as a career	
<b>PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)</b>				
1. Assessment of Personal Entrepreneurial Competencies and Skills (PECs) vis-à-vis a practicing entrepreneur/employee a. Characteristics b. Traits c. Lifestyle d. Skills 2. Analysis of PECs in relation to a practitioner	The learner demonstrates understanding of one's PECs.	The learner recognizes his/her PECs and prepares an activity plan that aligns with that of a practitioner/entrepreneur in Caregiving.	<b>LO 1. Recognize PECs needed in Caregiving.</b>  1.1 Assess one's PECs: characteristics, attributes, lifestyle, skills, and traits 1.2 Compare one's PECS with that of a practitioner /entrepreneur	<b>TLE_HEPECS7/8-0k-1</b>
<b>ENVIRONMENT AND MARKET (EM)</b>				
1. SWOT Analysis a. Key concepts on environment & market b. Differentiation of products, services, customers and	The learner demonstrates understanding of the environment and market in Caregiving.	The learner independently creates a business idea based on the analysis of environment and market in Caregiving.	<b>LO 1. Generate a business idea that relates with a career choice in Caregiving</b> 1. Discuss SWOT analysis	<b>TLE_HECGEM7/8-0k-1</b>

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their buying habits c. Competitors in the market			2. Generate a business idea based on the SWOT analysis	
<b>LESSON 1: USE TOOLS, EQUIPMENT, AND PARAPHERNALIA (UT)</b>				
1. Types and functions of caregiving tools and equipment 2. Classification of caregiving tools, equipment, and paraphernalia	The learner demonstrates understanding on the use of tools, equipment and paraphernalia in caregiving.	The learner independently uses tools, equipment and paraphernalia in caregiving.	<b>LO 1. Identify caregiving tools, equipment, and paraphernalia applicable to a specific job</b> 1.1 Classify equipment, tools, and paraphernalia according to types, and functions 1.2 Determine equipment, tools and paraphernalia based on the specified task	<b>TLE_HEUTC7/8-0a-b-1</b>
3. Proper usage of tools, equipment and paraphernalia			<b>LO 2. Use caregiving tools, equipment and paraphernalia</b>  Use equipment, tools and paraphernalia based on the task requirement	<b>TLE_HECGUT7/8-0c-d-2</b>
<b>LESSON 2: MAINTAIN TOOLS, EQUIPMENT AND PARAPHERNALIA (MT)</b>				
1. Procedures in maintaining tools, equipment and paraphernalia 2. Care of tools, equipment and paraphernalia	The learner demonstrates understanding in maintaining tools, equipment and paraphernalia in caregiving.	The learner independently maintains tools, equipment and paraphernalia in caregiving.	<b>LO 1. Perform aftercare activities for tools, equipment and paraphernalia</b> 1.1 Clean tools, equipment and paraphernalia after use 1.2 Store tools, equipment and paraphernalia in the appropriate area 1.3 Check tools, equipment and paraphernalia regularly for orderliness/tidiness 1.4 Carry out routine maintenance as per Standard Operating Procedures (SOP)	<b>TLE_HECGMT7/8-0e-f-3</b>

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<b>LESSON 3: PERFORM MENSURATION AND CALCULATIONS (PM)</b>				
1. Ratio and proportion 2. Fractions 3. Conversions 4. Oral, rectal and pediatric dosages	The learner demonstrates understanding in performing calculations in caregiving	The learner independently performs calculations in caregiving	<b>LO 1. Perform simple calculations</b> 1.1 Perform computations involving ratio, proportion, fractions and conversion 1.2 Compute oral dosages 1.3 Determine rectal dosages 1.4 Calculate pediatric dosages	<b>TLE_HECGPM7/8-0g-4</b>
<b>LESSON 4: PRACTICE OCCUPATIONAL HEALTH AND SAFETY PROCEDURES (OS)</b>				
1. Common hazards in nursing Homes or day care a. Physical hazards b. Chemical hazards c. Biological hazards d. Ergonomic hazards e. Psychological hazards 2. Effects of hazards in the workplace	The learner demonstrates understanding on the practice of occupational health and safety procedures in caregiving.	The learner independently practices occupational health and safety procedures in caregiving.	<b>LO 1. Identify hazards and risks</b> 1.1 Identify hazards and risks 1.2 Determine hazard and risks indicators in the workplace 1.3 Determine the effects of hazards	<b>TLE_HECGOS7/8-0h-5</b>
3. Safety measures 4. Electrical safety 5. Control measures waste management			<b>LO 2. Evaluate and control hazards and risks</b> 2.1 Follow Occupational Health and Safety (OHS) procedures in dealing with and for controlling hazards and risks 2.2 Use Personal Protective Equipment (PPE) in accordance with OHS procedures and practices 2.3 Establish organizational protocol in providing appropriate assistance in workplace emergencies	<b>TLE_HECGOS7/8-0i-j-6</b>

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 GRADE 9 (Specialization)**

**Course Description:**

This is a TLE Home Economics mini course, CAREGIVING, consists of common and core competencies that a Grade 9 learner must achieve namely: 1) to implement and monitor infection control policies and procedures, 2) effectively respond to difficult/challenging behavior, 3) apply basic first aid, 4) maintain high standard of patient services, 5) maintain healthy and safe environment, 6 clean living room dining room, bedroom, toilets, bathrooms and kitchen ),and 7 wash and iron clothes, linen and fabric.

**Prerequisite:** Grade 7/8 Caregiving

<b>CONTENT</b>	<b>CONTENT STANDARD</b>	<b>PERFORMANCE STANDARD</b>	<b>LEARNING COMPETENCIES</b>	<b>CODE</b>
<b>Introduction</b> 1. Core concepts and principles in caregiving 2. Relevance of the course 3. Career opportunities	The learner demonstrates understanding of core concepts and principles in caregiving.	The learner independently develops the skills in caregiving and demonstrates the core competencies in caregiving as prescribed in TESDA Training Regulation.	1. Explain core concepts and principle in caregiving 2. Discuss the relevance of the course 3. Explain on opportunities for caregiving as a career	
<b>CONCEPT REVIEW</b>				
<b>PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)</b>				
1. Dimensions of Personal Entrepreneurial Competencies a. Three Clusters of PECs (Achievement, Planning, Power Clusters) b. Characteristics 2. Assessment of Personal Competencies and Skills (PECs)	The learner comprehends Personal Entrepreneurial Competencies – its dimensions and characteristics.	The learner recommends specific strategies to improve 'weak' areas and sustain 'strong' areas of their PECs.	<b>LO 1. Assess Personal Entrepreneurial Competencies</b> 1.1 Explain dimensions/clusters of PECs and the different characteristic traits per cluster 1.2 Evaluate one's PECs	<b>TLE_HEPECS9-Ik-1</b>
<b>BUSINESS ENVIRONMENT AND MARKET (EM)</b>				
1. Factors included in the Business Environment 2. Spotting and Identifying Business Opportunities	The learner demonstrates understanding of the different factors that influence the business environment	1. The learner analyzes how factor influence the business environment. 2. The learner relates experience in generating business ideas or identifying business opportunities.	<b>LO 2. Understand the business environment and business ideas</b> 2.1 Explain how different factors influence the business environment 2.2 Explain procedures for generating business ideas or identifying business opportunities 2.3 Generate business ideas and identify business opportunities	<b>TLE_HECGEM9-Ik-2</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<b>QUARTER 1</b>				
<b>LESSON 1: IMPLEMENT AND MONITOR INFECTION CONTROL POLICIES AND PROCEDURES (IC)</b>				
<ol style="list-style-type: none"> <li>1. Definition of infection, infection control, policy, procedures, hazard and infection risk assessment</li> <li>2. Infection control policies and procedures and its importance</li> <li>3. Monitoring procedure in infection control</li> </ol>	The learner demonstrates understanding in implementing and monitoring infection control policies and procedures.	The learner independently implements and monitors infection control policies and procedures.	<p><b>LO 1. Provide information to the work group about the organization’s infection control policies and procedures</b></p> <ol style="list-style-type: none"> <li>1.1 Define infection, infection control, policy, procedures, hazard and infection risk assessment</li> <li>1.2 Explain the importance of infection control policies and procedures</li> <li>1.3 Give examples of infection control policies and procedures.</li> <li>1.4 Show examples of infection control monitoring forms</li> <li>1.5 Explain monitoring procedures in infection control.</li> </ol>	<b>TLE_HECGIC9-Ia-1</b>
<ol style="list-style-type: none"> <li>1. Industry codes of practice</li> <li>2. Hazards and the outcomes of Infection risk assessment</li> <li>3. Application of Infection control monitoring policies and procedures in workplace</li> </ol>			<p><b>LO 2. Integrate the organization’s infection control policies and procedures into work practices</b></p> <ol style="list-style-type: none"> <li>2.1 Explain industry code of practice</li> <li>2.2 Identify hazards and outcomes of infection risk assessment</li> <li>2.3 Identify infection control monitoring policies and procedures</li> <li>2.4 Apply infection control monitoring policies and procedures at the workplace</li> </ol>	<b>TLE_HECGIC9-Ib-2</b>

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4. Designated personnel for the infection control information 5. Aggregate infection control information 6. Case study on infection cases			<b>LO 3. Monitor infection control performance and implement improvement into practice</b> 3.1 Recognize designated infection control monitoring personnel 3.2 Describe proper record keeping of infection control risks and incidents 3.3 Use records/information reports to improve or indicate training needs 3.4 Conduct studies on infection cases	<b>TLE_HECGIC9-Ic-3</b>
<b>LESSON 2: RESPOND EFFECTIVELY TO DIFFICULT/CHALLENGING BEHAVIOR (DB)</b>				
1. How to identify difficult and challenging situation 2. Planned responses to difficult or challenging behaviors	The learner demonstrates understanding in responding to difficult or challenging behaviors.	The learner independently responds to difficult or challenging behaviors.	<b>LO 1. Plan responses</b> 1.1 Define difficult/challenging behaviors 1.2 Identify difficult or challenging behaviors using examples and case scenario	<b>TLE_HECGDB9-Id-4</b>
3. Strategies in dealing with challenging behaviors 4. Selection of strategies in dealing with challenging behaviors 5. List/example of institutional policies and procedures in dealing with difficult/challenging behaviors			<b>LO 2. Apply responses</b> 2.1 Assess capability to respond to difficult/challenging behavior 2.2 List strategies in dealing with difficult/challenging behavior 2.3 Give examples of institutional policies and procedures in dealing with difficult/challenging behaviors 2.4 Explain institutional policy and procedures in dealing with difficult or challenging	<b>TLE_HECGDB9-Ie-5</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			behaviors 2.5 Select appropriate strategy/strategies in dealing with difficult/challenging behaviors 2.6 Use effective communication when dealing with difficult/challenging behavior	
6. How to assess incidents 7. Debriefing mechanism for staff involved in incidents			<b>LO 3. Report and review incidents</b> 3.1 Relay incidents according to institutional policies and procedures 3.2 Assess incidents for suggestions to properly handle the difficult/challenging behavior incident 3.3 Select appropriate debriefing mechanisms for the staff involved after the incident 3.4 Write comprehensive documentation regarding the difficult/challenging behavior incident 3.5 Conduct research on difficult/challenging behavior	<b>TLE_HECGDB9-If-6</b>





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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			3.2 Relay accurate details of the casualty's condition to emergency services/relieving personnel 3.3 Report complete details/information of the incident	
<b>LESSON 4: MAINTAIN HIGH STANDARD OF PATIENT SERVICES (MS)</b>				
1. Definition and characteristics of the patient 2. Health care providers 3. Communication and modes of communication	The learner demonstrates understanding in maintaining high standard of patient services.	The learner independently maintains high standard of patient services.	<b>LO 1. Communicate appropriately with patients</b> 1.1 Define patient/s, communication, confidentiality, and privacy 1.2 Describe the characteristics of a patient/s 1.3 Identify the health care providers and their role in caring for the patient 1.4 Discuss different modes of communication 1.5 Identify effective communication strategies and techniques to achieve best patient service outcomes 1.6 Employ established organizational policy to address complaints of patients 1.7 Utilize an interpreter service as required 1.8 Resolve conflicts immediately by directly or by referral to the appropriate personnel for positive outcomes	<b>TLE_HECGMS9-IIa-10</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
4. Establishing rapport and good interpersonal relationship with patient 5. Rights and responsibilities of patients			<p><b>LO 2. Establish and maintain good interpersonal relationship with patients</b></p> <p>2.1 Establish rapport and good interpersonal relationship with the patient to ensure best patient service outcome</p> <p>2.2 Exhibit genuine courtesy to the patient, family and visitors at all times</p> <p>2.3 Recognize patient rights and responsibilities at all times</p> <p>2.4 Identify patients’ concerns and needs</p> <p>2.5 Monitor and evaluate effectiveness of interpersonal relationship with patient to ensure best patient service outcomes.</p>	<b>TLE_HECGMS9-IIb-11</b>
6. Respect for differences			<p><b>LO 3. Act in a respectful manner at all times</b></p> <p>3.1 Observe and respect individual differences</p> <p>3.2 Maintain confidentiality and privacy of patients at all times</p> <p>3.3 Demonstrate courtesy and respect in all interactions with patients, visitors, family and other health care providers</p> <p>3.4 Ask assistance in caring and managing patients with challenging behaviors in accordance with established procedures.</p> <p>3.5 Cite case studies on providing patient services</p>	<b>TLE_HECGMS9-IIc-12</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			3.6 Confidentiality and privacy of patients  <b>LO 4. Evaluate own work to maintain a high standard of patient service</b> 4.1 Set criteria to evaluate performance in order to maintain a high standard of patient service 4.2 Perform self evaluation, gather patient’s feedback and supervisor’s assessment regularly to maintain/improve high standard of patient service 4.3 Performance monitoring	<b>TLE_HECGMS9-IIId-13</b>
<b>QUARTER 2</b> <b>LESSON 1: MAINTAIN A HEALTHY AND SAFE ENVIRONMENT (SE)</b>				
Maintain a clean and hygienic environment a. Cleaning and cleaning agents definition b. Tools and equipment needed c. Legal requirements and regulations regarding supervision d. Proper disposal of waste materials e. Safety storage of cleaning materials and equipments	The learner demonstrates understanding in maintaining healthy and safe environment.	The learner independently maintains healthy and safe environment.	<b>LO 1. Maintain a clean and hygienic environment</b> 1.1 Define cleaning and cleaning agents 1.2 Identify tools and equipments needed to maintain clean and hygienic environment 1.3 Use appropriate cleaning agents, tools and equipment 1.4 Follow infection control procedures 1.5 Maintain ventilation, lighting and heating/cooling adequately 1.6 Demonstrate ability to provide a clean environment for children 1.7 Observed personal hygiene/health procedures	<b>TLE_HECGSE9-IIe-f-14</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			1.8 Enumerate legal requirements and regulations regarding supervision of clean and hygienic environment 1.9 Show proper disposal of waste materials 1.10 Provide recordings on maintaining cleanliness in workplace	
Organizational procedures implemented for safety <ul style="list-style-type: none"> <li>a. Area inspection for hazards</li> <li>b. Considerations when dealing and caring for children</li> <li>c. Kinds of contact to formulate observations in caring for children</li> <li>d. Potential risk to consider in dealing with children</li> <li>e. Rules to observe to make the children environment safe for play</li> <li>f. Providing a safe environment and risk reduction strategies in taking care of children</li> <li>g. Age appropriate tools, equipments, toys and games for children</li> <li>h. Hazards in caring for children</li> <li>i. Identifying emergency and fire exits</li> <li>j. Risk reduction/strategies in caring for children</li> </ul>			<b>LO 2. Provide a safe environment</b> 2.1 Demonstrate ability to provide a clean and safe environment for children 2.2 Implement environment protection policy 2.3 Explain rules for safe play 2.4 Implement rules for safe play 2.5 Identify potential risks and hazards in the environment 2.6 Explain to clients potential risk and hazard found in the environment 2.7 Discuss and practice with clients the emergencies and evacuation procedures. 2.8 Discuss organizational policies and procedures on safety 2.9 Implement environment protection policy 2.10 Conduct institutional lay-out safety check 2.11 Provide tools, equipment, toys and games appropriate to the age of the child 2.12 Check and maintain	<b>TLE_HECGSE9-IIg-h-15</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			equipment to ensure safety 2.13 Implement strategies in checking the area for hazards and find ways for risks reduction	
1. Review legal requirements and regulations for safety 2. Rules for safe play 3. Maintaining direct contact with individuals/group 4. Identification of potential risks in the environment for prevention 5. Hazards and potential hazards in the environment 6. Emergencies and evacuation procedures are discussed and practiced with clients.			LO 3. Supervise the safety of clients 3.1 Review legal requirements and regulations for safety 3.2 Explain rules for safe play 3.3 Model and implement rules for safe play 3.4 Identify hazards and potential hazards in the environment 3.5 Discuss emergency and evacuation procedures 3.6 Practice emergency and evacuation procedures 3.7 Maintain direct contact with individuals/group	<b>TLE_HECGSE9-Ii-j-16</b>
<b>QUARTER 3</b>				
<b>LESSON 1: CLEAN LIVING ROOM, DINING ROOM, BEDROOMS, TOILETS, BATHROOMS AND KITCHEN (CL)</b>				
1. Procedures and techniques in cleaning and polishing rooms (living room, bedroom, bathroom, and kitchen) following standard operating procedures 2. Procedures and techniques in cleaning floor types and surface textures according to safety procedures and manufacturer’s specifications 3. Method of removing suitable dirt/stain according to safety procedures and manufacturer’s specifications 4. Different areas where dirt and dust can easily accumulate 5. Proper storage of cleaning equipments			<b>LO 1. Clean living room, bedroom, bathroom, and kitchen</b> 1.1 Discuss the principles and procedures in cleaning living room, bedroom, bathroom, and kitchen 1.2 Demonstrate procedures in cleaning, removing dirt/stain in living room, bedroom, bathroom, and kitchen 1.3 Perform correctly the procedure in cleaning 1.4 Discuss procedures and techniques in cleaning floor	<b>TLE_HECGCL9-IIIa-d-17</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<ol style="list-style-type: none"> <li>1. Cleaning bed mattresses according to standard operating procedures</li> <li>2. Proper handling of soiled linens and pillowcases according to standard operating procedures</li> <li>3. Procedures in bed making</li> </ol>			<p>types and surface textures</p> <p><b>LO 2. Make up beds and cots</b></p> <ol style="list-style-type: none"> <li>2.1 Identify different materials needed in bed making</li> <li>2.2 Identify procedures in bed making</li> <li>2.3 Demonstrate proper procedure of bed making including centering the linen and making miters</li> </ol>	<b>TLE_HECGCL9-IIIe-f-18</b>
<ol style="list-style-type: none"> <li>1. Types/Uses/Functions of Cleaning Equipment, Supplies and Materials</li> <li>2. Method of identifying and removing Stains, Mud, Dirt and Grease</li> <li>3. Stain Removal Techniques</li> <li>4. Procedures in Cleaning, Disinfecting and Sanitizing Rooms (Toilet and Bathroom)</li> <li>5. Types and Characteristics of Floors</li> <li>6. Safety Precaution in using chemicals and tools in cleaning</li> </ol>			<p><b>LO3. Clean toilet and bathroom</b></p> <ol style="list-style-type: none"> <li>3.1 Identify cleaning equipments/supplies and materials</li> <li>3.2 Enumerate use of face mask, gloves for safe protection</li> <li>3.3 Demonstrate cleaning of ceilings and walls in accordance with standard operating procedures and techniques</li> <li>3.4 Demonstrate wiping of window edges and sills in accordance with SOPs</li> <li>3.5 Demonstrate scrubbing and disinfection of bath tub, lavatory and toilet bowls in accordance with SOPs and techniques</li> <li>3.6 Demonstrate washing and cleaning of accessories in accordance with SOPs and techniques</li> </ol>	<b>TLE_HECGCL9-IIIg-j-19</b>
<p><b>QUARTER 4</b></p> <p><b>LESSON 1- WASH AND IRON CLOTHES, LINEN AND FABRIC (CF)</b></p>				
<ol style="list-style-type: none"> <li>1. Principles in washing clothes</li> <li>2. Standard procedures in washing clothes</li> </ol>			<b>LO 1. Check and sort clothes, linens and fabric</b>	<b>TLE_HECGCF9-Iva-b-20</b>

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3. Language Label (Fabric and Garments Labels) 4. Types and Characteristics of Clothes, Linen and Fabric 5. Standard Procedures in Checking and Preparing Washing Machine			1.1 Identify principles in washing clothes 1.2 Enumerate standard procedures in washing clothes 1.3 Identify different types and characteristics of linen 1.4 Read different language label (fabric and garment labels) 1.5 Demonstrates sort soiled clothes, linen and fabrics according to texture, color, size and defects 1.6 Apply proper care of fabric 1.7 Prioritize sorted items according to the cleaning process required and the urgency of the item	
1. Definition of terms 2. Kinds of stain 3. Kinds of solutions in removing specific type of stain 4. Safety Precaution in using stain removing agents and chemicals 5. Proper storage of stain removing agents and chemicals			<b>LO 2. Remove stains</b> 2.1 Define stain, and stain removing 2.2 Identify different types of solution to remove stain 2.3 Demonstrate proper ways to remove stains using appropriate chemicals or agents 2.4 Identify ways to store all stain removing agents and chemicals following safety procedures.	<b>TLE_HECGCF9-IVc-d-21</b>
1. Types of laundry method 2. Types and Uses of Washing Machines and Dryers 3. Hygiene, Health and Safety Issues of Specific Relevance to Laundry Operations 4. Maintenance of Laundry Area 5. Equipment needed in performing laundry			<b>LO 3. Perform laundry</b> 3.1 Identify different types of laundry methods 3.2 Identify types and uses of washing machines and dryers. 3.3 Select appropriate laundry method. 3.4 Demonstrate washing of clothes, linen and fabric according to the labeling codes and washing instructions	<b>TLE_HECGCF9-IVg-h-22</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			3.5 Use laundry equipment in accordance with manufacturer's instruction 3.6 Demonstrate proper stain, dirt and unpleasant odor removal from clothing, linen and fabric based on procedures 3.7 Demonstrate proper sun-drying/machine drying of washed clothes, linen and fabric as per instructions 3.8 Identify ways to free dried clothes, linen and fabric from unpleasant odor and static cling 3.9 Show proper cleaning of washing area in accordance with safety and health procedures 3.10 Perform after care of equipment after use in accordance with manufacturer's instructions	
1. Types and Use of Hangers 2. Folding Method and Techniques 3. Procedures in storing equipment and materials			<b>LO4. Dry clothes, linen and fabric</b> 4.1 Identify types and uses of hangers 4.2 Demonstrate different folding methods and techniques 4.3 Demonstrate proper removal of dried clothes, linen and fabric 4.4 Perform actual folding using different methods and techniques	<b>TLE_HECGCF9-IVi-j-23</b>
1. Standard procedures for ironing clothes, linens and fabrics 2. Basics of Pressing 3. Types and Uses of Irons, Ironing Boards and			<b>LO 5. Iron clothes, linens and fabrics</b> 5.1 Define ironing clothes	<b>TLE_HECGCF9-IVi-j-24</b>



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<b>CONTENT</b>	<b>CONTENT STANDARD</b>	<b>PERFORMANCE STANDARD</b>	<b>LEARNING COMPETENCIES</b>	<b>CODE</b>
Ironing Accessories a. Procedures in storing materials and paraphernalia b. Care of equipment, materials and paraphernalia			5.2 Identify standard procedures for ironing clothes, linens, and fabrics 5.3 Enumerate basics of pressing 5.4 Identify types and uses of ironing boards, and ironing accessories 5.5 Discuss safety precautions in ironing fabric 5.6 Performs ironing in accordance to the standard procedures 5.7 Demonstrate proper folding, placing in a hanger and storing in designated cabinets the ironed clothes, linens and fabrics as per instructions 5.8 Demonstrate proper storage of ironing equipment and materials in the appropriate area following safety procedures	

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HOME ECONOMICS – CAREGIVING (CG)  
GRADE 10 (Specialization)**

**Course Description:**

**Prerequisite:** Grade 9 Caregiving

This is a TLE Home Economics course, **CAREGIVING**, consists of core competencies that a learner must achieve. This course is designed to develop knowledge, skills and attitude to provide health care. The course covers food preparation (hot and cold meals) in relation to caregiving as prescribed in the TESDA Training Regulation.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<p><b>Introduction</b></p> <ol style="list-style-type: none"> <li>1. Core principle and concept in caregiving</li> <li>2. Relevance of the course</li> <li>3. Career opportunities</li> </ol>	The learner demonstrates understanding of core concepts and principle in caregiving.	The learner independently develops the skills in food processing and demonstrates the core competencies in caregiving prescribed in TESDA Training Regulation.	<ol style="list-style-type: none"> <li>1. Explain core and principle concepts in caregiving</li> <li>2. Discuss the relevance of the course</li> <li>3. Explain on opportunities for caregiving as a career</li> <li>4. Enumerate general areas of FOS</li> </ol>	
<b>PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)</b>				
<ol style="list-style-type: none"> <li>1. Assessment of Personal Competencies and Skills (PECs) vis-à-vis a practicing entrepreneur/employee in a province.               <ol style="list-style-type: none"> <li>a. Characteristics</li> <li>b. Attributes</li> <li>c. Lifestyle</li> <li>d. Skills</li> <li>e. Traits</li> </ol> </li> <li>2. Analysis of PECs in relation to a practitioner</li> <li>3. Application of PECs to the chosen business/career</li> </ol>	The learner demonstrates understanding of one's PECs in Caregiving.	The learner independently creates a plan of action that strengthens/ further develops one's PECs in Caregiving.	<p><b>LO 1. Develop and strengthen PECs needed in Caregiving</b></p> <ol style="list-style-type: none"> <li>1.1 Identify areas for improvement, development and growth</li> <li>1.2 Align one's PECs according to his/her business/career choice</li> <li>1.3 Create a plan of action that ensures success of his/her business/career choice</li> </ol>	<b>TLE_HECGPECS10-Ik-1</b>
<b>ENVIRONMENT AND MARKET (EM)</b>				
<ol style="list-style-type: none"> <li>1. Product Development</li> <li>2. Key concepts of developing a product</li> <li>3. Finding Value</li> <li>4. Innovation               <ul style="list-style-type: none"> <li>- Unique Selling</li> <li>- Proposition (USP)</li> </ul> </li> </ol>	The learner demonstrates understanding of environment and market in Caregiving in one's town/municipality.	The learner independently creates a business vicinity map reflective of potential Caregiving market within the locality/town.	<p><b>LO 1. Develop a product/ service in Caregiving</b></p> <ol style="list-style-type: none"> <li>1.1 Identify what is of "Value" to the customer</li> <li>1.2 Identify the customer to sell to</li> <li>1.3 Explain what makes a product unique and competitive</li> <li>1.4 Create ones mission, goal and objective in caregiving</li> <li>1.5 Apply creativity and Innovative techniques to</li> </ol>	<b>TLE_HECGEM10-Ik-1</b>

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HOME ECONOMICS – CAREGIVING (CG)**

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			develop marketable product 1.6 Employ a Unique Selling Proposition (USP) to the product/service 1.7 Prepare a flyers to advertise a new product	
1. Selecting Business Idea 2. Key concepts of Selecting <ul style="list-style-type: none"> <li>a. Business Idea</li> <li>b. Criteria</li> <li>c. Techniques</li> </ul>			<b>LO 2. Select a business idea based on the criteria and techniques set</b> 2.1 Enumerate various criteria and steps in selecting a business idea 2.2 Apply the criteria/steps in selecting a viable business idea 2.3 Determine a business idea based on the criteria/techniques set	<b>TLE_HECGEM10-Ik-2</b>
Branding			<b>LO 3. Develop a brand for the product</b> 3.1 Identify the benefits of having a good brand 3.2 Enumerate recognizable brands in the town/province 3.3 Enumerate the criteria for developing a brand 3.4 Generate a clear appealing product brand	<b>TLE_HECGEM10-Ik-3</b>
<b>QUARTER 1</b>				
<b>LESSON 1: PREPARE COLD MEALS -APPETIZERS, SANDWICHES, SALAD AND DESSERTS- (CM)</b>				
1. Variety of ingredients in preparing appetizers <ul style="list-style-type: none"> <li>a. Preparing D’oeuvres</li> <li>b. Preparing Canape’s</li> <li>c. Preparing Finger foods</li> </ul> 2. Methods of preparing appetizers 3. Tools, equipment, utensils needed in	The learner demonstrates the understanding in preparing cold meals (appetizers, sandwiches, and dessert).	The learner independently prepares cold meals (appetizers, sandwiches, and dessert).	<b>LO 1. Prepare a range of appetizers</b> 1.1 Discuss principles and procedures in the preparing appetizers sandwiches, and dessert. 1.2 Identify ingredients according	<b>TLE_HECGCM10-Ia-d-1</b>

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<b>CONTENT</b>	<b>CONTENT STANDARD</b>	<b>PERFORMANCE STANDARD</b>	<b>LEARNING COMPETENCIES</b>	<b>CODE</b>
preparing appetizers 4. Food and Safety Hazard 5. Safe Food Handling 6. Standard serving portion 7. Presentation appetizers 8. Principles and techniques in storing appetizers 9. Safety and hygienic practices in storing appetizers			to the given recipe 1.3 Prepare variety of appetizers based on appropriate techniques 1.4 Present appetizers attractively using suitable garnishes, condiments and service wares 1.5 Compute for selling price per order of appetizer and nutritive content of food 1.6 Store appetizers hygienically at the appropriate temperature	
1. Variety of ingredients in preparing sandwiches 2. Tools, equipment, utensils needed in preparing sandwiches 3. Varieties of hot and cold sandwiches 4. Prepare varieties of sandwiches 5. Methods of preparing sandwiches 6. Presentation of prepared sandwiches 7. Standard serving portion 8. Safety and hygienic practices in storing sandwiches 9. Food and Safety Hazard Safe Food Handling			<b>LO 2. Prepare sandwiches</b> 2.1 Identify ingredients according to the given recipe 2.2 Prepare variety of sandwiches based on appropriate techniques 2.3 Present sandwiches attractively using suitable garnishes, condiments and service wares 2.4 Compute for selling price of sandwiches 2.5 Store sandwiches hygienically at the appropriate temperature	<b>TLE_HECGCM10-Ie-g-2</b>
1. Variety of ingredients in preparing salads and desserts 2. Tools, equipment, utensils needed in preparing salads and desserts 3. Varieties salads and desserts 4. Prepare salads and desserts 5. Methods of preparing salads and desserts 6. Presentation of prepared salads and desserts 7. Standard serving portion			<b>LO 3. Prepare salads and desserts</b> 3.1 Identify ingredients according to the given recipe 3.2 Prepare variety of salads and desserts based on appropriate techniques 3.3 Present salads and desserts attractively using suitable	<b>TLE_HECGCM10-Ih-j-3</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
8. Safety and hygienic practices in storing salads and desserts 9. Food and Safety Hazard Safe Food Handling			garnishes, condiments and service wares 3.4 Compute for selling price of prepared salad and dessert and nutritive contents 3.5 Store salads and desserts hygienically at the appropriate temperature	
<b>QUARTER 2 LESSON 1: PREPARE HOT MEALS -EGG DISHES, PASTA GRAIN AND FARINACEOUS DISHES- (HP)</b>				
1. Variety of ingredients in preparing egg dishes 2. Tools, equipment, utensils needed in preparing egg dishes 3. Varieties of egg dishes Prepare varieties of sandwiches 4. Methods of preparing egg dishes Presentation of prepared egg dishes 5. Standard serving portion 6. Safety and hygienic practices in storing egg dishes 7. Food and Safety Hazard Safe Food Handling	The learner demonstrates the understanding in preparing hot meals (egg dishes, pasta grain and farinaceous dishes).	The learner independently prepares hot meals (egg dishes, pasta grain and farinaceous dishes).	<b>LO 1. Prepare egg dishes</b> 1.1 Discuss principles and procedure in the preparing egg dishes 1.2 Identify ingredients according to the given recipe 1.3 Prepare variety of egg dishes based on appropriate techniques 1.4 Present egg dishes attractively using suitable garnishes, condiments and service wares compute for selling price of egg dishes and nutrient contents 1.5 Store egg dishes hygienically at the appropriate temperature	<b>TLE_HECGHP10-IIa-e-4</b>
1. Variety of ingredients in preparing pasta grain and farinaceous dishes 2. Tools, equipment, utensils needed in preparing pasta grain and farinaceous dishes 3. Varieties of pasta grain and farinaceous dishes 4. Prepare varieties of pasta grain and farinaceous dishes			<b>LO 2. Prepare pasta grain and farinaceous dishes</b> 2.1 Identify ingredients according to the given recipe 2.2 Prepare variety of pasta grain and farinaceous dishes based on appropriate techniques 2.3 Present pasta grain and	<b>TLE_HECGHP10-IIf-j-5</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
5. Methods of preparing pasta grain and farinaceous dishes 10. Presentation of prepared pasta grain and farinaceous dishes 11. Standard serving portion 12. Safety and hygienic practices in storing pasta grain and farinaceous dishes Food and Safety Hazard Safe Food Handling			farinaceous dishes attractively using suitable garnishes, condiments and service wares 2.4 Compute for selling price of pasta dishes and nutrient contents 2.5 Store pasta grain and farinaceous dishes hygienically at the proper temperature	
<b>QUARTER 3 LESSON 1: PREPARE HOT MEALS -SEAFOOD DISHES, SOUP, SAUCES, GARNISHES, POULTRY DISHES- (SS)</b>				
1. Variety of ingredients in preparing seafood dishes 2. Tools, equipment, utensils needed in preparing seafood dishes 3. Varieties of seafood dishes 4. Prepare varieties of seafood dishes 5. Methods of preparing seafood dishes 6. Presentation of prepared seafood dishes 7. Standard serving portion 8. Safety and hygienic practices in storing seafood dishes 9. Food and Safety Hazard Safe Food Handling	The learner demonstrates the understanding in preparing hot meals (seafood dishes, soup, sauces, garnishes and poultry dishes).	The learner independently prepares hot meals (seafood dishes, soup, sauces, garnishes and poultry dishes).	<b>LO 1. Prepare seafood dishes</b> 1.1 Discuss principles and procedure in the preparing seafood dishes 1.2 Identify ingredients according to the given recipe 1.3 Prepare variety of seafood dishes based on appropriate techniques 1.4 Present seafood dishes attractively using suitable garnishes, condiments and service wares 1.5 compute for selling price of nutrient contents 1.6 Store seafood dishes hygienically at the proper temperature	<b>TLE_HECGSS10-IIIa-d-6</b>
1. Variety of ingredients in preparing soup, sauces and garnishes 2. Tools, equipment, utensils needed in preparing soup, sauces and garnishes 3. Varieties of soup, sauces and garnishes 4. Prepare varieties of soup, sauces and garnishes 5. Methods of preparing sandwiches			<b>LO 2. Prepare soup, sauces and garnishes</b> 2.1 Identify ingredients according to the given recipe 2.2 Prepare variety of soup, sauces and garnishes based on appropriate techniques 2.3 Present soup, sauces and	<b>TLE_HECGSS10-IIIE-g-7</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
6. Presentation of prepared soup, sauces and garnishes 7. Standard serving portion 8. Safety and hygienic practices in storing sandwiches 9. Food and Safety Hazard Safe Food Handling			garnishes attractively using suitable garnishes, condiments and service wares 2.4 Compute for selling price for order and nutrient contents 2.5 Store soup, sauces and garnishes hygienically at the proper temperature	
1. Variety of ingredients in preparing poultry dishes 2. Tools, equipment, utensils needed in preparing poultry dishes Varieties of poultry dishes Prepare varieties of poultry dishes Methods of preparing poultry dishes Presentation of prepared poultry dishes Standard serving portion 3. Safety and hygienic practices in storing poultry dishes Food and Safety Hazard Safe Food Handling			<b>LO 3. Prepare poultry dishes</b> 3.1 Identify ingredients according to the given recipe 3.2 Prepare variety of poultry dishes based on appropriate techniques 3.3 Present poultry dishes attractively using suitable garnishes, condiments and service wares 3.4 Store poultry dishes hygienically at the proper temperature	<b>TLE_HECGSS10-IIIh-j-8</b>
<b>QUARTER 4 LESSON 1: PREPARE HOT MEALS -VEGETABLE DISHES AND MEAT DISHES- (VD)</b>				
1. Variety of ingredients in preparing vegetable dishes 2. Tools, equipment, utensils needed in preparing vegetable dishes 3. Varieties of vegetable dishes 4. Prepare varieties of vegetable dishes 5. Methods of preparing vegetable dishes 6. Presentation of prepared vegetable dishes 7. Standard serving portion 8. Safety and hygienic practices in storing vegetable dishes 9. Food and Safety Hazard Safe Food Handling	The learner demonstrates the understanding in preparing hot meals (vegetable and meat dishes).	The learner independently prepares hot meals (vegetable and meat dishes).	<b>LO 1. Prepare vegetable dishes</b> 1.1 Discuss principles and procedures in the preparing vegetable dishes 1.2 Identify ingredients according to the given recipe 1.3 Prepare variety of vegetable dishes based on appropriate techniques 1.4 Present vegetable dishes attractively using suitable garnishes, condiments and service wares	<b>TLE_HECGVD10-Iva-e-9</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			1.5 Compute for selling price per order and nutrient content 1.6 Store vegetable dishes hygienically at the proper temperature	
1. Variety of ingredients in preparing meat dishes 2. Tools, equipment, utensils needed in preparing meat dishes 3. Varieties of hot and cold meat dishes Prepare varieties of meat dishes Methods of preparing meat dishes Presentation of prepared meat dishes 4. Standard serving portion 5. Safety and hygienic practices in storing meat dishes Food and Safety Hazard Safe Food Handling			<b>LO 2. Prepare meat dishes</b> 2.1 Identify ingredients according to the given recipe 2.2 Prepare variety of meat dishes based on appropriate techniques 2.3 Present meat dishes 2.4 attractively using suitable garnishes, condiments and service wares 2.5 Compute for selling price per order and nutritive content 2.6 Store meat dishes hygienically at the proper temperature	<b>TLE_HECGVD10-IVf-j-10</b>



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**Code Book Legend**

**Sample: TLE\_HECGVD10-IVf-j-10**

<b>LEGEND</b>		<b>SAMPLE</b>	
<b>First Entry</b>	Learning Area and Strand/ Subject or Specialization	Technology and Livelihood Education_Home Economics Caregiving	<b>TLE_HE CG 10</b>
	Grade Level	Grade 10	
<b>Uppercase Letter/s</b>	Domain/Content/ Component/ Topic	Vegetable Dishes and Meat Dishes	<b>VD</b>
			-
<b>Roman Numeral</b> <i>*Zero if no specific quarter</i>	Quarter	Fourth Quarter	<b>IV</b>
<b>Lowercase Letter/s</b> <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Weeks Six to Ten	<b>f-j</b>
			-
<b>Arabic Number</b>	Competency	Prepare meat dishes	<b>10</b>

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**Code Book Legend**

<b>DOMAIN/ COMPONENT</b>	<b>CODE</b>
Personal Entrepreneurial Competencies	PECS
Environment and Market	EM
Use Tools, Equipment and Paraphernalia	UT
Maintain Tools, Equipment and Paraphernalia	MT
Perform Mensurations and Calculations	PM
Practice Occupational and Safety Procedures	OS
Implement and Monitor Infection Control Policies and Procedures	IC
Respond Effectively To Difficult/Challenging Behavior	DB
Apply Basic First Aid	BA
Maintain High Standard of Patient Services	MS
Maintain a Healthy and Safe Environment	SE
Clean Living Room, Dining Room, Bedrooms, Toilets, Bathrooms and Kitchen	CL
Wash and Iron Clothes, Linen and Fabric	CF
Prepare Cold Meals -Appetizers, Sandwiches, Salad and Desserts	CM
Prepare Hot Meals -Egg Dishes, Pasta Grain and Farinaceous Dishes	HP
Prepare Hot Meals -Seafood Dishes, Soup, Sauces, Garnishes, Poultry Dishes	SS
Prepare Hot Meals -Vegetable Dishes and Meat Dishes	VD