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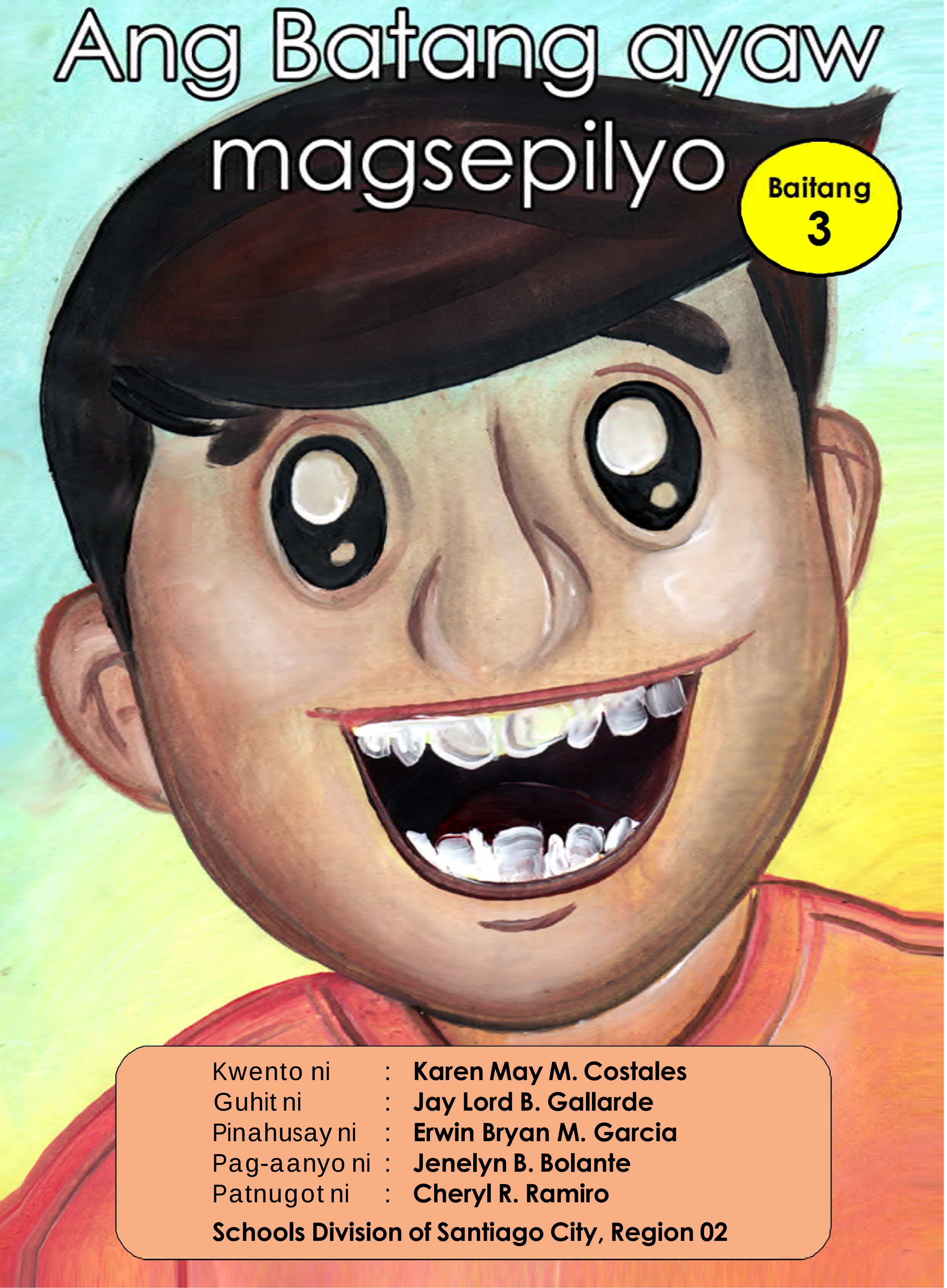
Ang Batang ayaw magsepilyo

Baitang 3



Kwento ni : **Karen May M. Costales**
Guhit ni : **Jay Lord B. Gallarde**
Pinahusay ni : **Erwin Bryan M. Garcia**
Pag-aanyo ni : **Jenelyn B. Bolante**
Patnugot ni : **Cheryl R. Ramiro**

Schools Division of Santiago City, Region 02

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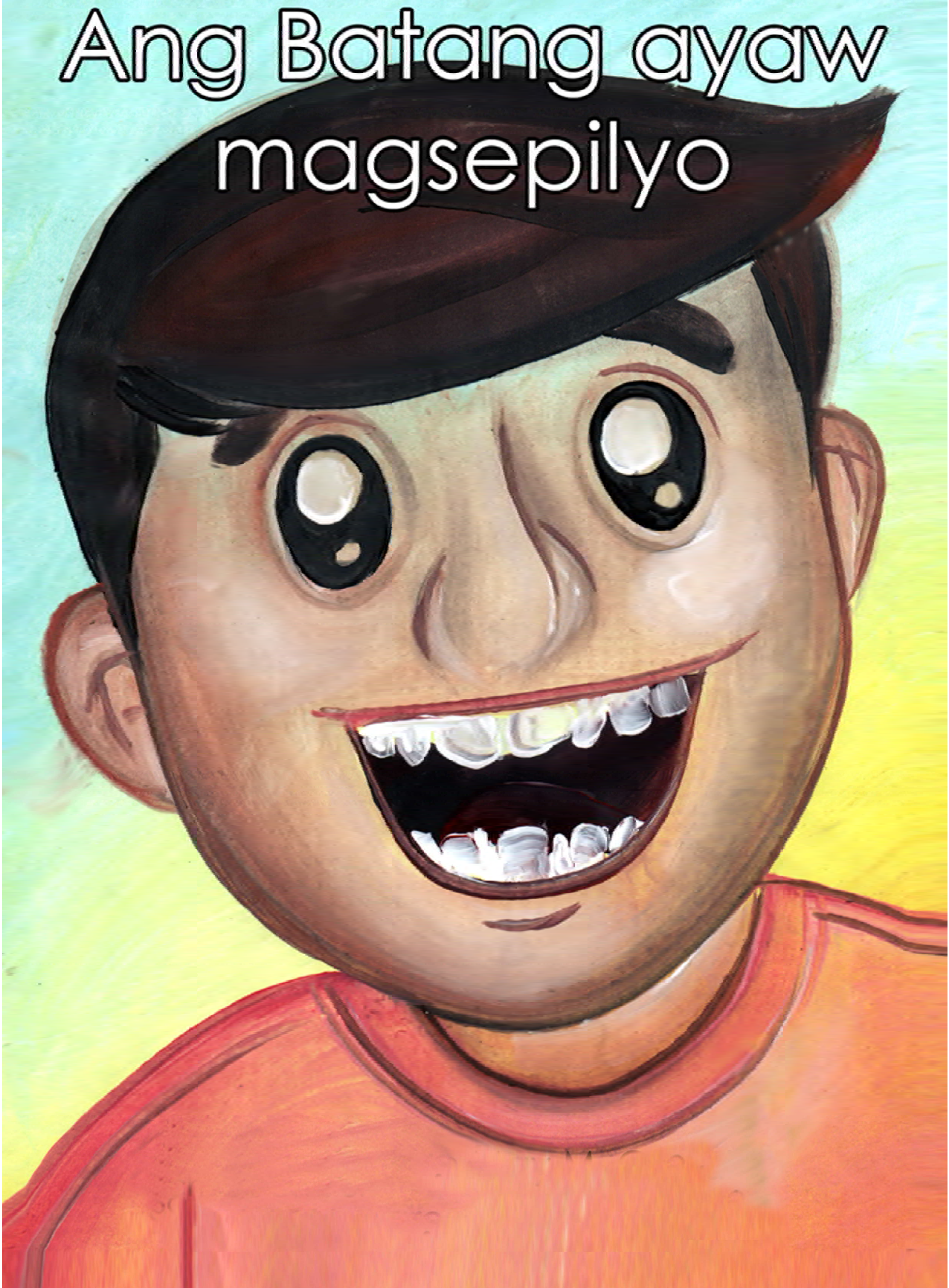
Ang Batang ayaw magsepilyo



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Treasury of Storybooks

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This storybook is a product of the National Competition on Storybook Writing 2017 of the Department of Education.

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Development Team

Writer: Karen May M. Costales

Illustrators: Jaylord B. Gallarde, Erwin Bryan M. Garcia

Editor : Cheryl R. Ramiro,Ph.D

Layout Artist: Edna S. Ong

Book Designer : Jenelyn B. Bolante

Learning Resource Managers: Cheryl R. Ramiro,Ph.D. (Division)
Octavio L. Cabasag, Ph.D (CLMD Chief Region)

Schools Division of Santiago City
Region 02

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Pag-uugnay sa Kurikulum ng Ikatlong Baitang
Ang kuwentong ito ay nakapaluob sa kurikulum ng Ikatlong Baitang

Nilalaman (Content):
Pangangalaga sa sarili

Pamantayan sa Pagganap:
- Naisasabuhay ang iba't ibang patunay ng pangangalaga at pag-iingat sa sarili.

Pamantayang Pagkatuto (Learning Competencies)
- Nakagagawa ng mga wastong kilos at gawi sa pangangalaga sa ng sariling kalusugan at kaligtasan. (EsP3PKP-Ie-18)
- Nakahihikayat ng kapwa sa gawang dapat para sa sariling kalusugan at kaligtasan. (Esp3PKP-If-19)
- Napatutunayan ang ibinubunga ng pangangalaga sa sariling kalusugan at kaligtasan. (EsP3PKP-Ig-20)

Kaugnayan sa Kuwento
Sa kuwento ipinakikita ang kalahalagah ng pag-iwas sa mga pagkaing nakasisira ng ngipin.

Aral na Makukuha
Sa pamamagitan ng kuwento nauunawaan ng mga kabataan ang kahalagahan ng pagkonsulta sa dentista at pagiging malinis sa ngipin upang hindi ito mabulok.

Health 3

Nilalaman (Content):
Proper Hygiene
Regular health and dental check- up.

Pamantayan sa Pagganap:
- Consistently practices healthy habits to prevent and control diseases.

Pamantayang Pagkatuto (Learning Competencies)
- Explains the importance of proper hygiene and building up one's body resistance in the prevention of diseases. (H3DD-IIh-7)

Kaugnayan sa Kuwento
It shows the important role of the dentists of our community

Aral na Makukuha
Through the story, it helps us realize the importance of regular health and dental check-up.

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Liham para sa Mag-aaral

Mahal kong Mag aaral,

Nagagalak ako sa hangarin mong palawakin ang iyong kaalaman.

Narito ang kuwento ng nagpapaalala ng kahalagahan ng kalinisan at ng pagiging bata na masunurin sa tagubilin ng kanyang magulang tungkol sa kalinisan. Hangarin ng kuwentong ito na matutuhan mong iwasan ang mga pagkaing nakasisira ng ngipin, at maalis ang takot mo sa dentista na tumutulong sa pangangalaga ng ating ngipin.

Hinahangad kong maging mahalaga sa iyo ang kuwentong ito at magsilbing tulong sa iyong pag-aaral.

Basahin at pag-aralan ang mga detalye sa kuwento na magsisilbing tulong sa iyong pag-aaral.

MALIGAYANG PAGBABASA!

Karen May M. Costales
May Akda

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Sa isang nayon, nakatira ang pamilya Sepilya. Sila ay may-ari ng isang maliit na tindahan ng prutas.

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Lahat sila ay nagtutulong-tulong. Ang mag-asawang Sepilya ay abala sa kanilang tindahan samantalang ang panganay na lalaki at ang susunod na babae ang nag-tatrabaho sa tahanan.

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Namumukod-tangi naman sa katamaran ang bunsong anak na si Joongki. Susunod lamang ito sa utos kung bibigyan ng tsokolate at kendi. Lagi siyang humihingi ng kapalit.

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Malinis sa katawan ang pamilya Sepilya. Palagi silang naliligo at nagsesepilyo upang pangalagaan ang kanilang ngipin.
Ngunit sumusunod rin kaya si Joongki?

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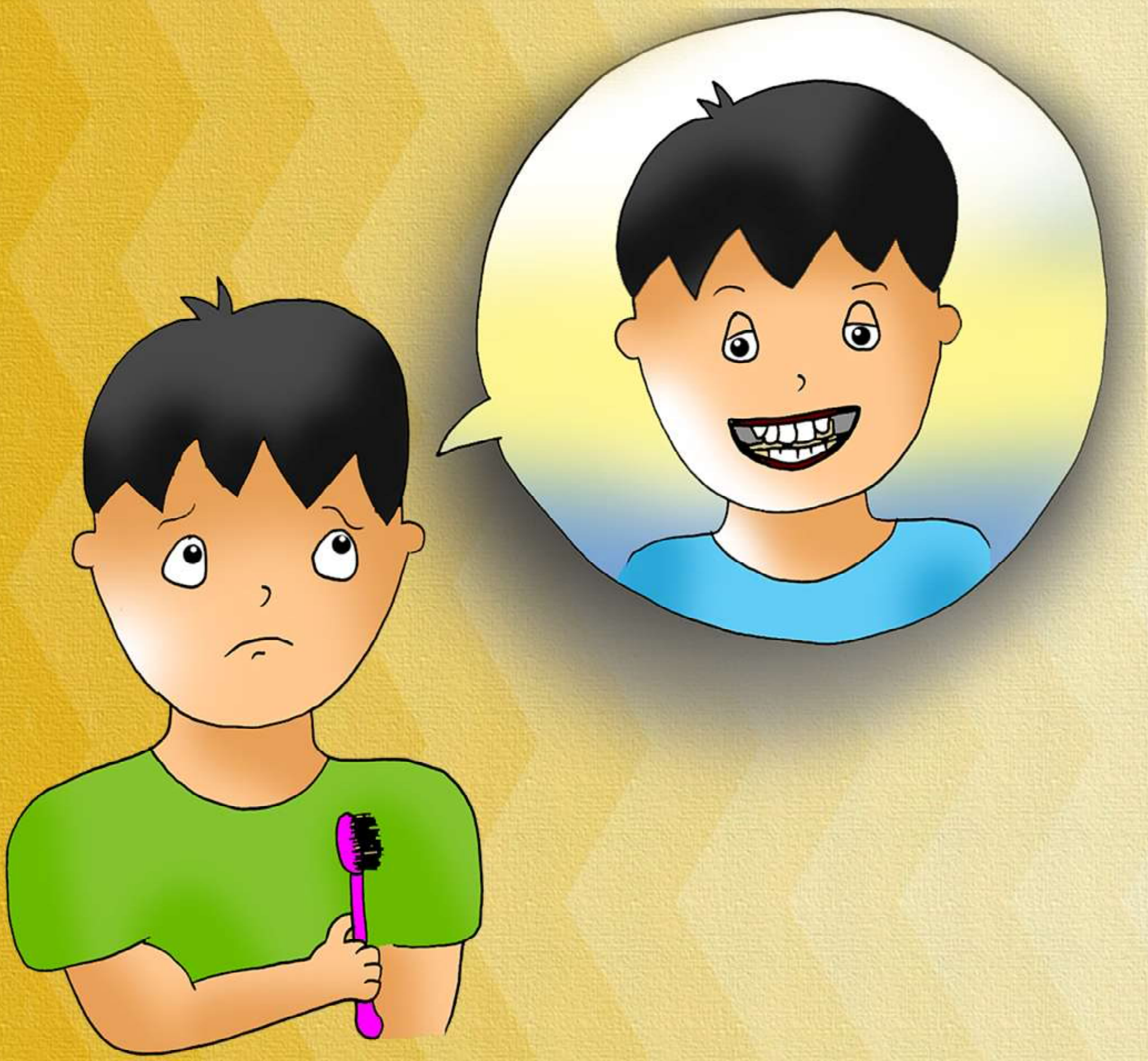
Si Joongki ay siyam na taon, maputi at mabilog ang mga mata. Guwapo raw ito kaya nga lang sungki ang mga ngipin.



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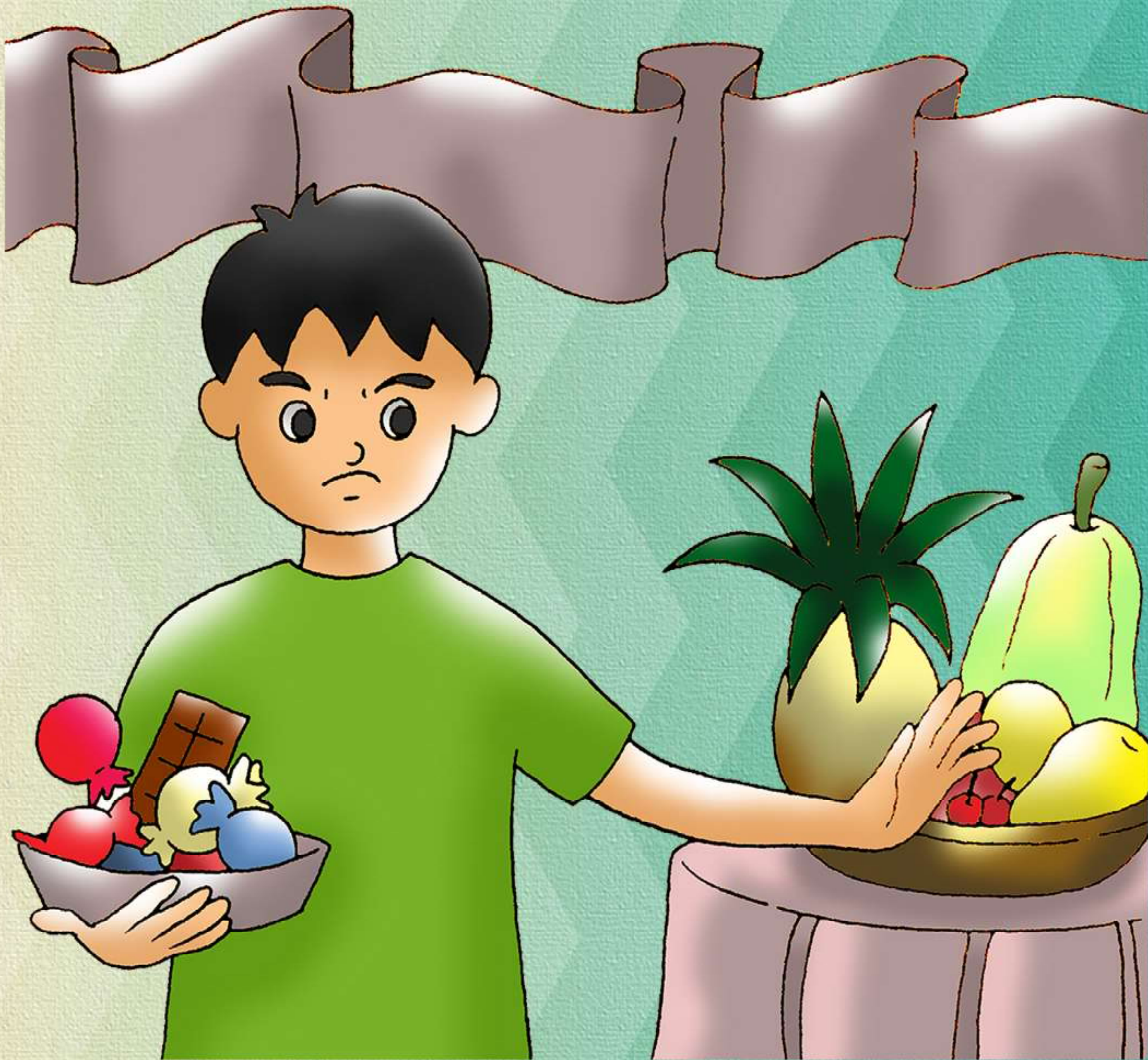
"Lagi na lang prutas!" Ito ang reklamo ni Joongki sa tuwing iyon ang kanilang meryenda.



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Gusto niya ang matamis na kendi at tsokolate.

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Dahil matigas ang ulo ni Joongki hindi malaman ng kanyang pamilya kung paano siya pagsasabihan.

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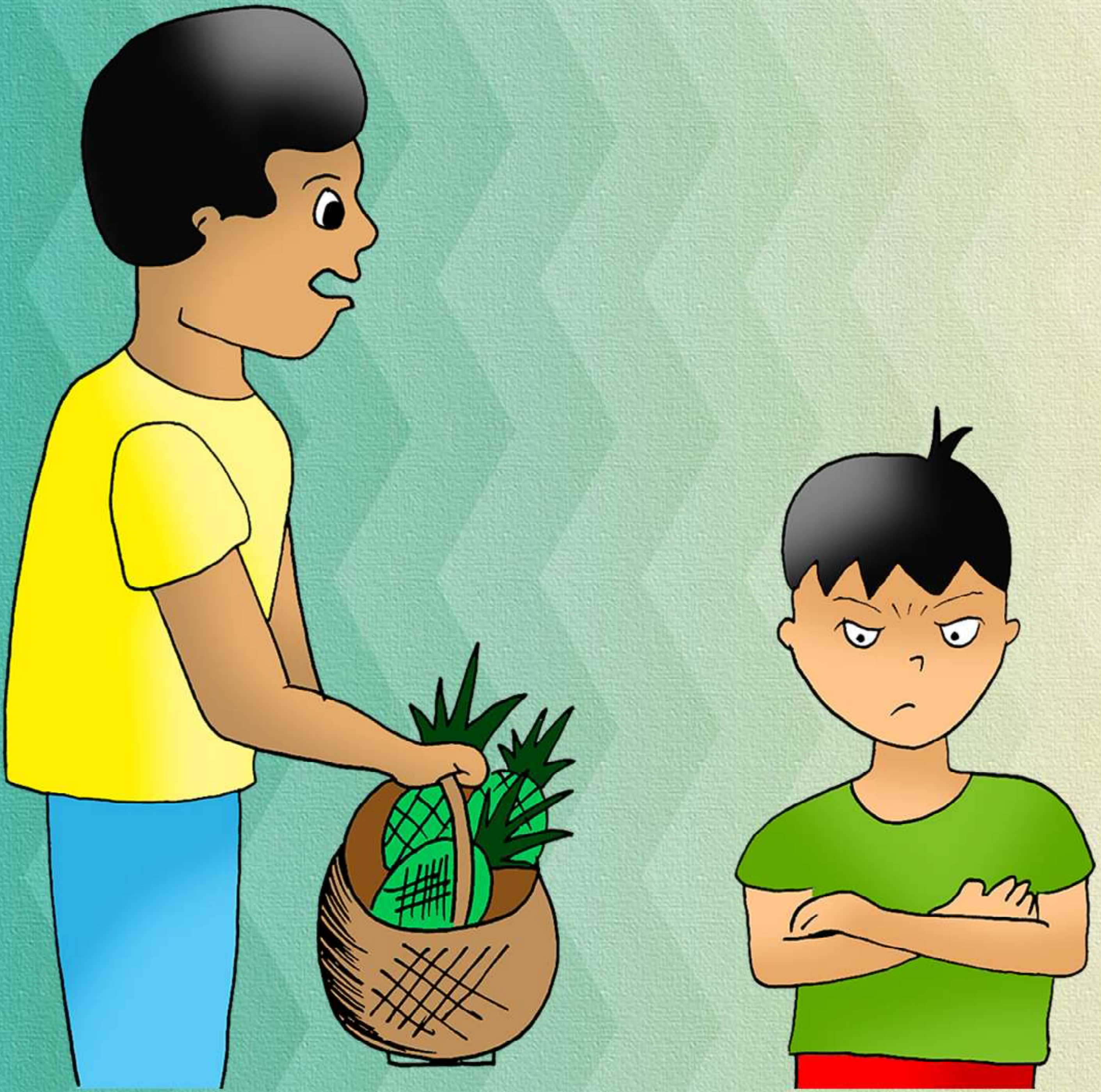
"Joongki, buhatin mo ang mga basket ng pinya sa labas!" ang utos sa kanya ng kanyang kuya.



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"Mag-igib ka na ng tubig, Joongki!" si Nanay naman ang nag-utos sa kanya.

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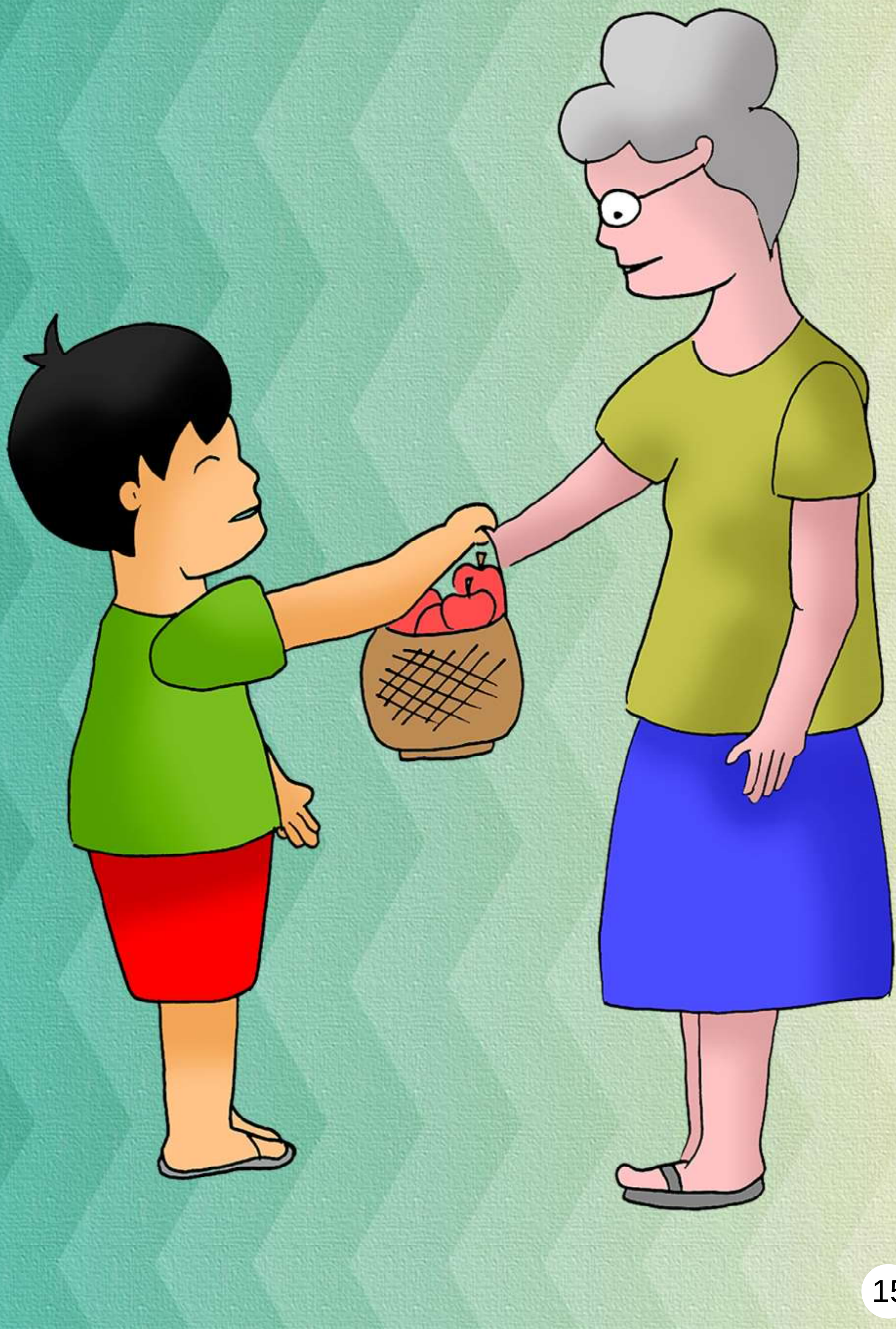
"Ihatid mo ang biniling mansanas ni Aling Juanita!"



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Upang matiyak na susunod si Joongki sa mga iniutos sa kanya, aabutan siya ng pamilya ng tsokolate at kendi.

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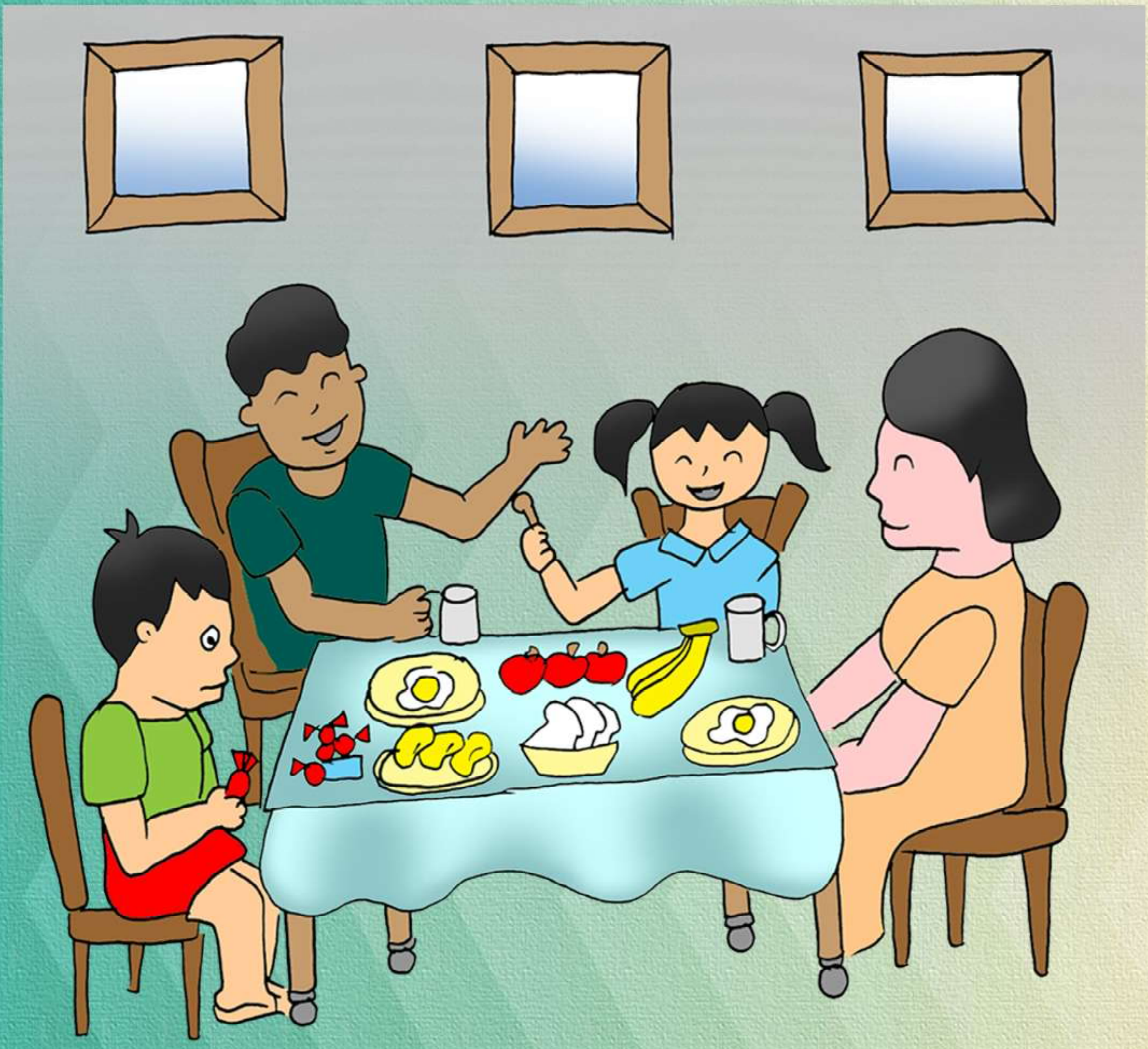

Isang araw, sabay-sabay na kumakain ang pamilya Sepilya. "Itigil mo muna iyang pagkain ng tsokolate. Lalamig na ang ulam at kanin,", paalala ng nanay ni Joongki.

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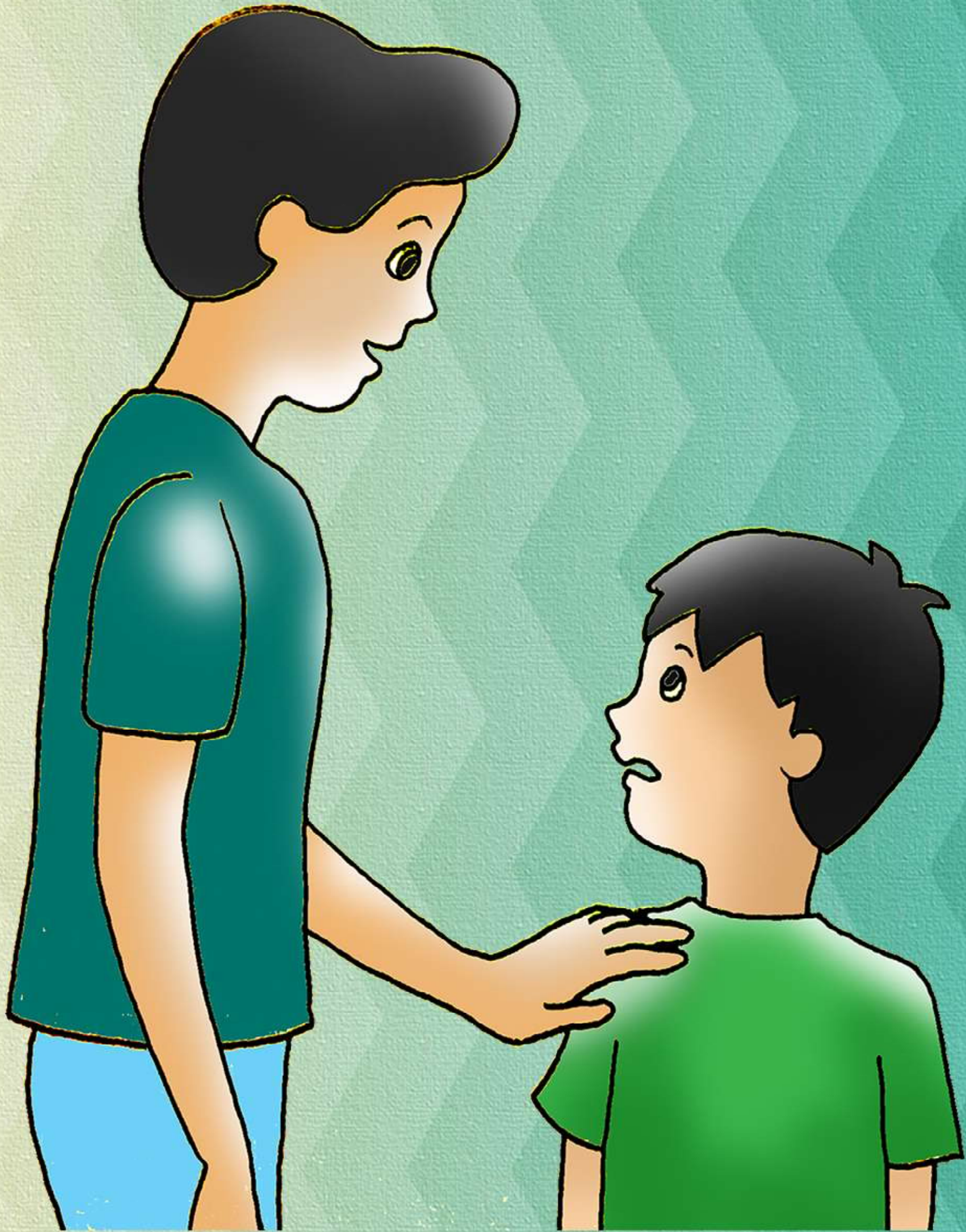
“Sa darating na Sabado, pupunta tayong lahat sa klinika. May libreng konsulta sa ngipin,” sabi naman ni Ginoong Sepilya.



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"Sumama ka sa Sabado at patingnan natin iyan sa dentista,"sabi ng Tatay.

Sa totoo lamang, takot si Joongki sa dentista. Kaya buo na ang kanyang loob na hindi sumama sa Sabado.

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"Malabo na ang aking mata ngunit kitang-kita ko pa rin na nabubulok na ang iyong mga ngipin dahil sa pagkain mo ng kendi."

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"Ayaw ko po. Walang klase sa Sabado kaya maglalaro kami ng mga kaibigan ko," pagtutol ni Joongki.

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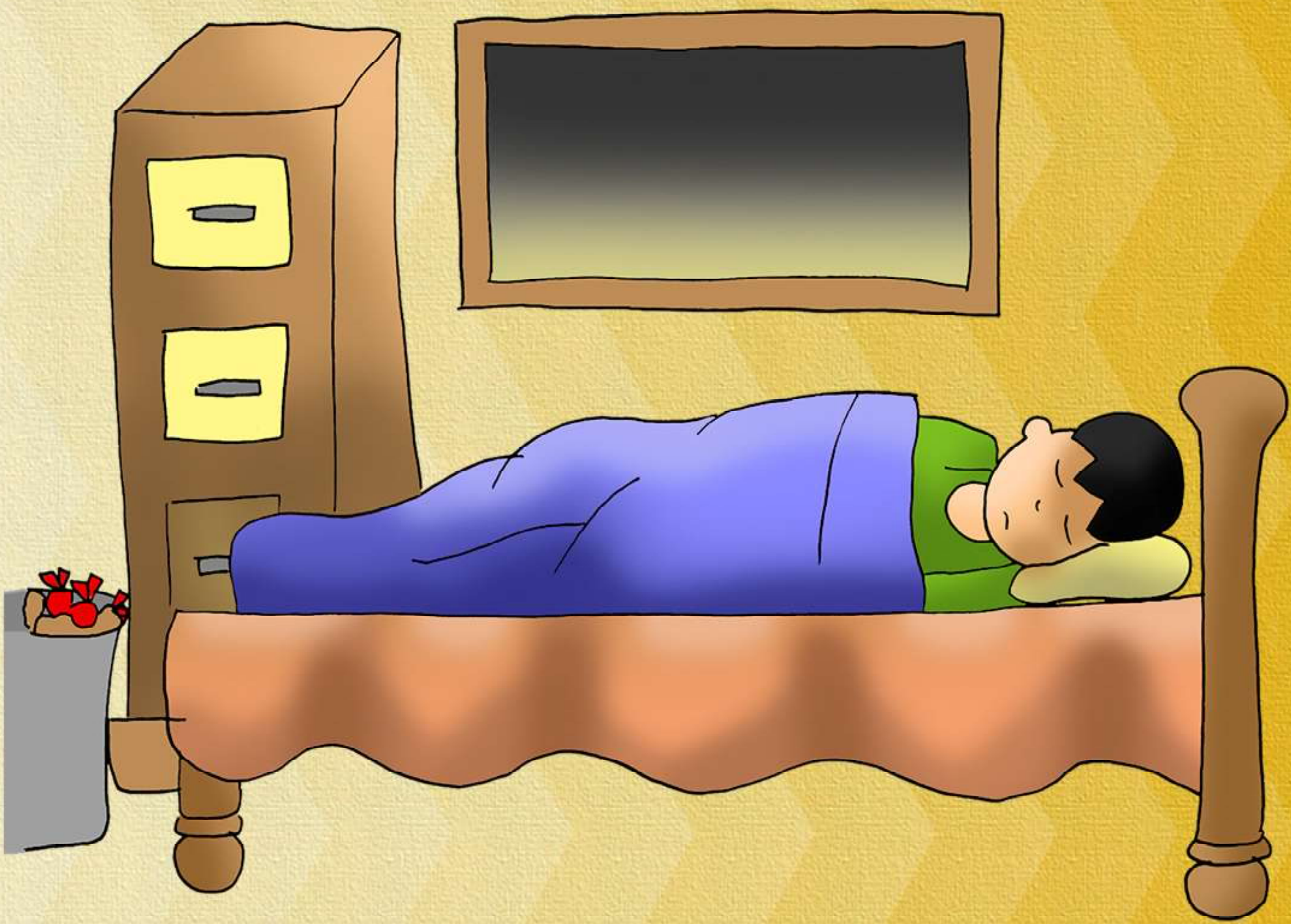
Pagkatapos nilang kumain, hindi man lamang nag-abala si Joongki na magsepilyo. Natulog siya kaagad. Hindi rin mahalaga ang paglilinis ng katawan sa kaniya sa kabila ng paalala ng kanyang mga magulang. Ang tanging importante ay ang kaniyang tsokolate at kendi.



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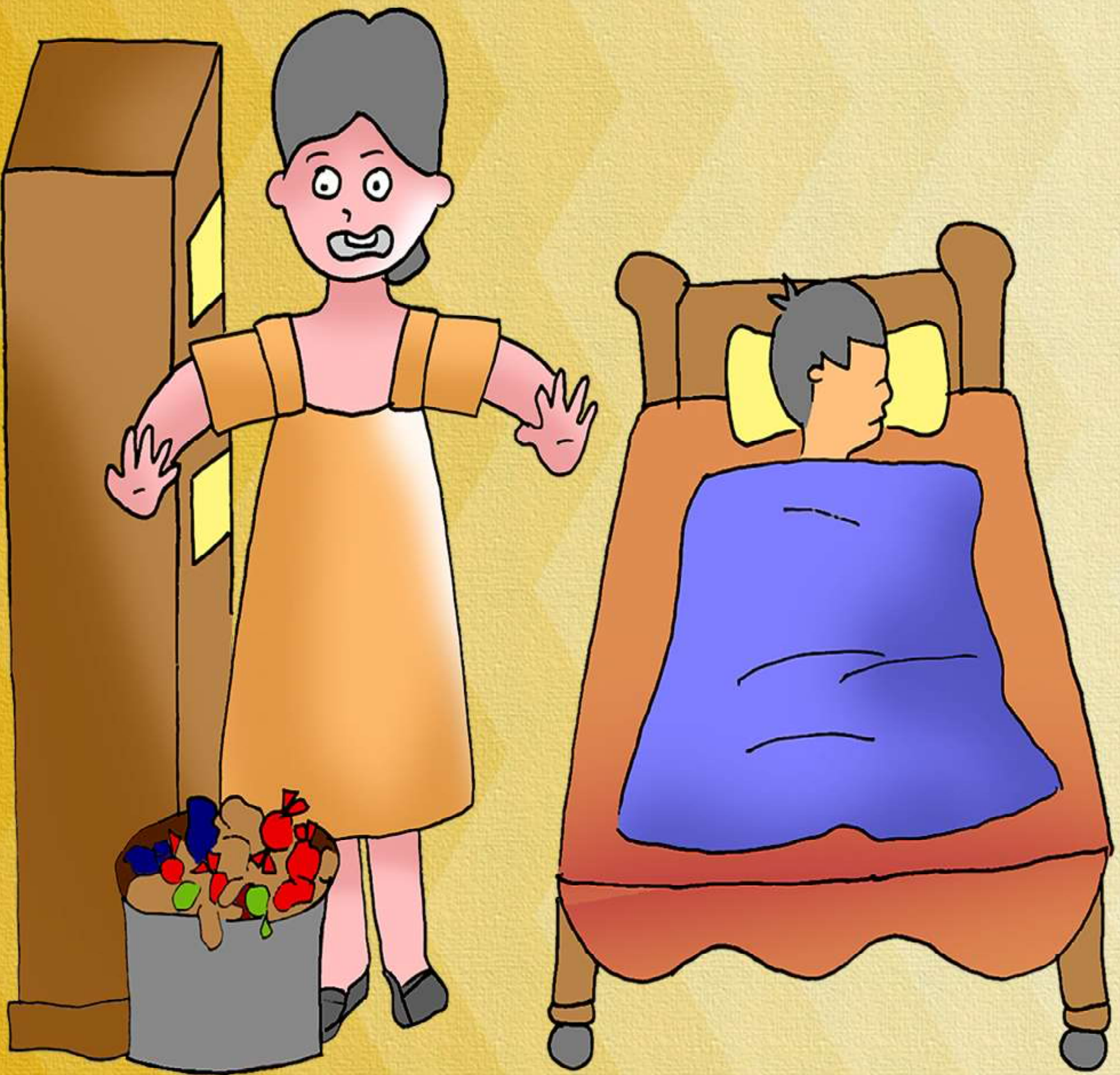
Kinabukasan, ginising siya ng kanyang ina. “Naku bata ka! Ang daming balat ng kendi at tsokolate sa kuwarto mo! Magmula ngayon hindi ka na makatitikim ng tsokolate at kendi!”galit na sambit ni Gng. Sepilya.



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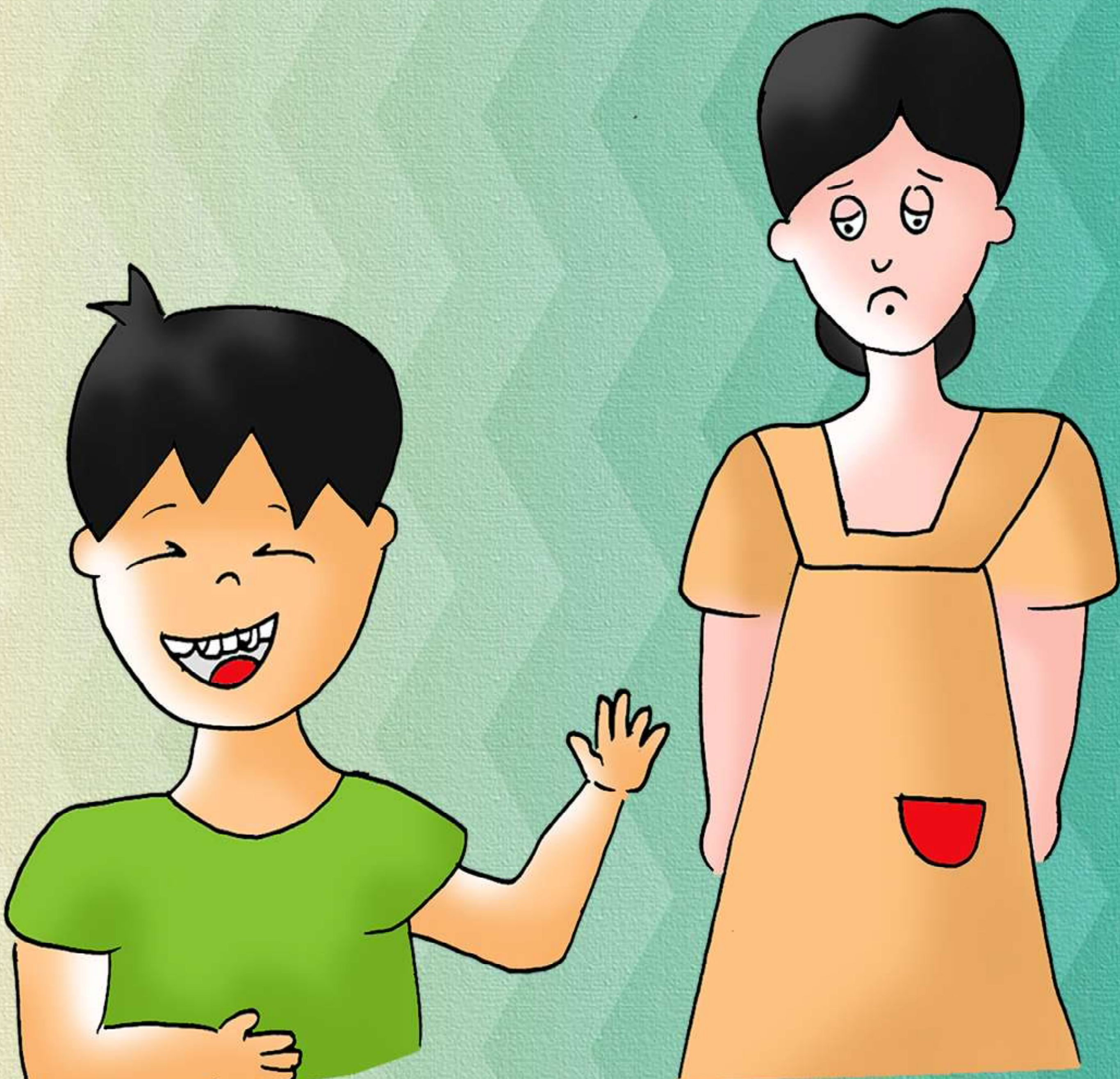
“Ito namang si Nanay ang galing magbiro, Hahahaha!”, napapatawang sabi ni Joongki. Akala niya ay nagbibiro lamang ang ina dahil lagi naman siyang pinagbibigyan nito ng kumain ng tsokolate at kendi.



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Sa pagtawa ni Joongki, nalanghap ng kanyang ina ang masangsang na amoy. “Ang baho ng hininga mo! “Hala sige magsepilyo ka roon!” sabi ni Nanay.

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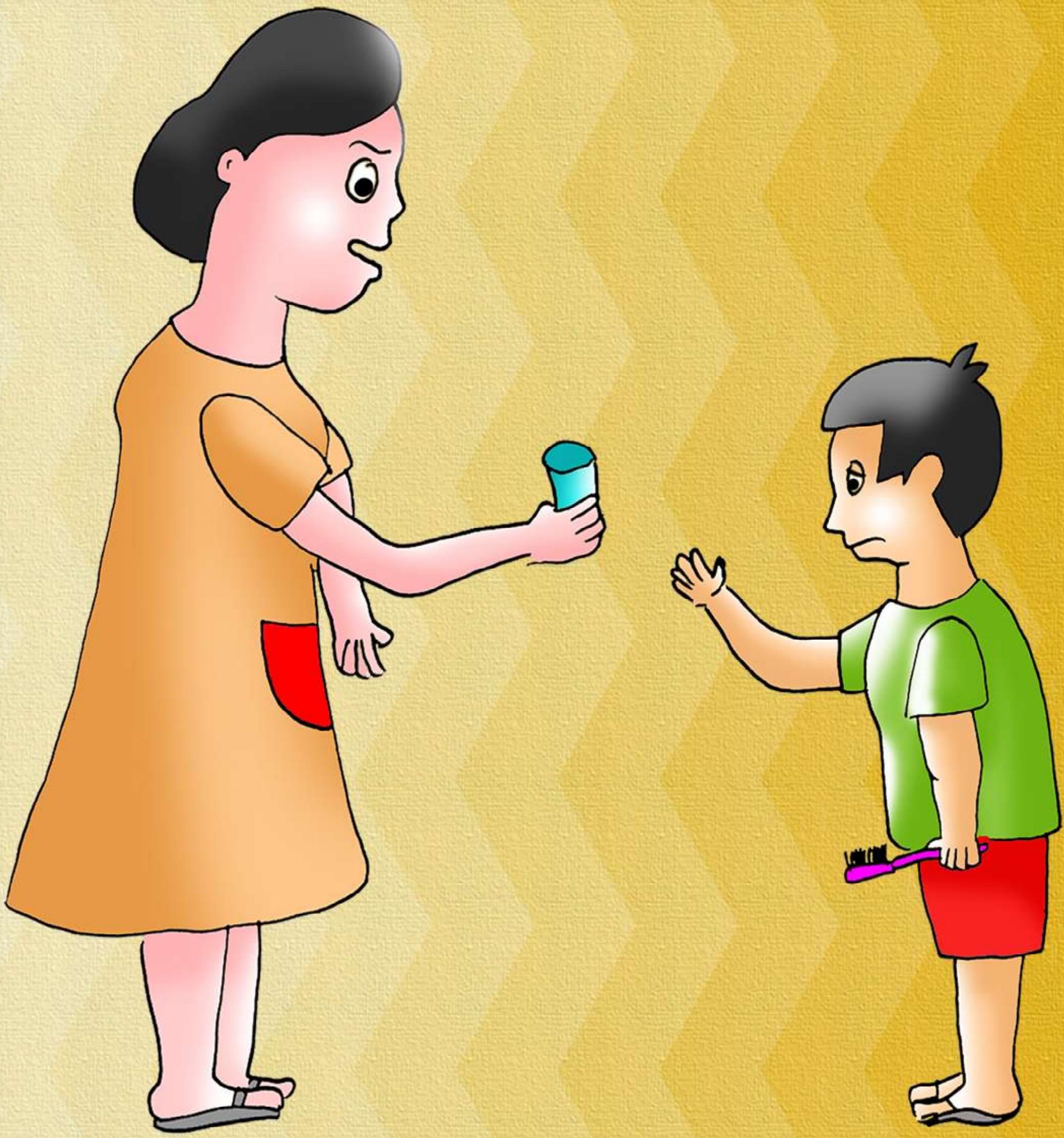
"Magtipid ka ng tubig. Huwag mong hayaang masayang ito kaya gumamit ka ng baso," saad ni Gng. Sepilya. Pinaalalahanan din siya nitong magsepilyo lagi at huwag nang kumain ng mga minatamis.



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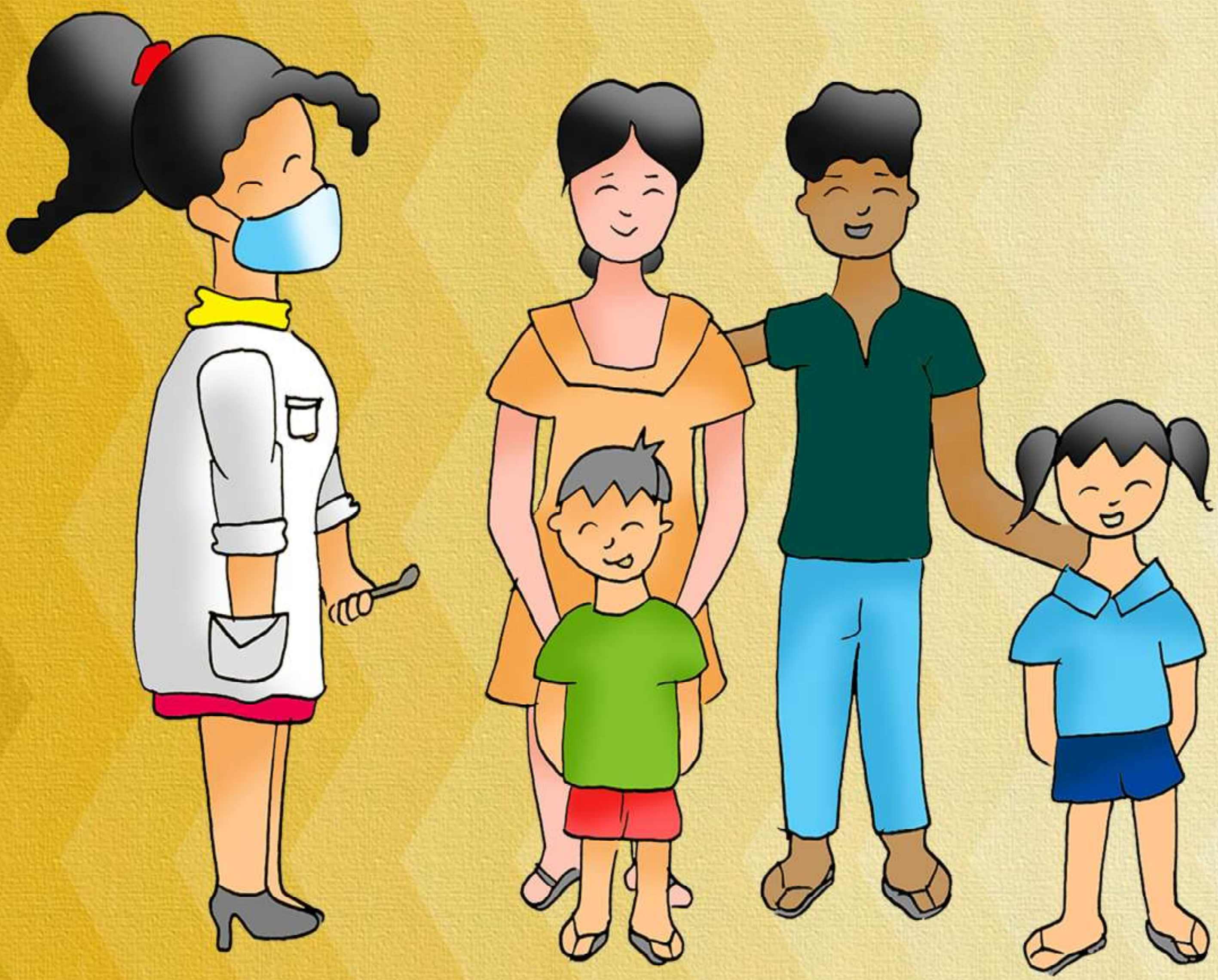
Napapayag ng pamilya si Joongki na magpunta sa dentista dahil sumakit ang ngipin nito.

"Naku! Bulok na ang iyong mga ngipin. Sungki-sungki na rin ito dahil kung saan-saan na tumubo" sabi ng dentista.



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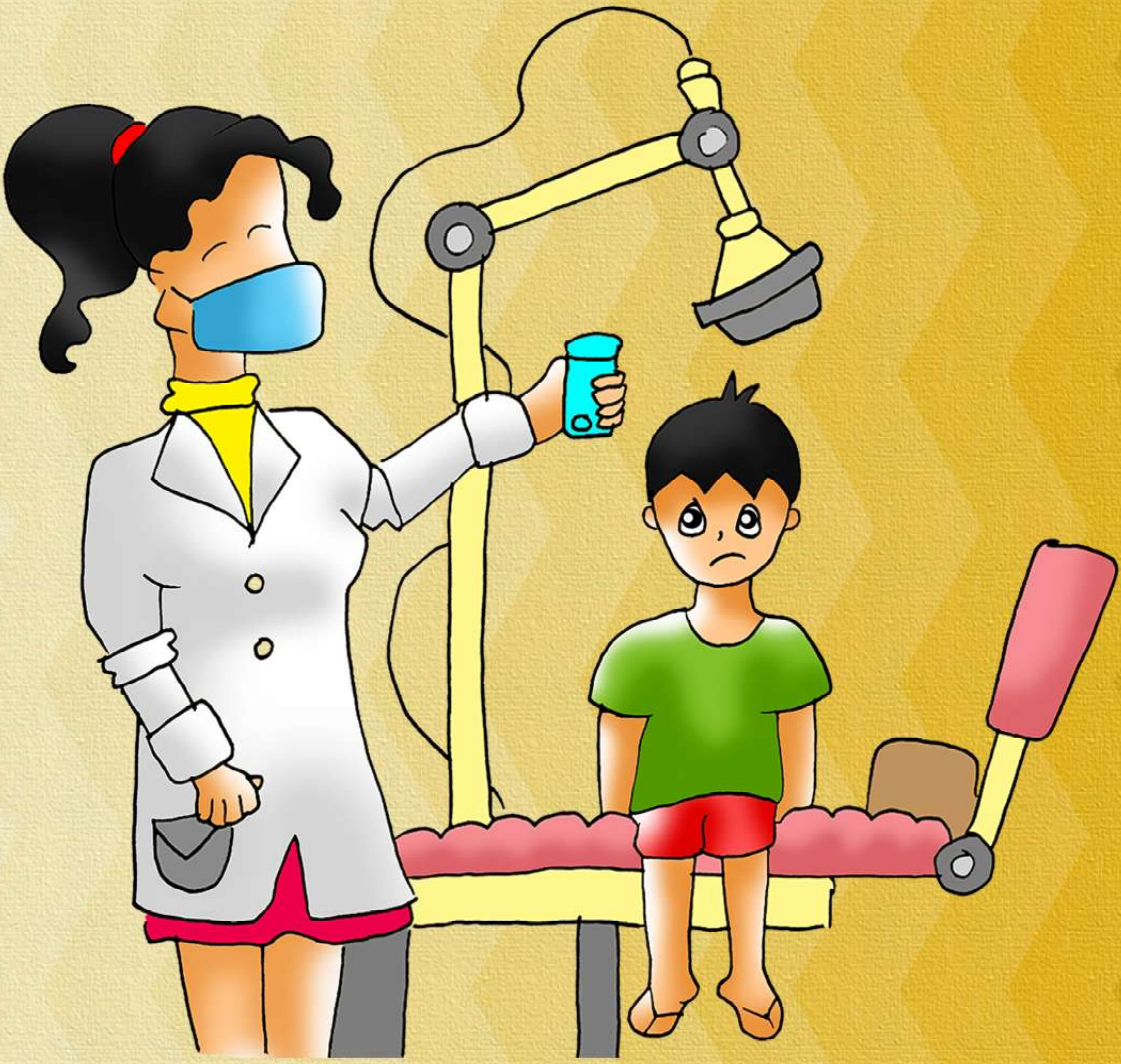
“Ugaliin mo ring magsepilyo at huwag dalasan ang pagkain ng kendi at tsokolate dahil sasakit lalo ang ngipin mo,” pangaral pa ng dentista kay Joongki pagkatapos siyang mabunutan ng ngipin at bago sila umuwi.



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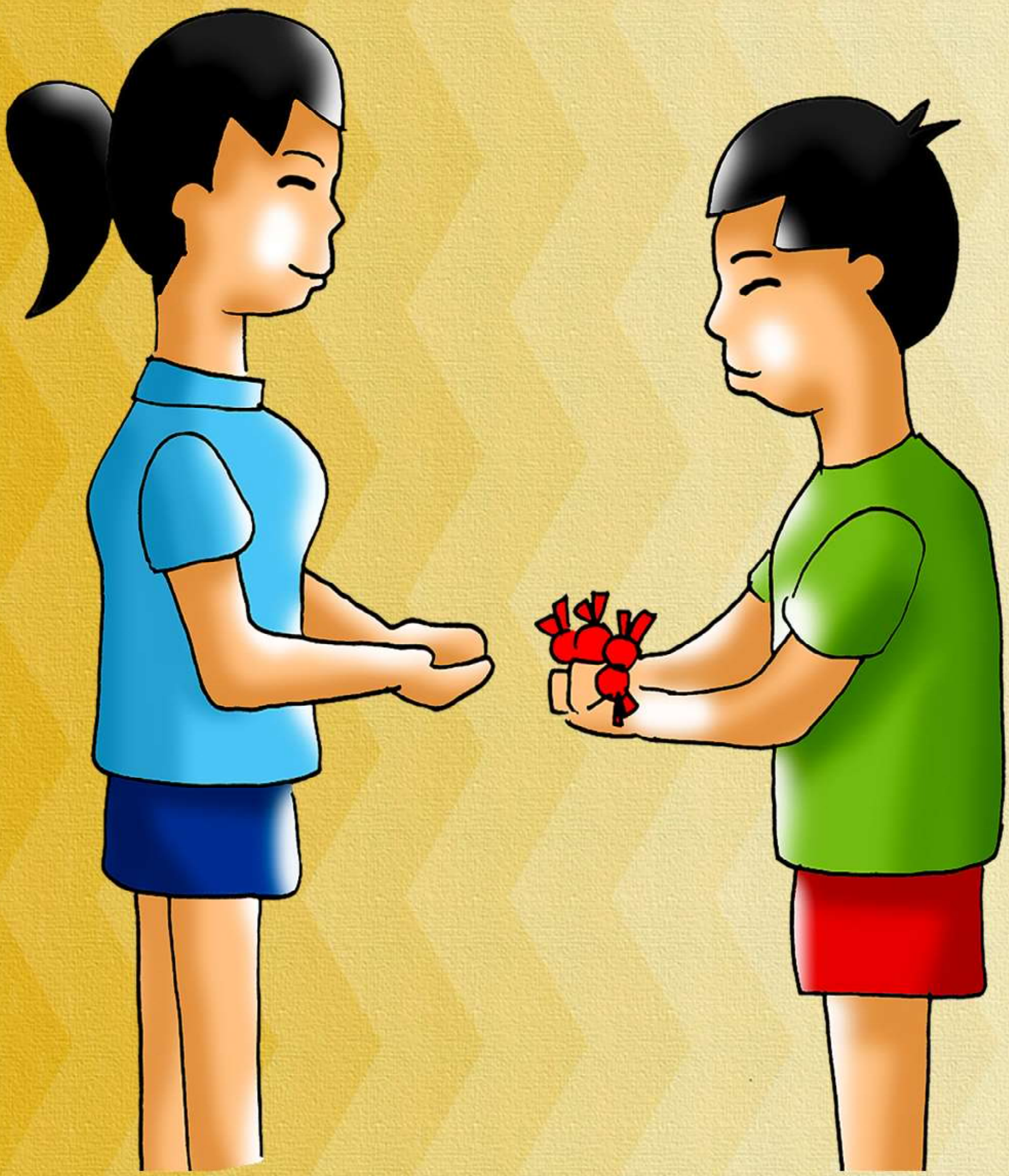
Pag-uwi sa bahay, kinuhang lahat ni Joongki ang kanyang mga tsokolate at kendi. Ibinigay niya ito sa kanyang ate at ipinangakong hindi na siya kakain nito.



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Pagkatapos kumain, nagsesepilyo na rin si Joongki. Gumagamit siya ng baso upang hindi masayang ang tubig gaya ng paalala ng kanyang ina.

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Bago matapos ang buwan, magpupunta rin siya sa klinika upang patingnan muli ang kanyang mga ngipin.

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Makalipas ang ilang taon, naging isang matagumpay na dentista si Joongki.

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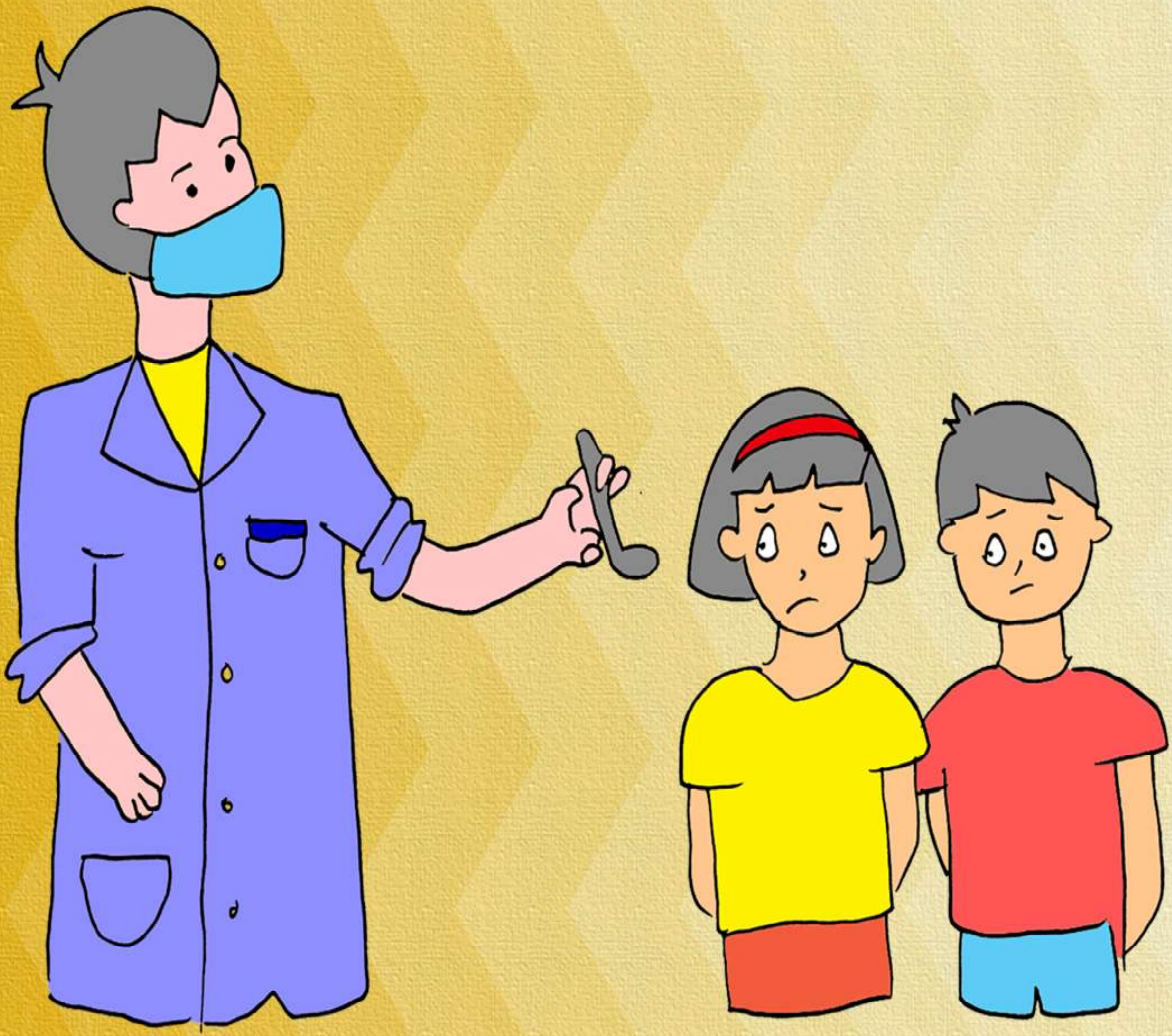
Naging adbokasiya niya ang tamang pangangalaga sa ngipin.



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Nagbibigay din siya ng libreng konsulta sa mga bata.

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Ipinaliwanag rin ni Joongki sa mga batang pasyente na huwag matakot sa mga dentista. Pinaalalahanan din niya ang mga bata na huwag lalabis sa pagkain ng tsokolate at kendi.

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Iyan ang istorya ni Joongki. Ang batang sungki. Kaya ugaliing magsepilyo upang hindi rin mabungi!

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Gintong Aral

Ugaliing magsepilyo ng ngipin tuwing pagkatapos kumain upang maiwasan ang pagkasira nito at magpasuri ng ngipin sa dentista dalawang beses isang taon.

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Ang May Akda

Si Karen May Martin Costales, ay ipinanganak noong ika-14 ng Nobyembre, 1980 sa lungsod ng Santiago lalawigan ng Isabela. Nakatapos ng kurso na Bachelor in Elementary Education, Major in General Science, sa Northeastern College taong 2001. Siya ay kasalukuyang nagtuturo sa Mababang Paaralan ng Cabulay, sa lalawigan ng Santiago City, Isabela, Rehiyon 02.