

# ARALING SAGISAG KULTURA

**Grade 4**  
Semi-Detailed Culture-based  
Lesson Exemplar on Higher Elementary English

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The Teaching of Verbs using  
Moriecos Production

Prepared by **PATSON P. OPIDO**

TOPIC:	<b>SIMPLE TENSE OF VERBS</b>
CULTURAL ICON:	<b>SUMAN MORIECOS</b>
LEVEL:	<b>GRADE 4</b>
SUBJECT:	<b>ENGLISH</b>
SESSIONS:	<b>5 days</b>

## I. OBJECTIVES

### A. GENERAL OBJECTIVES:

At the end of the lesson, pupils are expected to:

1. Identify verbs in sentences.
2. Classify linking and action verbs.
3. Use the correct form of verbs in simple past, simple present, and simple future tenses.
4. Construct simple sentences using the simple tense.
5. Listen to details in a selection.
6. Arrange steps chronologically in a given procedure.
7. Use transitional devices in writing a paragraph.
8. Write a narrative paragraph .

### SPECIFIC OBJECTIVES

- |       |  |
|-------|--|
| Day 1 | Listen to details in a selection<br>Identify verbs in a given selection<br>Classify verbs as linking (condition) and action verbs      |
| Day 2 | Use linking verbs and action verbs in sentences<br>Use correct subject-verb agreement in simple present tense                          |
| Day 3 | Change present tense forms of verbs to past tense<br>Classify verbs as regular or irregular  |
| Day 4 | Identify the future tense structure of verbs<br>Ask tag questions with correct intonation<br>Write sentences using simple future tense |
| Day 5 | Arrange events chronologically in a story<br>Write a paragraph using chronological order   |

## II . SUBJECT MATTER

Subject: **MORIECOS PRODUCTION**  
 Topic: **SIMPLE TENSE OF VERBS**



### Skills

**Listening:** Listening to details from a selection

**Speaking:** Asking tag questions with correct intonation

**Reading:** Sequencing of events

**Writing:** Using the chronological order of paragraph development

### Cultural Content

Legend of Rice, Francisca Recto, Moriecos, Kankanen Festival, Kankanen Festival Song, Sinilyasi Folk Dance, History of Cabatuan

### References:

Ganchorre, and . (Year). Developing My English Power 4. Tarlac City: Book on Wheels Enterprises.

MPDC-Cabatuan. 2014. "Local Industries," Isabela Municipal Profile. Recto, Francisca. May 2013. Interview.

### Materials:

Music. Kankanen Song Chorale Rendition by Cabatuan Public School Teachers, November 2010, Music and Lyrics by Dr. Constante B. Andres (weblink: <https://www.youtube.com/watch?v=1woAINAIXwQ>)

Video Presentation. Cabatuan: The Land of the Golden Grains ( a 12 minute video produced by Cabatuan NCCA Scholars: Patson P. Opido, Novelyn D. Guloy, Louella H. Obena, Daisy F. Dela Cruz, Gemma T. Ramos). April 2014. (weblink: <https://www.youtube.com/watch?v=hjofGj-Wlt4>)

## Pictures



Photo courtesy of: Municipal Planning and Development Council(MPDC)-Cabatuan, Isabela

### III. PROCEDURE

#### DAY 1

#### A. MOTIVATION: KANKANEN SONG ♪

(weblink:<https://www.youtube.com/watch?v=mWU-x3IZFCc>)

Pupils listen to a recorded chorale rendition of Kankanen Festival Song.

#### KANKANEN FESTIVAL SONG

Manipod ti parbangon  
Agridam ni mannalon  
Nasapa a bumangon  
Mapan talon.

Isagana tay bongkitan  
Diket naisangsangayan  
Nangruna pay a makan  
Kanaganan.

Inkiwar ti silyasi  
Kankanen iti umili  
Balkutem awan sabali  
Naisupsupadi.

Impinas tay bulong  
Intuno ti aron  
Tay tupig a balon  
Ken taraon.

Al-o, agbayo  
Tay diket ibukro  
Baywen a pino  
Kankanen.

Suman, moriecos  
Dudol, padarusdos  
Ramanam ket maibos  
Kankanen.

#### (literal translation)

Early at dawn  
The farmer rises  
Early he goes Mapan talon.  
To his rice fields.

Prepare the glutinous rice  
One of a kind fanfare  
Primarily served during  
Festive events.

Mix the vat's contents  
Food for everyone  
Wrap them uniformly  
Not one differently.

Wipe off the banana leaves  
Fuel the fire ???  
The "tupig\*" is a treat  
And great food.

Strike the mortar  
Pour in the grains  
Pound them very finely  
Kankanen.

Suman,\*moriecos\*  
Dudol,\*padarusdos\*  
Have a taste , consume all ???  
Kankanen

*\*Varieties of native rice cakes*

## B. LESSON PROPER

1. Teacher introduces the moriecos.

Cabatuan is known for its vast rice fields, giant rice mills, and delicious glutinous rice delicacies. The song was composed by Dr. Constante B. Andres to celebrate Cabatuan's famous rice delicacies in celebration of the Kankanen Festival. Most famous of the various kankanen fare is the Moriecos. Have you tasted one?

From the song, let us select words that tell what the farmer does. (The students are grouped into five for a word challenge. They unscramble letters to form words.)

sires	sevtrah	unpod	ngisis	soeg
roup	pwar	ryd	kooc	xim

rises	harvest	pound	sings	goes
Pour	wrap	dry	cook	mix

Write the words on the board. Ask pupils for the meaning of each word. Make the pupils understand that verbs are words that express condition or action.

Ask the pupils for more examples.

2. Pre-listening Activity

*Say: Moriecos comes from rice. Do you know the legend of rice?*

### UNLOCKING DIFFICULTIES

- Diety--god
- Cordilleras-- mountainous region in northern Luzon
- mortals--humans
- kernel--grain
- internodes--the hollow space between the nodes of bamboo
- winnow--(Tagalog: pagtatahip; Iloko: panagtaep )to separate the grain of

rice from the hull (Tagalog: ipa; Iloko: taep) using a shallow basket (Tagalog: bilao; Iloko: biga-o)

### 3. Listening Activity

## THE LEGEND OF RICE



The early Filipinos were thankful to Bathala, their supreme deity for all the things they enjoyed in life. One day, a group of hunters wandered far into the Cordilleras to get a good catch. Feeling tired, they rested under a big tree; all of them were hungry.

Soon, they saw a group of men and women who did not look like them who were mortals. They gave them due respect. The Bathalas (gods) were glad at this gesture and invited them to their feast. The hunters helped in preparing the feast.

A servant of the gods got small kernel-shaped like beads, pearly-white in color, and placed them over the fire to cook. Then, they were served with these. The hunters thought they were white maggots. The gods smiled and told them that the beads were cooked rice. "Come, feast with us, and if you find anything wrong with eating them, kill us," they said.

After hearing this, the hunters agreed to feast with the gods. They felt good. Their weak bodies became strong. The hunters thanked the gods after the feast. They were given each a sack of palay.

“Pound the palay, winnow and clean it well. Wash the rice and place it with water between the internodes of a bamboo to be absorbed by the rice. Cook it over the fire. The sick will become strong, and all of you will be satisfied. Preserve the seeds and start planting the palay in your village, and teach them how to till the soil. Then you will stop wandering from place to place for food,” the good gods said.

The hunters did what was told to them. They planted the rice. They taught others how to cook them. After many years, the practice of planting and eating rice became widespread.

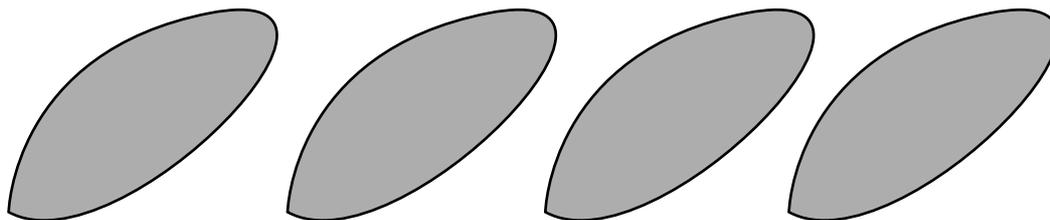
Reference: Developing My English Power 4 by Vida Socorro P. Ganchorre & Erlinda M. Santiago, Book on Wheels Enterprises, Tarlac City, Tarlac pp. 127 - 129

#### 4. Post-listening Activity

Let us answer the following questions:

- a. According to the legend, what do early Filipinos do for a living?
- b. Why were the gods pleased with the hunters?
- c. What did the hunters think the rice grains to be?
- d. Where were they supposed to cook the rice? What does this say regarding early Filipinos?
- e. What does this legend show?

5. Ask pupils to write at least twenty verbs from the selection. They will write it on rice grain-shaped paper strips.



6. Group work: Pupils list the verbs. Afterwards they classify them as being verbs (condition) and action verbs. Use sacks of rice cut outs as graphic organizers.



### C. GENERALIZATION

Verbs can either express a condition or action.

## IV. AGREEMENT

1. Write five sentences using linking verbs.
2. Write five sentences using action verbs.

## DAY 2

### A. REVIEW OF THE PAST LESSON

### B. CHECKING OF ASSIGNMENT

### C. LESSON PROPER

#### 1. Pre-reading



*Say: Mrs. Francisca Recto or Nana Francing of Barangay Saranay is known for her delicious Moriecos. She even exports her moriecos to as far as the US, Canada, and Europe. Do you like to learn how she makes them?*

#### 2. READING ACTIVITY

## Nana Francing's Moriecos

Nana Francing makes delicious moriecos everyday. First, she soaks bongkitan overnight to soften the rice. The next morning, she puts the soaked rice into a mechanical grinder to grind it to the consistency of a dough. She then kneads it with some coconut oil and folds in brown sugar. Meanwhile, she prepares the banana leaves to be used as wrapper. She puts them over the flame just enough to wilt them. This makes them more flexible and resist tearing. She then wipes them with kupag, that which was left after extracting the gata (coconut milk) from the grated coconut meat. After which, she gets a morsel of dough and lays it flat over the banana leaf. On the center of the flattened dough, she puts a generous amount of ladek (candied coconut milk) and grated cheese. By doing this, the ladek gets sandwiched inside the rice dough. After wrapping, she places them into a silyasi and steams them from 30 to 45 minutes. After which, she cools them down and wipes off the excess water. Finally, she packs them into small boxes and tags them with her brand name. Her box of sweet sticky treats goes a long way for the enjoyment of everyone!

### 3. POST-READING

Fill out the needed information:

Surname:	First Name:	Alias:	PHOTO
			
Occupation:	Specialty:	Address:	

## 4. GRAMMAR POINTS

makes	gets	puts	kneads	places	wipes
cools	folds	packs	tags	soaks	goes

Take note of the verbs used in the paragraph and analyze their ending:

All of the verbs end in S. Say:

*Third person singular (He, She and It) subjects take singular verbs (Verbs in the s-form, ending in s/es)*

*Nana Francina/she (third person singular) takes the singular form of verb and uses the s form.*

*Same goes with He, and It.*

*On the other hand, all other subject-pronouns such as I, We, You, and They take the base form of the verb (without s/es).*

**Examples:**

People from different towns come to buy her products.  
They say that her moriecos tastes distinctly flavorful.  
Local officials recognize her great contribution to the local economy.

## 5. EXERCISES:

Pupils answer the worksheet individually.

### PUPIL'S WORKSHEET

**Name:** \_\_\_\_\_ **Score:** \_\_\_\_\_

**Directions:** Encircle the correct form of the verb in the parenthesis.

1. Nana Francing (hires, hire) workers in her moriecos factory.
2. She (asks, ask) them to do various jobs.
3. Some of them (husks, husk) the coconuts.
4. and (cuts, cut) them in halves.
5. A man then (grates, grate) them using a mechanical coconut grater.
6. Two ladies then (extracts, extract) the coconut milk.
7. Her sister (cooks, cook) the ladek.
8. Several boys (sells, sell) her banana leaves for wrapping.
9. She and her sister (assembles, assemble) the moriecos.
10. She then (steams, steam) them until tender.

#### D. GENERALIZATION

Singular subjects take singular verbs. Plural subjects take plural verbs.

## Day 3

### A. REVIEW OF THE PAST LESSON



### B. LESSON PROPER

#### 1. RE-READING OF SELECTION:

*Let's review how Nana Francing makes her delicious Moriecos:*

Nana Francing makes delicious moriecos everyday. First, she soaks bongkitan overnight to soften the rice. The next morning, she puts the soaked rice into a mechanical grinder to grind it to the consistency of a dough. She then kneads it with some coconut oil and folds in brown sugar. Meanwhile, she prepares the banana leaves to be used as wrapper. She puts them over the flame just enough to wilt them. This makes them more flexible and resist tearing. She then wipes them with kupag, that which was left after extracting the gata(coconut milk) from the grated coconut meat. After which, she gets a morsel of dough and lays it flat over the banana leaf. On the center of the flattened dough, she puts a generous amount of ladek (candied coconut

milk) and grated cheese. By doing this, the Ladek gets sandwiched inside the rice dough. After wrapping, she places them into a silyasi and steams them from 30 to 45 minutes. After which, she cools them down and wipes off the excess water. Finally, she packs them into small boxes and tags them with her brand name. These boxes of sweet treats go a long way for the enjoyment of everyone!

2. Let us change the verbs into past tense since the actions were done yesterday. Take note of the changes made on the verbs.

Nana Francing made delicious moriecos yesterday. First, she soaked bongkitan overnight to soften the rice. The next morning, she put the soaked rice into a mechanical grinder to grind it to the consistency of a dough. She then kneaded it with some coconut oil and folded in brown sugar. Meanwhile, she prepared the banana leaves to be used as wrapper. She put them over the flame just enough to wilt them. This made them more flexible and resist tearing. She then wiped them with kupag, that which was left after extracting the gata (coconut milk) from the grated coconut meat. After which, she got a morsel of dough and lays it flat over the banana leaf. On the center of the flattened dough, she put a generous amount of ladek (candied coconut milk) and grated cheese. By doing this, the ladek got sandwiched inside the rice dough. After wrapping, she placed them into a silyasi and steamed them from 30 to 45 minutes. After which, she cooled them down and wiped off the excess water. Finally, she packed them into small boxes and tagged them with her brand name. Her box of sweet sticky treats went a long way for the enjoyment of everyone!

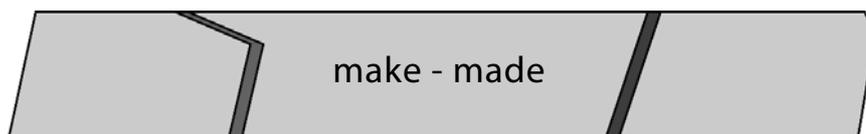
### 3. GRAMMAR ANALYSIS

Compare the verbs of the first paragraph with the verbs of the second paragraph. Notice that some verbs change in tense by just adding d/ed while some verbs change differently or not at all. Verbs that form their past tense by adding d/ed are called regular verbs. Verbs that do not form their past tense in this manner are called irregular verbs.

Present Tense	Past Tense
make	made
soak	soaked
put	put
knead	kneaded
fold	folded
wipe	wiped
get	got
place	placed
cool	cooled
wipe	wiped
tag	tagged
go	went

Let us categorize these verbs using the silyasi. Write them on moriecos-shaped paper strips and put them inside the corresponding silyasi.

E  
xample:



Say:

*A silyasi is used in cooking moriecos. It is a large circular cooking pan used over an improvised stove made of three large stones and fuelled with firewood. It is commonly used for cooking large quantities of food for various occasions.*

REGULAR VERBS



IRREGULAR VERBS



4. Evaluation: Count the number of correct moriecos paper strips in each silyasi.

### C. ASSIGNMENT

Change the present tense form of the verbs into the past tense.

## SINILYASI



This dance from Cabatuan, Isabela depicts the rural folks in the preparation of native rice cake delicacies or kankanen.

“Sinilyasi” comes from the Ilocano “silyasi,” a versatile cooking implement. Locals use this large vat in the preparation of large quantities of food, especially kankanen. They serve the food to people who join in large gatherings. Cooks set this big frying pan on an improvised stove using three big stones. The stove is fuelled by firewood chopped using the wasay (axe). Women take turns stirring using the pangkiwar (a long wooden ladle). As cooking becomes hot and sticky, the anguyob (blowing tube) comes in handy.

In Cabatuan, the land of the Golden Grain and the Home of the Kankanen Festival, it is a common sight to have Cabatuanenses practice the spirit of ammuyo (bayanihan) as every kin and friend help in the preparation of the various glutinous fare, which include popular favorites such as moriecos, inkiwar, baduya, insibog, sinuman, patupat, binal-lay, dudol, dila-dila, and padarusdos. These treats are served as merienda (snacks) for visiting relatives and friends during special occasions or treats to be given as pabalon or pasalubong.

**Day 4****A. REVIEW OF THE PAST LESSON****B. CHECKING OF ASSIGNMENT****C. LESSON PROPER**

## 1. Pre-Activity

Video Presentation. Cabatuan: The Land of the Golden Grains (a 12 minute video produced by Cabatuan NCCA Scholars: Patson P. Opido, Novelyn D. Guloy, Louella H. Obena, Daisy F. Dela Cruz, Gemma T. Ramos). April 2014.

(weblink: <https://www.youtube.com/watch?v=hjofGj-Wlt4>)

## 2. ACTIVITY

Answer with a yes or no based on the video documentary.

- Our town is an agricultural community, isn't it?
- We till vast tracks of ricefields, don't we?
- Different farm works are back-breaking, aren't they?
- Farm workers do not use the traditional farming methods anymore, do they?
- Kalingas lived along the banks of the Magat River, didn't they?
- Ilocanos migrated from Currimao, didn't they?
- Don Bernardo Dacuycuy befriended the Kalingas, didn't he?
- Elpidio Quirino signed Cabatuan's sovereignty as a municipality on November 5, 1949, didn't he?

## 3. SPEAKING FOCUS:

When we ask using tag questions, the tag questions are in the rising intonation. Practice reading tag questions. Form dyads and practice the tag question rising intonation.

Let's practice more.

- Soon, farmers will not use carabaos to plow the fields, will they?
- Machineries will plant and harvest palay, won't they?
- Many farm workers will lose their jobs, won't they?
- They will find other jobs then, won't they?
- Many years from now, rice fields will turn into subdivisions, won't they?

## 4. Let us read a fearless forecast about our town:

In 100 years time, Cabatuan will become a congested and highly-urbanized city. People will no longer be farmers as scientists will grow high yielding crops inside a controlled laboratory. Farmers will no longer till their rice fields because they were turned into subdivisions. Instead, they will work in large factories or will enter into different offices. Families will live on high rise condominiums. Children will no longer play on the streets because of pollution and traffic congestion. Instead, they will just press the keys of their electronic gadgets inside their rooms. Food will be all instant as traditional cooking will be time-consuming if not obsolete.

## 5. PROCESSING

According to the fearless forecast, what will happen to Cabatuan in 100 years?

## 6. GRAMMAR FOCUS

Simple Future Tense uses will (or shall) + base form of verb. (Ask pupils to identify verbs in the future tense used in the selection.)

will become   will grow      will work      will live      will press      will be

## 7. WRITING ACTIVITY

Write a short paragraph (at least five sentences) promoting moriecos. Use simple future tense.

**Rubrics:**

Uses correct tense of the verb	5 points
Uses correct punctuation and capitalization	5 points
Writes in legible cursive form	5 points
Presents clear and logical ideas	5 points
<b>TOTAL</b>	<b>20 points</b>

## Day 5

### A. MOTIVATION

The pupils will sing along with the teacher the Kankanen song: (Please see appendix for musical score)

### B. ACTIVITY

Arranging Events in Chronological Order

#### ACTIVITY SHEET:

Let us help Nana Francing make delicious moriecos by numbering the following statements chronologically from 1 to 10. The first item has been done for you.

- \_\_\_\_\_ Knead it with some coconut oil and fold in brown sugar.
- \_\_\_\_\_ The next morning, put the soaked rice into a mechanical grinder to grind it to the consistency of a dough.
- \_\_\_\_\_ Meanwhile, prepare the banana leaves to be used as wrapper.
- \_\_\_\_\_ After which, get a morsel of dough and lays it flat over the banana leaf. On the center of the flattened dough, put a generous amount of ladek (candied coconut milk) and grated cheese. By doing this, the Ladek gets sandwiched inside the rice dough.
- \_\_\_\_\_ Finally, pack them into small boxes and tag them with her brand name.
- 1   First, soak bongkitan overnight to soften the rice.
- \_\_\_\_\_ Put them over the flame just enough to wilt them. This makes them more flexible and resist tearing.
- \_\_\_\_\_ Wipe them with kupag, that which was left after extracting the gata (coconut milk) from the grated coconut meat.
- \_\_\_\_\_ After wrapping, place them into a silyasi and steam them from 30 to 45 minutes.
- \_\_\_\_\_ After which, cool them down and wipe off the excess water.



These boxes of sweet treats go a long way for the enjoyment of everyone!

*This is how Nana Francina makes delicious moriecos:*

1. *First, soak bongkitan overnight to soften the rice.*
2. *The next morning, put the soaked rice into a mechanical grinder to grind it to the consistency of a dough.*
3. *Knead it with some coconut oil and fold in brown sugar.*
4. *Meanwhile, prepare the banana leaves to be used as wrapper.*
5. *Put them over the flame just enough to wilt them. This makes them more flexible and resist tearing.*
6. *Wipe them with kupag, that which was left after extracting the gata (coconut milk) from the grated coconut meat.*
7. *After which, get a morsel of dough and lay it flat over the banana leaf. On the center of the flattened dough, put a generous amount of ladek (candied coconut milk) and grated cheese. By doing this, the Ladek gets sandwiched inside the rice dough.*
8. *After wrapping, place them into a silyasi and steam them from 30 to 45 minutes.*
9. *After which, cool them down and wipe off the excess water.*
10. *Finally, pack them into small boxes and tag them with her brand name.*

What words helped you arrange the events chronologically? What words signalled order?

First    second    next    after which    finally

Say:

*These are called transition words. They help connect ideas so that sentences within a paragraph flow smoothly. They help readers or listeners by providing cues of the order of events.*

### C. PRE-WRITING



**The Kankanen Festival coincides with our Municipal Founding Anniversary. Various contests and events are held, among which is the Kankanen Festival Street Dancing.**

### D. WRITING ACTIVITY

Write a narrative paragraph of the events during the Kankanen Festival Street Dancing. Write at least seven sentences. Use transition words. Verbs must be in the past tense.

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## KANKANEN FESTIVAL SONG

Commissioned by:  
Cabatuan Culture and the Arts Council

Words and Music by:  
Constante B. Andres, Litt. D

Naragsak

Ma - ni - pod ti par - ba - ngon ag - ri -

dam ni man - na - lon Na - sa - pa a bu - ma - ngon Ma - pan ta -

lon I - sa - ga - na - tay bong - ki - tan Di - ket

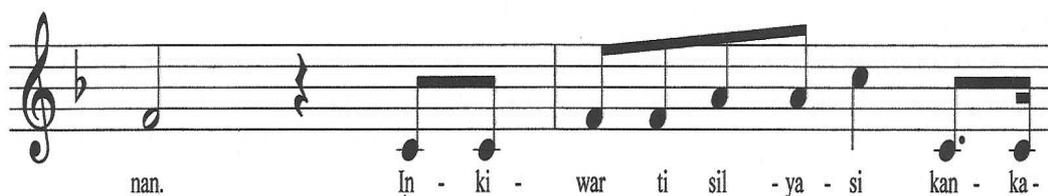
a na - i - sang - sa - nga - yan nang - ru - na pay a - ma kan ka na - ga -

- on Al - o ag - ba - yo tay

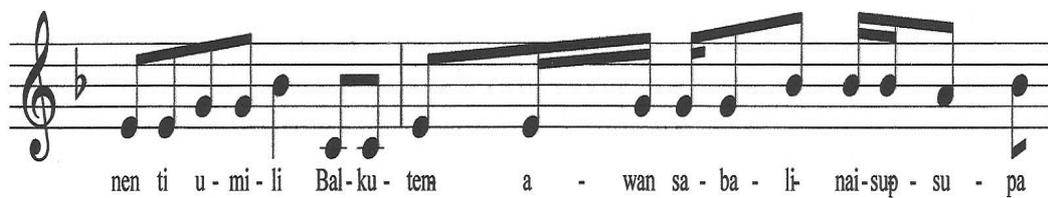
di - ket - i - buk - - ro Bay - wem a pi - no kang - ka -

nen Su - man mor - ye - kos du -

dol pa - ra - dus - dos ra - ma nam ket ma - i - bus Kang - ka



nan. In - ki - war ti sil - ya - si kan - ka -



nen ti u - mi - li Bal - ku - tern a - wan sa - ba - li - nai - sup - su - pa



di - - - Im - pi nas - - tay - bu - long - - In tu



no ti a - ron tay tu pig a ba - lon ken ta - ra



**P**atson Pascua Opido finished his Graduate Diploma in Cultural Education (GDCE) at Isabela State University (ISU), Echague, Isabela in May 2014. He graduated at the University of La Salette, Santiago City, with a degree in Bachelor in Secondary Education (cum laude). He is among the topnotchers in the 2000 Licensure Examination for Teachers (LET) – Secondary. He also finished Masters of Arts in Education major in English at the same university.

At present he is teaching English, MSEPP and EPP (Computer) subjects to Grade 6 pupils of Cabatuan East Central School, Cabatuan, Isabela. He is the moderator of the Supreme Pupil Government Organization and *The Beacon*, the official newsletter of the school. He is also the trainor-conductor of the performing group, Cabatuan East Central School Bamboo Ensemble.