

COURSE: Health	GRADE(S): 2 nd Grade
UNIT: Disease	TIMEFRAME: 2 Lessons

<p>NATIONAL HEALTH EDUCATION STANDARDS:</p> <p>STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>STANDARD 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>

<p>STATE STANDARDS:</p> <p>10.1. Concepts of Health 10.1.3.E. Identify types and causes of common health problems of children</p> <p>10.2. Healthful Living 10.2.3.A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.</p> <p><i>Reading Assessment Anchors:</i></p> <p>R3.A.2. Understand nonfiction appropriate to grade level R3.A.2.1 Identify and interpret the meaning of vocabulary in nonfiction. R4.A.2.4 Identify and explain main ideas and relevant details.</p> <p>R3.B.3. Identify and interpret concepts and organization of non-fictional text R3.B.3.2 Distinguish between essential and nonessential information within text.</p>
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<p>UNIT OBJECTIVES:</p> <p>Identify how germs cause disease.</p>	<p>CONTENT:</p> <p>I. Where do diseases come from? Caused by germs:</p> <ul style="list-style-type: none"> - Tiny living things (microscopic) <ul style="list-style-type: none"> o Found in air, soil, and water. o Some helpful; bacteria in intestines make vitamins for the body to use. <p>Types of germs:</p> <ul style="list-style-type: none"> o <i>Bacteria</i>: causes Strep Throat and ear infections. o <i>Viruses</i>: cause colds, flu, measles, mumps, and <i>chicken pox</i> (hundreds of different kinds of viruses). <p>II. How disease is spread?</p> <ul style="list-style-type: none"> - Spread through air: <ul style="list-style-type: none"> o coughing o sneezing - Touching infected objects: <ul style="list-style-type: none"> o silverware o tissues o biting from their food o pencils
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<p>Students will name techniques to prevent the spread of disease.</p>	<p>III. Your disease fighting army Your Immune System:</p> <ul style="list-style-type: none"> - <i>White blood cells</i> destroy germs (when they can't kill all the germs, you get sick). - <i>Immune system</i> keeps fighting germs even when you are sick. <p>IV. Fighting Diseases</p> <ul style="list-style-type: none"> - Medicine <ul style="list-style-type: none"> o Can kill many bacteria. o Doesn't have much effect against viruses. Need vaccines; measles, flu, chicken pox. o Rest <p>V. Preventing Disease</p> <ul style="list-style-type: none"> - Healthful Choices <ul style="list-style-type: none"> o Exercise o Eating right o Going for check ups o Getting vaccinations o Wash hands often o Follow directions on medications o Cover mouth and nose when coughing or sneezing o Use own eating and drinking utensils
<p>ACTIVITIES:</p> <p><i>Students discuss information and complete the following worksheets:</i></p> <ul style="list-style-type: none"> * "Where Do Germs Come From?" * "How Diseases Are Spread" * "Germ Hunt" * "Healthful Choices" * Know Your Body Worksheet "Chain of infection" * Know Your Body Worksheet "I Wash My Hands" <p><i>Spreading germs through Touch Activity:</i></p> <p>Every child gets an index card. They touch objects around the room. A discussion follows allowing the students to brainstorm the passing of germs from one person to another.</p> <p><i>Teacher directed differentiated instructional projects and activities are ongoing and based on student need.</i></p> <p>RESOURCES:</p> <p>Health Teacher: "Covering your sneezes and coughs" (1999-2006). Retrieved on June 23,2006 from: http://www.healthteacher.com/search?search=spread+of+germs</p>	<p>ASSESSMENTS:</p> <p>Teacher observation of the number of "chain breakers" the students can list.</p> <p>Students will demonstrate the proper technique of washing hands.</p> <p>Through touch activity students will draw a picture of how germs are spread.</p> <p>REMEDIATION:</p> <p>Students will review proper hand washing techniques.</p> <p>ENRICHMENT:</p> <p>Act as classroom monitor to prevent the spread of germs.</p> <p>Look around their school and suggest ways to prevent the spread of germs.</p> <p>Make "Wash Your Hands" signs for the lavatories.</p> <p>"Washing My Hands", by Elizabeth Vogel Power Press Kids 2001</p> <p>"Germs Make Me Sick", by Melvin Berger Harper Trophy</p>

