



# Health and Illness

Sciences 6 – CEIP SAN VICENTE

Activity 1: Classify these words into three groups.

Disease, lifestyle, cough, symptoms, fever, flu, infected, germs, sneeze, to avoid, sick, fatigue, leading, infected, prevent, epidemic, pandemic, unhealthy, well, swine, safe, virus

I know	I can guess the meaning	New for me

**Remember**

- Health is a state of physical, mental and social well-being. When a person does not feel well in one of these aspects, it can lead to illness.
- Diseases can be classified as **infectious** or **non-infectious** according to their origin.

**1** Define the words.

- health \_\_\_\_\_  
\_\_\_\_\_
- illness \_\_\_\_\_  
\_\_\_\_\_

**2** "Health is a state of physical, mental and social well-being." Explain what this sentence means and give examples.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Activity 2 ) Complete the song as you listen to it:

### SWINE FLU SONG

Miss piggy, Arnold Ziffle neither has a little sniffle  
Porky Pig and Pooh's Piglet no fever yet  
Putnam, Gordy, Toot and Puddle  
Not contagious safe to snuggle  
Ask Petunia, Babe, Noelle  
All of them feel \_\_\_\_\_  
Wilber, Hamm, Hogzilla too none of them have caused the flu  
Wash your \_\_\_\_\_ wear a mask "how'd this happen?"  
people ask  
How it started I don't know stay away from Mexico  
Now it's in the USA no ones safe this day and age  
\*Pigs didn't start the swine flu \*  
Blame the laboratory for this awful story  
Pigs didn't \_\_\_\_\_ the swine flu  
No we've been betrayed  
\*The strain appears man-made\*  
Viral codes of human \_\_\_\_\_ bird influenza's in there too  
The only thing I seem to find people blame the \_\_\_\_\_  
Read the papers post your blog; blame it on the lowly hog  
Down some aspirin take a swig your \_\_\_\_\_ by the pig  
Everyone thinks I'm \_\_\_\_\_ read it on my twitter pages  
You can hug me you won't die come and hang out in my sty  
Eat your dinner throw it up no one blames it on the pup  
Run a temp and get the chills everyone run for the hills

\*Name diseases after pigs everyone throws dirty digs  
I'm a \_\_\_\_\_ people think I'm not sick I'm clean and pink  
I'm your friend your little buddy I don't know why you feel cruddy  
Don't blame me I'm not the cause Government should change laws  
People \_\_\_\_\_ across the nation looking for a vaccination  
Center for disease control someone there has got to know

This disease it needs a name which animals should we defame  
Nobody will likely mind if we name it for an ugly swine!

\*chorus\*

\*chorus\*

The pigs are innocent I tell you, we didn't do anything wrong  
We didn't start this disease but we're taking all the blame  
Take pity on pigs.

Activity 3 Make a list of the illnesses mentioned in the book and on the internet and fill in the chart: Asthma, headaches, Diabetes, Chicken Pox, Sore Throat, common Cold, Tonsillitis, Flu, Aids, Cholera, Plague, Tuberculosis, Meningitis

<b>ILLNESS</b>	<b>INFECTIOUS</b>	<b>NON INFECTIOUS</b>	<b>DESCRIPTION SYMPTOMS AND CAUSES</b>

# UNIT 3

## Growing up healthy

CON

Name: .....  
Class: ..... Date: .....

1 Complete the following phrases.

- a) An illness is everything that ..... our .....
- b) Infectious illnesses are produced by .....
- c) Non infectious illnesses are produced by .....

2 Relate each of these pieces of advice with the prevention of a particular illness:

- a) Don't eat too much .....
- b) Wash your hands before eating .....
- c) Don't eat or drink toxic substances .....
- d) Try to sleep at least 8 hours every night .....
- e) Wear a seatbelt when you are in the car .....

3 Classify these illnesses as infectious (I) or non infectious (NI):

- 1. Obesity .....
- 2. Chicken pox .....
- 3. Flu .....
- 4. Broken tibia .....
- 5. Exhaustion .....
- 6. Sprained ankle .....
- 7. Wound infection .....
- 8. Finger cut .....

# UNIT 3

## Growing up healthy

CON

Name: .....

Class: ..... Date: .....

4 Describe two of the ways in which the microbes that cause infectious illnesses enter our body.

a) .....

.....

b) .....

.....

5 Match each illness with its cause and prevention.

A. Infection

1. Accidental consumption of a toxic substance

a. Precaution when doing exercise

B. Broken humerus.

2. Excess of fat in the diet

b. Sterilize the wound.

C. Poisoning

3. Microbe

c. Identify contaminated food

D. Exhaustion

4. Fall during a match

e. Sleep at least eight hours a day

E. Obesity

5. Lack of sleep

f. A balanced diet

6 Write three pieces of advice to prevent:

a) Infectious illnesses .....

.....

.....

b) Non infectious illnesses .....

.....

.....

### Activity 5

1) What is the flu?

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2) What was the original name for the swine flu?

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3) Name four symptoms of the flu.

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4) How can you catch the flu?

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5) Name at least four tips for preventing the flu

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### Activity 6

Order the following activities into two columns depending if they are good or bad for flu prevention.

Going to a disco

Ventilating your bedroom

Kissing a sick person

Using the same tissue many times.

Not using soap to wash your hands

Using alcohol to wash your hands

Not eating fruit

Eating vegetables every day

Wearing a hat, scarf and gloves on cold days

Sneezing into your hands

Good for prevention

Bad for prevention

Activity 7

What is the difference between an epidemic disease or a pandemic disease?

.....  
.....  
.....

- Heart disease is

.....

- An illness affecting a lot of people in different countries

- A blood infection.

- A respiratory disease.

Activity 8

Match the words with their definitions

- To let air get into your house.
- Invisible living beings that cause illness.
- Tiredness
- High body temperature
- A sign of an illness that indicates that you are sick.

germs
fever
to ventilate
fatigue
symptom



**Activity 9**

- What is the normal temperature of the human body?

.....

- What is swine flu currently called?

.....

**Activity 10**

Match the words with their opposites

Dry

keep

Ill

avoid

Contact

healthy

Discard

wet

**Activity 11**

Work in pairs and complete the text.

\_\_\_\_\_ is an infectious- \_\_\_\_\_ illness. The \_\_\_\_\_ of the flu are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. To prevent ourselves from catching the flu we have to \_\_\_\_\_ our hands \_\_\_\_\_, keep out of \_\_\_\_\_ places, sneeze in a \_\_\_\_\_ and \_\_\_\_\_ it immediately. \_\_\_\_\_ sick people around us. We have to \_\_\_\_\_ our room daily in flu season.

**Activity 12: SUN EXPOSURE**

What can you do to avoid health problems with the sun?

.....  
.....

What are its consequences for the health?

.....  
.....

You have to.....

You mustn't .....

You don't have to.....

You shouldn't .....

**Activity 13**

**ALCOHOL**

What kind of drug is alcohol?

.....

What Happens When People Drink?

.....

.....

And if you drink too much?

.....

What Is Alcoholism?

.....

And if someone offers you alcohol?

.....

.....

**Activity 14**

**ANOREXIA**

What is anorexia?

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What is a beautiful body?

.....

What is bulimia?

.....

What are the effects of anorexia and bulimia in our bodies?

.....

.....

How to prevent it?

.....

.....

**Activity 15**

## **TOBACCO**

Remember that for each topic you need to answer the following questions:

What is .....

.....

What are its consequences for the health?

.....

.....

How to prevent it

.....

.....

REVISION

## Remember

- Alcohol, tobacco, drugs and traffic accidents are factors that present risks to our health.

1 Look at the illustration. Explain the possible effects of tobacco use.

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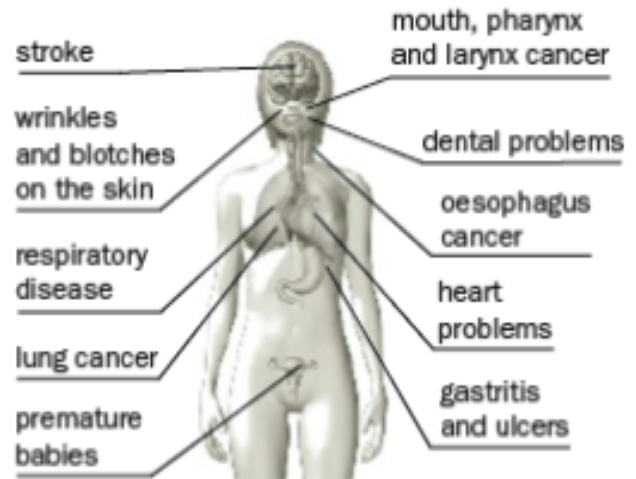
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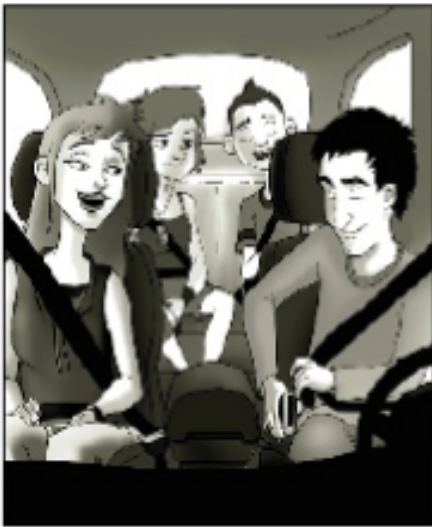
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2 Name two ways to avoid traffic accidents. Describe some of their consequences.



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3 What is alcoholism? Explain the effects of alcohol abuse on a person's health.

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## Remember

- Sometimes illness and disease can be treated with medicines such as vaccines and antibiotics.
- Some cases require surgery or an organ transplant.

**1** Name four ways to cure or prevent illness and disease.

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**2** Complete the sentences.

- \_\_\_\_\_ are medicines that protect people from developing an infectious disease.
- \_\_\_\_\_ are medicines that are very effective in fighting bacterial infections.
- Some illnesses or bone fractures cannot be cured with medicines. They require \_\_\_\_\_ or an \_\_\_\_\_.

**3** Explain why people do not get measles if they have been vaccinated.

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**4** Name three organs that can be transplanted.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Remember

- Infectious diseases can be caused by bacteria, fungi, protozoans or viruses.
- Good levels of hygiene can prevent many infectious diseases.

**1** What is an infectious disease? Describe four causes and explain ways to stop transmission.

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**2** Match the infectious agent to the disease it causes.

bacteria

athlete's foot

fungi

malaria

virus

measles

protozoans

pneumonia

**3** What is a contagious disease? Explain and give an example.

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**4** Should you drink water from a river or stream even if it looks clean? Think and answer.

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