

□ Reading and Questions

Read the information in the articles at the following web links and then answer these questions:

Web Link:

<https://www.movingbeyondthepage.com/link/9188/>

<https://www.movingbeyondthepage.com/link/9189/>

1. What is the difference between an infectious disease and a non-communicable disease?

2. Which type of disease, infectious or non-communicable, is responsible for the higher number of deaths across the world?

3. What are three ways to reduce your chance of contracting an infectious disease?

4. What are some important factors that contribute to chronic disease?

Lesson 3: Healthy Body (2 Days)

Getting Started

? Big Ideas

- Some diseases are spread from person to person while others are a result of lifestyle or genetic factors.
- Good sanitation and healthy practices can help prevent the spread of disease.
- Protecting your hearing and your skin are important parts of safeguarding your health.

Facts and Definitions

- A **communicable disease** is an infectious disease; pathogens that cause the disease can be spread from one organism to another.
- A **pathogen** is a germ that causes disease.
- A **chronic disease** is a disease with a long-term duration and generally slow progression.

⦿ Skills

- Understand wellness, disease prevention, and recognition of symptoms. (S)
- Explain the increase of incidence of disease and mortality over the last decades. (S)
- Differentiate between communicable and chronic diseases. (S)
- Recall symptoms associated with common communicable and chronic diseases. (S)
- Select methods of prevention based on the modes of transmission of communicable diseases. (S)
- Explain methods of protecting eyes and vision. (S)
- Summarize protective measures for ears and hearing. (S)
- Explain environmental, psychological, and social factors affecting excessive sun exposure. (S)

Introducing the Lesson

In this lesson, your child will think about the causes of communicable and chronic diseases. He will explore ways to maintain healthy practices to protect his body.

Reading and Questions (Answers)

1. What is the difference between an infectious disease and a non-communicable disease?
 - An infectious disease can be spread, either from person to person or through a carrier such as a mosquito. A non-communicable disease cannot be spread.
2. Which type of disease, infectious or non-communicable, is responsible for the higher number of deaths across the world?
 - Non-communicable diseases are responsible for more deaths than infectious diseases.
3. What are three ways to reduce your chance of contracting an infectious disease?
 - Answers may include washing hands, staying home when ill, getting vaccinated, preparing food safely, traveling wisely.
4. What are some important factors that contribute to chronic disease?
 - Tobacco use, poor diet, physical inactivity, and harmful alcohol consumption all contribute to chronic disease.