

JAN 26.
2010

2009-2010 HEALTH LESSON PLANS

Highest week of
teaching 4th graders
about Germs

ROTATION WEEK # 3

GRADE 4 HOMEROOM Schnur, Mun,
WYSONG

DAY 1

MAIN IDEA:

Germs Unit

LESSON:

Text - pg D-37 Ask: what do you know?
D38 - read this page and then do Circle Start using baby powder for
D39 - read 1st paragraph only - discuss demo

Book - Germs Are Not For Sharing - show pictures of germs on
door, table, etc.

(Talk about the week)

DAY 2

MAIN IDEA:

Germs - Pathogens - (1st Review day's lesson before)

LESSON: Read + discuss pgs D39-D42

Show T in disease book - Communicable - (briefly non-communicable - done in 7th grade)
Discussions include: handwashing after restrooms, athlete's foot,
jock itch.

T #1, 2 and 4 -

DAY 3

MAIN IDEA:

Germs DVD - Bill Nye The Science Guy

LESSON: 26 min.

Discuss DVD and main ideas from the past 2 days
Germs lesson.

DAY 4

MAIN IDEA:

DVD: Cells

LESSON: 26 minutes - Make sure VCR button is set to DVD

We have learned about cells. - this movie goes into more
detail. Discuss the movie and what they have learned this week.
Begin Reading the movie "Germs Make Me Sick" Please mark
where you left off. (Book is on the whiteboard tray)

DAY 5

MAIN IDEA:

Germs Unit - last day - all sit on carpet

LESSON: ① Finish reading "Germs make Me Sick" book

② Read + Discuss the book "Body Battles"

Pass-out hand-outs for class to put into their folders on
what they have learned this week about the Communicable
diseases, hand-washing



What Are Germs?

Our bodies are pretty amazing. Day after day, they work hard — digesting food, pumping blood and oxygen, sending signals from our brains and our nerves, and much more. But there is a group of tiny invaders that can make our bodies sick — they're called germs.

Some kids may think that germs are bugs or cooties or other gross stuff. Actually, germs are tiny organisms, or living things, that can cause disease. Germs are so small and sneaky that they creep into our bodies without being noticed. In fact, germs are so tiny that you need to use a microscope to see them. When they get in our bodies, we don't know what hit us until we have symptoms that say we've been attacked!

What Types of Germs Are There?

Germs are found all over the world, in all kinds of places. There are four major types of germs: bacteria, viruses, fungi, and protozoa. They can invade plants, animals, and people, and sometimes they make us sick.

Bacteria (say: **back**-teer-ee-uh) are tiny, one-cell creatures that get nutrients from their environments in order to live. In some cases that environment is a human body. Bacteria can reproduce outside of the body or within the body as they cause infections. Some infections bacteria cause include sore throats (tonsillitis or strep throat), ear infections, cavities, and pneumonia (say: new-**mo**-nyuh).

But not all bacteria are bad. Some bacteria are good for our bodies — they help keep things in balance. Good bacteria live in our intestines and help us use the nutrients in the food we eat and make waste from what's left over. We couldn't make the most of a healthy meal without these important helper germs! Some bacteria are also used by scientists in labs to produce medicines and vaccines (say: **vak**-seens).

Viruses (say: **vy**-rus-iz) need to be inside living cells to grow and reproduce. Most viruses can't survive very long if they're not inside a living thing like a plant, animal, or person. Whatever a virus lives in is called its host. When viruses get inside people's bodies, they can spread and make people sick. Viruses cause chickenpox, measles, flu, and many other diseases. Because some viruses can live for a while on something like a doorknob or countertop, be sure to wash your hands regularly!

Fungi (say: **fun**-guy) are multi-cell (made of many cells), plant-like organisms. Unlike other plants, fungi cannot make their own food from soil, water, and air. Instead, fungi get their nutrition from plants, people, and animals. They love to live in damp, warm places, and most fungi are not dangerous. An example of something caused by fungi is athlete's foot, that itchy rash that teens and adults sometimes get between their toes.

Protozoa (say: pro-toh-**zoh**-uh) are one-cell organisms that love moisture and often spread diseases through water. Some protozoa cause intestinal infections that lead to diarrhea (runny poop), nausea, and belly pain.

What Do Germs Do?

Once germs invade our bodies, they snuggle in for a long stay. They gobble up nutrients and energy, and can produce toxins (say: **tak**-sinz), which are like poisons. Those toxins can cause symptoms of common infections, like fevers, sniffles, rashes, coughing, vomiting, and diarrhea.

Good for You!

Working Together to Keep Our Youth Healthy Family Resource

Immune System

We have also learned about cells that cause disease, called germs, and cells that fight disease. Our bodies have a wonderful system for fighting germs that get into the body. It is called the immune system. Our blood is a very important part of the immune system. The white blood cells in the blood fight and kill germs, so we don't get sick every time a germ comes near. The white blood cells also kill germs that have made us sick, so we get well again. However, there are many ways we can help our immune systems keep us healthy.

We learned many ways to avoid germs and help the body fight germs:

- Wash hands often.
- Get vaccinations.
- Eat fresh and nutritious foods, drink pure water, and exercise regularly.
- Wash cuts and scrapes.
- Cover the nose and mouth when coughing or sneezing, so others don't get germs.
- Never use illegal drugs.

Handwashing

Handwashing is the best way to stop the spread of germs. Good handwashing means rubbing your hands together under running water, for at least seventeen seconds. Discuss with your child the times it is especially important to wash hands.

Some examples are:

- After using the bathroom
- Before and after eating
- Before and after preparing food
- After coughing or sneezing into your hand
- After handling a pet

Immunizations

Be sure your child has had all the recommended shots to protect him/her against diseases that are common in this country. These shots, called immunizations, cause your child to become immune to the germs that could otherwise make him/her very sick.

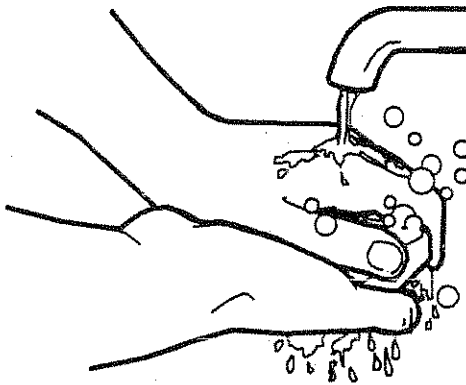
If you have questions about whether or not your child's immunizations are up-to-date, call your family doctor or your local health department.

Your local health department offers free immunizations for children. They can also tell you which shots are recommended for children and adults.

Wash Those Hands!

The hands are the most important part of our skin to keep clean because they can pick up and spread so many germs. Help your child remember and practice the best way to wash hands:

- G**et your hands wet.
Energetically, use soap and rub your hands together for 20 seconds.
Rinse hands.
Make sure you dry your hands.
Shut off the faucet.



Slowly humming or singing "Happy Birthday" during the "E" step is one good way your child can make sure he or she soaps up long enough to kill the germs.



Hand sanitizers are handy for cleaning hands if you are traveling or in a place without water. For hand sanitizers to work, you need to purchase one with at least 60% alcohol. Because of the alcohol content, this product should be used with adult supervision. It should never be left out where children can access it without an adult present.

Setting and Reaching Goals for Keepin' Clean

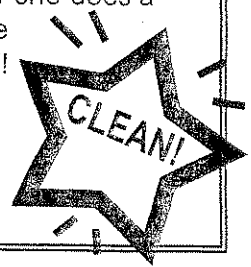
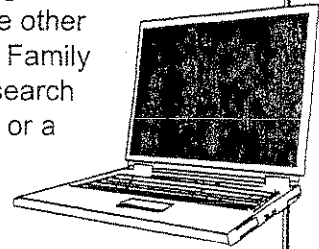
In class today, your child made a plan to do one thing better or more often to keep clean. We talked about these steps that help people plan and achieve goals:

- Develop a clear goal—one you can reach.
- List steps for reaching the goal.
 - when you will act on the steps
 - any materials you will need
 - who can help
- Keep track of how you are doing and make changes if you need to.
- Evaluate whether you met the goal.

Ask your child to show you his or her goal-planning worksheet. Students will be reporting to the class next week about their progress. Help your child carry out the plan during the next week. Encourage him or her to mark a checkmark on the worksheet for each day when he or she does a step from the plan. You may want to come up with a small, fun reward to help motivate your child to keep making progress. Then celebrate when he or she achieves the goal!

You can also talk about other types of goals your child might want to set and achieve related to keeping clean or other issues. Goal setting is a great skill that will help your child throughout his or her life.

Visit the "Family Corner" on the Educational Materials Center website at www.emc.cmich.edu/family. You will find a checklist you can use to see if your child is doing all of the steps for washing his or her hands. There are other resources in the Family Corner, too. Research children's books or a health topic of interest to you. Take a look!



Keepin' Clean

In class recently, we talked about some important reasons to keep our bodies clean:

- Keep us and those around us from getting sick.
- Help prevent or eliminate body odors.
- Keep our teeth healthy and our breath fresh.
- Take good care of our skin, hair, and nails.
- Make us feel confident.
- Set a good example for others.



We discussed how to keep four parts of the body clean and healthy. Help your child as needed to develop these good habits for body care.

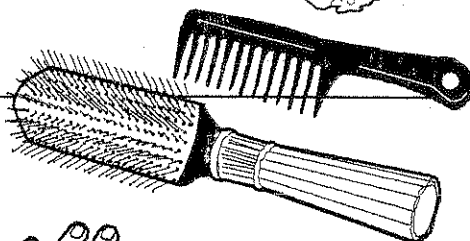
Skin

- Wash hands often.
- Take baths or showers.
- Be "sun" safe.



Hair

- Wash hair.
- Brush hair.



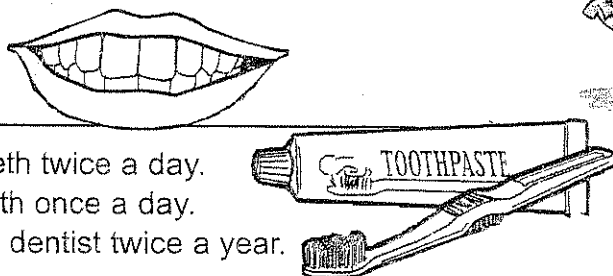
Nails

- Wash with soap and water.
- Use a special nail brush.
- Trim nails with adult help.



Teeth

- Brush teeth twice a day.
- Floss teeth once a day.
- Go to the dentist twice a year.



Take Care of Skin by Being Sun Safe

Help your child stay safe from the effects of the sun's rays. Use these ideas from the American Cancer Society.

- "Slop" on sunscreen with a SPF of 15 or higher 30 minutes before going out in the sun and reapply it often.



- "Slip" on clothing that covers the skin, such as a long-sleeved shirt and pants.



- "Slap" on a wide-brimmed hat to cover the head, face, neck and ears.



- "Wrap" on sunglasses with 99–100% UV absorption.



- Seek shade.



- Avoid the midday sun: 10:00 am to 4:00 pm.





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How do doctors figure out what germs are doing? They take a closer look. By looking at samples of blood and other fluids under a microscope or sending these samples to a laboratory for more tests, doctors can tell which germs are living in your body and how they are making you sick.

How Can You Protect Yourself From Germs?

Most germs are spread through the air in sneezes, coughs, or even breaths. Germs can also spread in sweat, saliva, and blood. Some pass from person to person by touching something that is contaminated, like shaking hands with someone who has a cold and then touching your own nose. So the best way to protect yourself from germs is to steer clear of the things that can spread them:

Cover your nose and mouth when you sneeze and cover your mouth when you cough to keep from spreading germs.

Remember the two words germs fear — soap and water. Washing your hands well and often is the best way to beat these tiny warriors. Wash your hands every time you cough or sneeze, before you eat or prepare foods, after you use the bathroom, after you touch animals and pets, after you play outside, and after you visit a sick relative or friend.

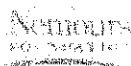
Using tissues for your sneezes and sniffles is another great weapon against germs. But don't just throw tissues on the floor to pick up later. Toss them in the trash and, again, wash your hands!

Now that you know the facts about germs, you may still pick up a cough or a cold once in a while, but you'll be ready to keep most of those invading germs from moving in.

Reviewed by: Mary L. Gavin, MD

Date reviewed: May 2006

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My Plan for Keepin' It Clean!

How Am I Doing?: Put a check mark under each day you take a step toward meeting your goal.

Planning: Fill this in to make a plan for reaching your goals.

Part 1: Set a goal.		Part 2: List steps for reaching the goal.					Part 3: Keep track of how I am doing						Part 4: Evaluate.
MY GOAL	Steps for reaching my goal.	By when? or How often?	Materials I need?	Who can help?	S	M	T	W	T	F	S	Did I reach my goal? Circle one.	
I want to do this better or more often:												YES	
												NO	



Hand Washing

Directions:

- Think about washing your hands.
- Answer the questions by putting an "X" in the column that tells how often you do the action.

Do you...	Always	Sometimes	Never
Do you g et your hands wet with running water?			
Do you e nergetically use soap and rub your hands together for 18 to 20 seconds?			
Do you r inse and let the water drip into the sink?			
Do you m ake sure you dry your hands on an individual towel or paper towel?			
Do you s hut off the faucet with the used paper towel and use it to open the door; then, throw the towel away?			

Name _____

Date _____

LESSON 1

Develop
Vocabulary

Diseases That Spread

Extra: Did not do in 2010

Directions: Use the clues to complete the puzzle.

Across

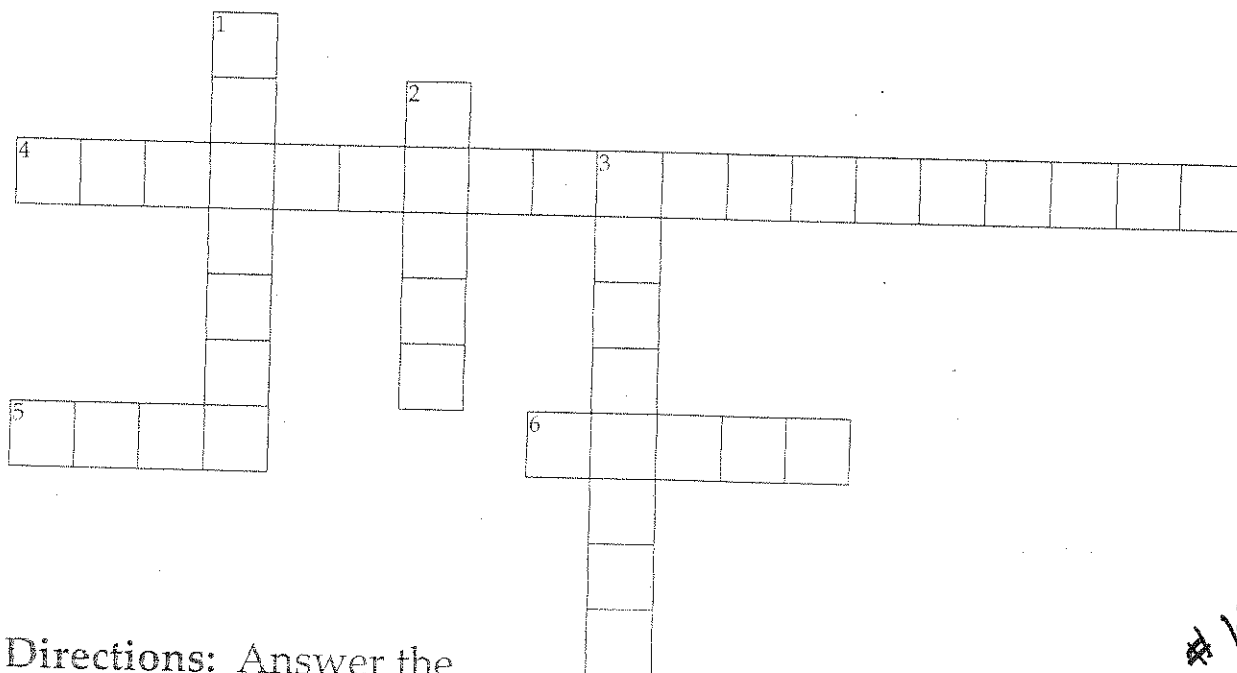
4. An illness that can be spread to people or other living things or the environment
5. A tiny particle that can cause disease
6. A body temperature that is higher than normal

Down

1. A change in your body that is a sign of disease
2. A very tiny particle that can reproduce only when it is inside a living cell
3. One-celled germs

Vocabulary

bacteria
communicable disease
fever
germ
symptom
virus

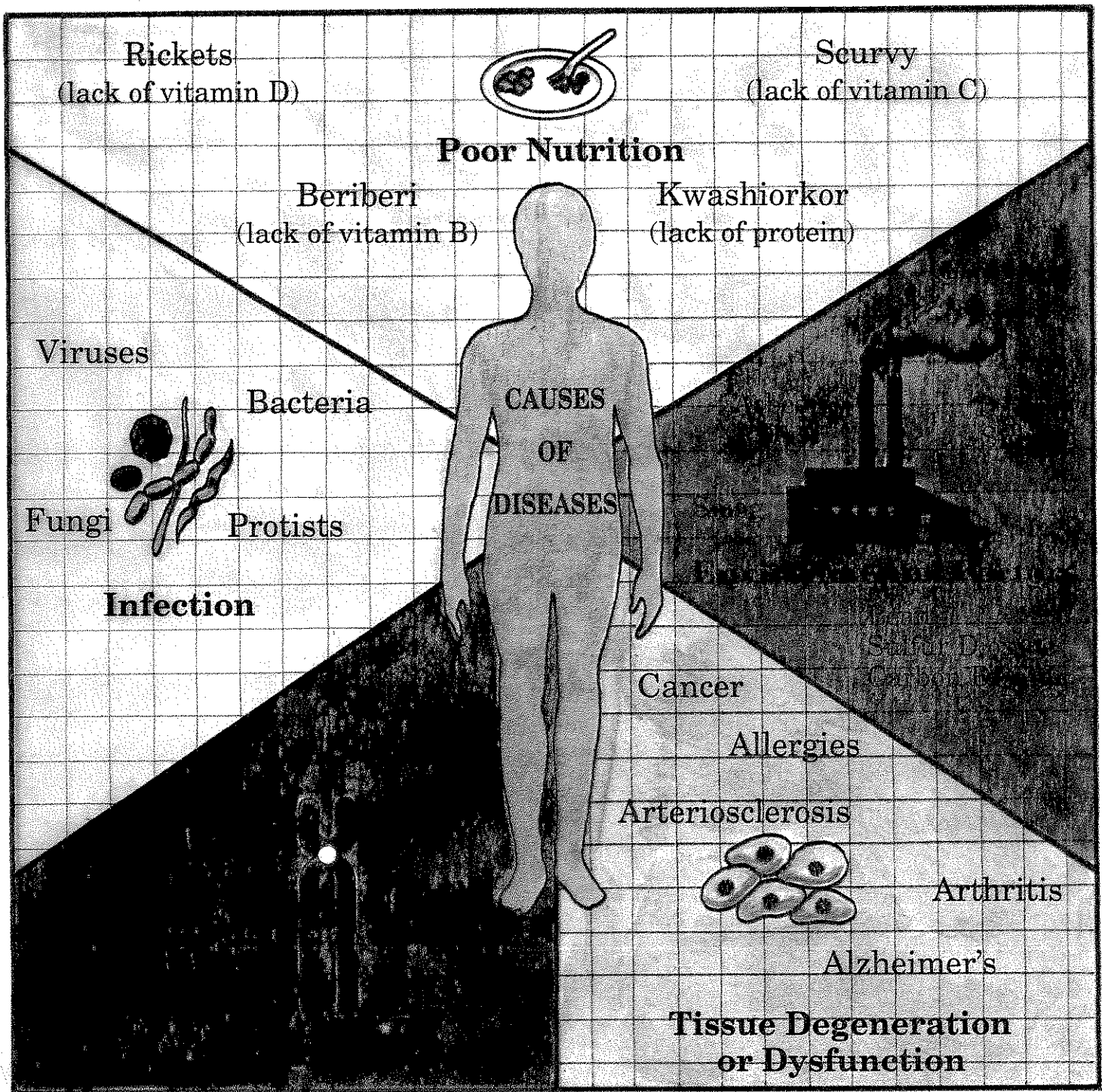


Directions: Answer the questions on the lines provided.

7. Name two ways germs enter your body through skin.

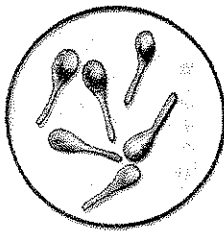
Hm #121

Disease is an abnormal condition that prevents the body from functioning normally.



Communicable diseases are those diseases that can be spread from an infected person to a healthy person.

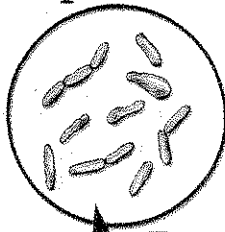
Organisms Responsible for Infectious Diseases



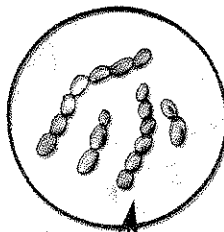
Tetanus



Diphtheria



Food
Poisoning

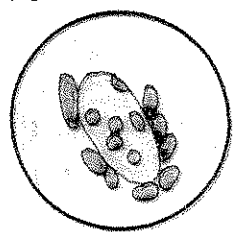


Strep
Throat

Bacteria

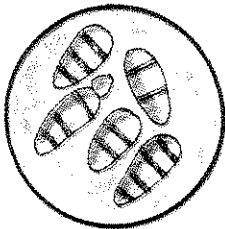


Tuberculosis

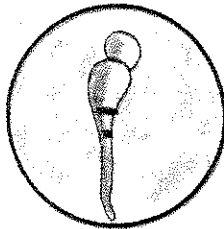


Rocky Mt.
Spotted Fever

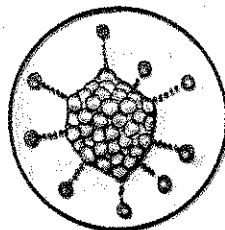
Fungi



Athlete's
Foot

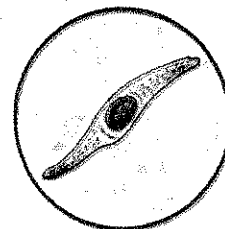


Ringworm

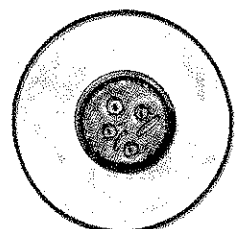


Common
Cold

Viruses

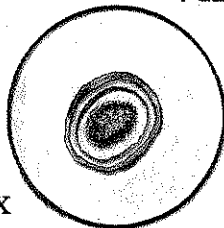


Malaria

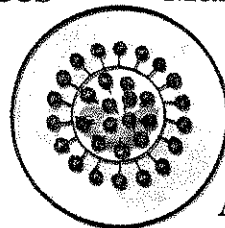


Dysentery

Protists

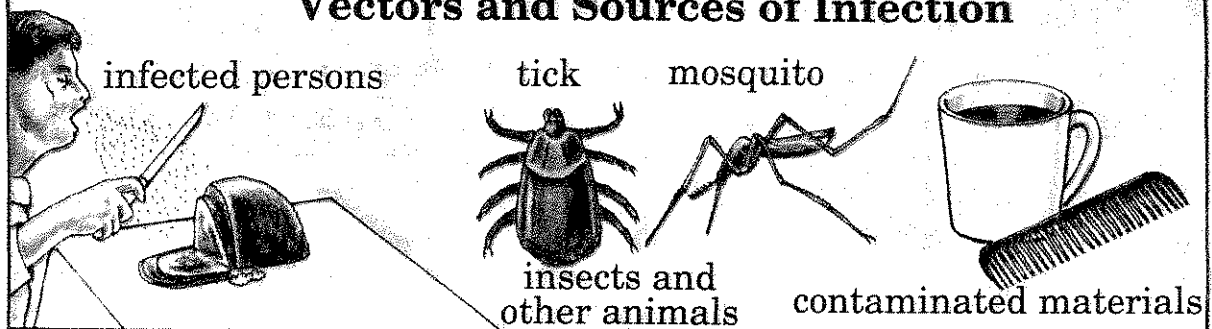


Smallpox

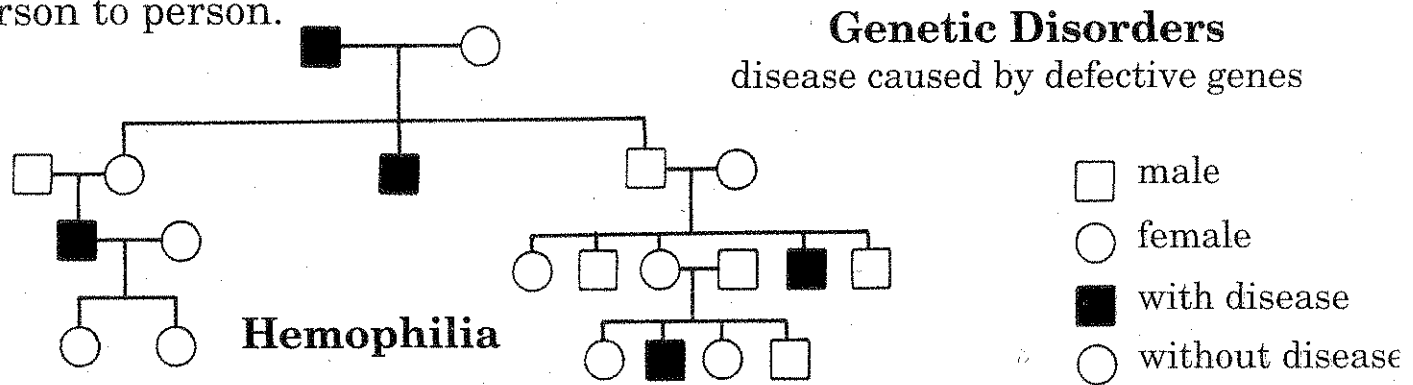


AIDS

Vectors and Sources of Infection



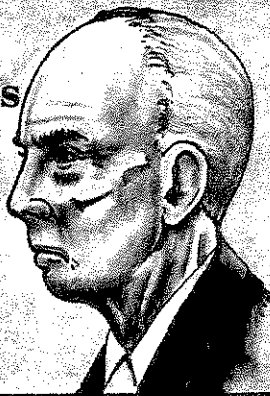
Noncommunicable diseases are those diseases that are not spread from person to person.



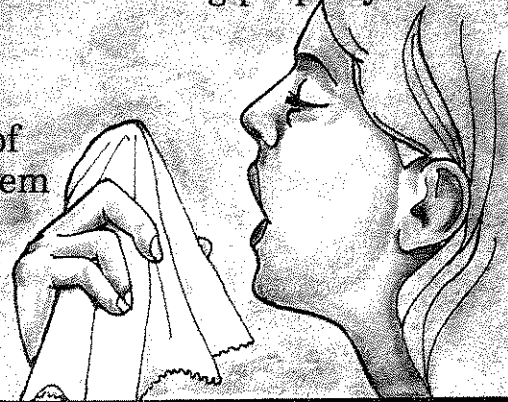
Tissue Degeneration or Dysfunction

disease caused by body parts wearing out or not functioning properly

Alzheimer's
degeneration
of brain cells

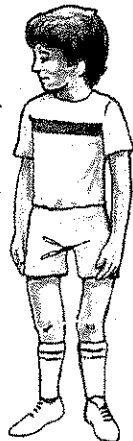


Allergies
dysfunction of
immune system

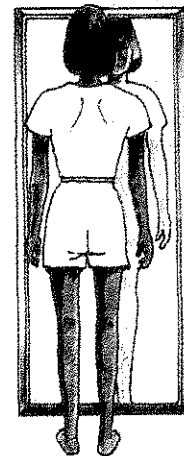


Nutritional Disorders

disease caused
by eating the wrong
kinds or wrong
amounts of foods



Rickets
lack of vitamin D



**Anorexia
and Bulimia**
eating disorders