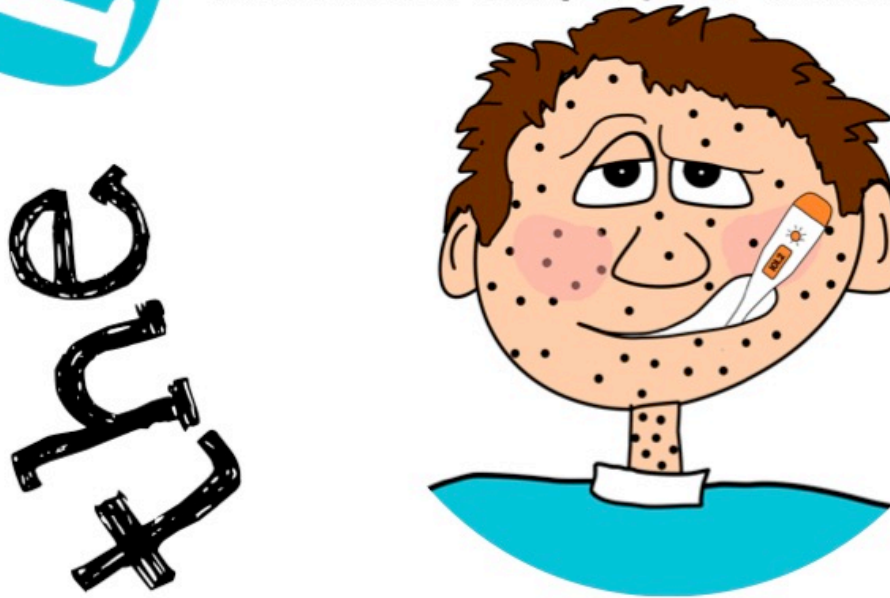


Lesson #1



For
Infection



Table of Contents

- Suggested Lesson Plans
- Lesson #1 Objectives written as “I can...” statements
- Disease name cards for Opening Activity
- Disease name cards answer key
- Anchor chart heading labels
- Let’s Learn About Disease Informational Reading Brochure (2 pages)
- Closing activity - “I have... Who has...” game

Lesson Overview

Approximate time needed: 1 hour

OPENING ACTIVITY- Class creates a t-chart showing contagious and non-contagious diseases. Prior knowledge is activated and also serves as an informal pre-test.

LESSON - Teacher briefly shares lesson objectives and introduces communicable and non-communicable diseases before students are given the informational reading brochure. The brochure contains vocabulary, informational passage, BEFORE reading, DURING reading, and AFTER reading tasks. Suggestions for differentiation are included. After reading, teacher leads a whole class discussion and anchor chart is revisited and improved with facts and details from the reading.

CLOSING ACTIVITY - Students play a “I have... Who has...” game.

About This Resource

Health standards differ from state to state. Because of this, I chose to write these lesson plans around “objectives” rather than “standards”. While researching for the writing of the health articles, I focused on standards from my state while also looking at the National Health Education Standards. I got my information from many reputable websites.

This lesson is a companion lesson to:

Lesson #2 - Let's Learn About GERMS

Lesson #3 - Let's Learn about HEALTHY HABITS for Staying Well

**These three lessons are compiled into a mini-bundle which also includes an assessment covering all three lessons and a gradebook page listing all of the objectives.

More “For the HEALTH of it!” lessons are on the way. If you would like notification when one is published, please follow Literacy Loves Company on TeachersPayTeachers.com. All newly published resources are 50% off for the first 48 hours!

Lesson #1 Communicable and Non-Communicable Diseases

Objective: Ss will be able to explain the difference between communicable and non-communicable diseases and give examples of both. Ss will be able to identify general causes of disease and methods of prevention.

Materials Needed:

- Disease Cards (24) - Print and cut up into cards
- tape
- T-Chart
- contagious/not contagious communicable/non-communicable chart headers - Print and cut
- Disease Brochures - Copy front to back - one for each student - students need pencils, glue sticks and colored pencils or crayons
- health notebooks/folder
- I have... Who has... game cards printed and cut out.

Opening Activity:

Tell Ss that today they are going to be learning about diseases. Ask them to share at their group what they already know about disease. While they are talking, hand out disease cards to students. There are 24 so some students may have to share. Ask them to keep their cards private. After ending their table discussions, show Ss the T-Chart labeled contagious/not contagious and ask Ss to quietly think about which column their disease would go in. One at a time, have each student come up and tape their card on the t-chart under one heading or the other. If they are unsure, decide if you want them to guess or tape outside the chart.

Lesson:

Explain that today we are going to learn about communicable and non-communicable diseases. Replace the chart headings with the terms communicable and non-communicable leaving the definitions still showing if possible. Explain that communicable diseases are illness that people and animals can spread to other people. Non-communicable diseases are not spread from person to person. To learn more about these two types of diseases, they will be reading a passage and completing tasks before, during, and after they read.

Hand out the sheets and model for students how to fold the brochure. After opening the cover panel, the right side panel has instructions for what to do BEFORE reading. Since this is their first brochure, you might want to complete this section together. The second section (still right side panel) has a key for coding the text. Go over this with your Ss and model for them how to code the text in the margins. There is also space to write 3 questions they might have about their reading. These will be shared at the end of the lesson. Once the panel is fully open, the left side is the reading passage and the right side is the AFTER READING section. This is to be completed after they have finished reading. These questions are based on the objectives and the answer are a good informal assessment.

****DIFFERENTIATION:** Read as a whole class and have individuals code their own brochures, pull a small group and read together. Have Ss read w/ a partner. Extend or challenge by having Ss create a brochure or flyer about a disease.

After Ss have finished their reading, gather them back together and discuss any questions that they have about the information. Let Ss share their text coding in small groups or with a partner. Ask them to share any parts they thought were WOW or new information.

Bring Ss attention back to the T-Chart from the beginning of the lesson. Are there any diseases that we should move from one side to the other? What did we learn about communicable and non-communicable diseases that we can add to our t-chart?

Either collect the brochures or have your Ss glue them into their health journals.

Closing Activity - I Have... Who Has...

This is a great activity to cement vocabulary and concepts from the reading and lesson. Group Ss in pairs and pass out the I HAVE... WHO HAS... cards (16 cards). One to each pair. There may be extra cards, make sure all cards are in play. Call on one student/pair to begin. To add more action, have the readers stand or go to the front of the room. The first pair reads their card and the pair with the answer stands and reads their card. This continues until the first pair's definition is read coming full circle.

Lesson #1 Objectives

- I can explain the difference between communicable and non-communicable diseases.
- I can give examples of communicable and non-communicable diseases.
- I can identify general causes of disease and methods of prevention.

Disease Name Cards

Common
Cold

Allergies

Influenza

Asthma

Cancer

Strep
Throat

Heart
Disease

Pink Eye

Diabetes

Ear
Infection

Mumps

AIDS

Chicken
Pox

Stroke

Rabies

Appendicitis

Alzheimer's

Zika

Ear
Infection

Pneumonia

Fibromyalgia

Ebola

Hepatitis B

Measles

Disease Name Cards - Answer Key - Communicable in RED

Common
Cold

Allergies

Influenza

Asthma

Cancer

Strep
Throat

Heart
Disease

Pink Eye

Diabetes

Ear
Infection

Mumps

AIDS

Chicken
Pox

Stroke

Rabies

Appendicitis

Alzheimer's

Zika

Cholera

Pneumonia

Fibromyalgia

Ebola

Hepatitis B

Measles

contagious
can catch it from other people

not contagious
can't catch it from other people

communicable

non-communicable

-Before Reading-

- T or F - I have never had a disease.
- T or F - It is important to wash my hands.
- T or F - Cancer is contagious.
- T or F - All diseases are caused by germs.

What I already Know

- _____
- _____
- _____

-During Reading-

Code the Text

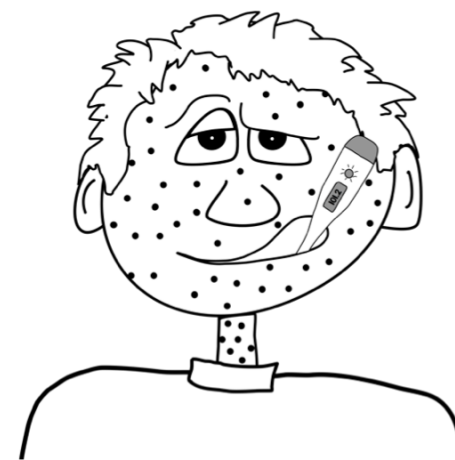
- ☆ - Important information
- ? - I have a question.
- ?? - I am confused.
- ! - WOW! This is surprising or interesting.
- ✓ - I already knew this information.
- L - I learned something new.

Questions I have about the information:

- _____
- _____
- _____

Let's Learn About...

DISEASE COMMUNICABLE & NON-COMMUNICABLE



Vocabulary:

- disease
- symptom
- communicable
- vaccine
- susceptible
- non-communicable

It's 7:30 in the morning and Jack's alarm is telling him that it is time to get up and ready for school. Jack groans, reaches over, and pushes the snooze button. He feels awful! His nose is running, his throat hurts, and he was coughing all night. Unfortunately for Jack, he is showing symptoms of a disease.

A disease is an illness that impairs or prevents the body from working normally. A person who has a disease usually shows symptoms or signs of the disease such as coughing or fever. Some diseases have symptoms that are not as easily recognizable and require medical professionals and tests to determine.

There are some diseases that are quite common and chances are you have had one. Illnesses such as the common cold, influenza, and chicken pox happen frequently and most people will contract one of these diseases at least once in their lifetime.

Why do these diseases occur so often? These illnesses are examples of

communicable diseases.

Communicable diseases are caused by germs and can be transferred from person to person or animal to person. This means that a person who is sick can spread the germs to others. These germs can be spread through the air by coughing or sneezing. They can also be transmitted by direct contact with an infected person's body fluids or fecal matter.

Now that you know how communicable diseases are spread, it is important that you know how to protect yourself from becoming infected. Also, if you are suffering from symptoms of an illness, you should do what you can to prevent spreading germs to others.

Luckily, there are things you can do to lower your risk of becoming ill from a communicable disease. Washing your hands often, avoiding contact with people who are showing symptoms such as coughing or sneezing, and making sure you are not sharing water bottles, food, or personal items with others are a few ways to lower your risk. There are also vaccines, such as the flu shot that

help your body be less susceptible, or vulnerable to certain germs.

If you, yourself, are sick, do your best to not spread the illness. In addition to the healthy habits listed above, you should stay home and away from the public if you are showing symptoms of an illness.

Not all diseases are contagious. Diseases that aren't spread from person to person are called non-communicable diseases.

Examples of non-communicable diseases are diabetes, cancer, and Alzheimer's. These types of diseases are often caused by genetics and lifestyle. Many non-communicable diseases are preventable through healthy lifestyle choices such as proper nutrition, avoidance of tobacco and alcohol, maintaining a healthy weight, and being active. This is one of the reasons it is important to live a healthy lifestyle and take care of yourself.

Diseases are a fact of life, but with a little awareness and healthy habits, you can reduce your risk.

-AFTER READING- Vocabulary - Color it

- Red - the word that means a disease that is not spread from person to person.
- Blue - the word that means a sign or evidence of something.
- Yellow - the word that means an illness that affects the body so that it does not function properly.
- Green - The word that means injections given to help prevent disease.
- Purple - The word that means an illness that is contagious.
- Orange - the word that means to be easily affect or harmed by something.

Answer It

What is the difference between communicable and non-communicable diseases? _____

Give examples, not mentioned in the article, of:

communicable diseases

1. _____
2. _____

non-communicable disease

1. _____
2. _____

Name three things you can do to prevent yourself from getting a disease.

1. _____
2. _____
3. _____

Closing Activity - I have, Who Has game

I have DISEASE.
Who has a sign or
evidence of a
disease?

I have SYMPTOM.
Who has a
disease spread
by mosquitos?

I have ZIKA.
Who has word that
means to be vulnerable
to disease?

I have SUSCEPTIBLE.
Who has the cause
of contagious
diseases?

I have GERMS.
Who has the word
that means a shot
given to help prevent
a disease?

I have VACCINE.
Who has a way to
help prevent
communicable
disease.

I have WASH HANDS.
Who has a disease
suffered by the
pioneers?

I have CHOLERA.
Who has a word
that means a
disease that is
not contagious?

I have NON-
COMMUNICABLE.
Who has a disease
with symptoms of a
red bumpy rash?

I have CHICKEN POX.
Who has the word
that means a person's
temperature is above
normal?

I have FEVER.
Who has a loud
expel of air from
the lungs with a
sharp sound?

I have COUGH.
Who has another
name for the flu?

I have INFLUENZA.
Who has the word
that means a
contagious
disease?

I have
COMMUNICABLE.
Who has another
word for
communicable?

I have INFECTIOUS.
Who has a non-
communicable disease
that can make it
difficult to breath?

I have ASTHMA.
Who has a word that
means an illness that
impairs the body from
working normally?

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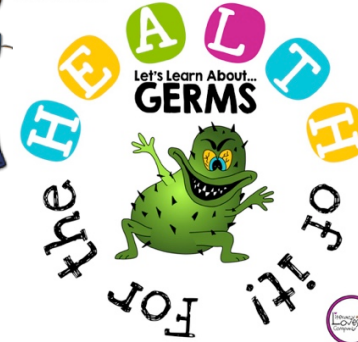


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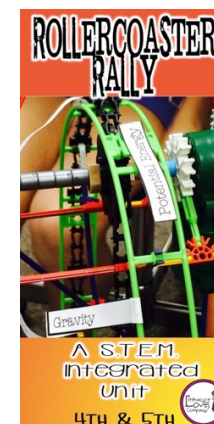
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