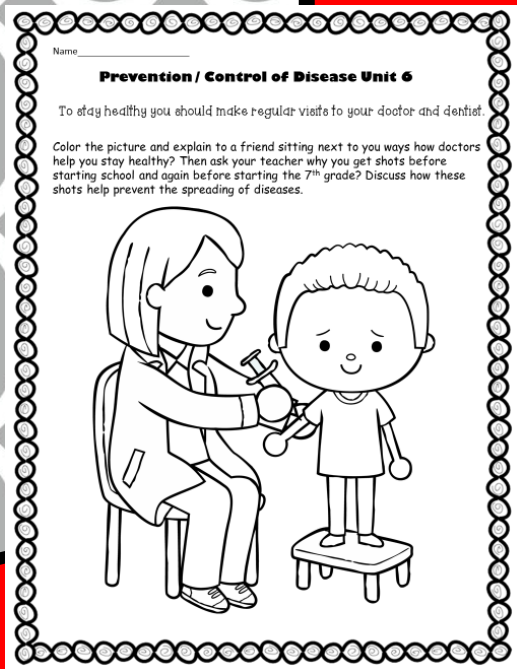
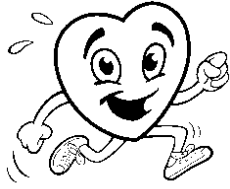


2nd grade Prevention/ Control of Disease Unit 6



- Name common illnesses.
- How germs are spread.
- Why we go to the doctor and dentist.
- How to develop healthy habits.





2nd grade Unit 6

Prevention / Control of Disease

Look for other health units in my teacher store, *Kindergarten Treasures*.

Unit 1 Personal Health

Unit 2 Growth and Development

Unit 3 Nutrition and Physical Activity

Unit 4 Substance Use and Abuse

Unit 5 Injury/ Violence Prevention Control and Safety

Unit 7 Environmental Consumer Health

These units can be taught out of order. They are only numbered for your convenience. At the end of each unit, there is an assessment to test students' understanding.

Thank you for your purchase.





Prevention / Control of Disease

Unit 6

Name _____

Prevention / Control of Disease Unit 6

Communicable diseases are diseases that are contagious or can spread to other people such as a cold or the flu. Non-communicable diseases are diseases that you cannot catch such as heart disease or cancer.

Decide if the following diseases are communicable or non-communicable.

Cut and paste into the correct box.

Communicable	Non-Communicable

A bad cough

Heartburn

Runny nose

The stomach flu

Sore throat

Fever

Heart attack

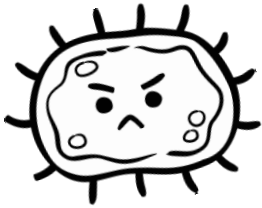
Diabetes

Pink eye

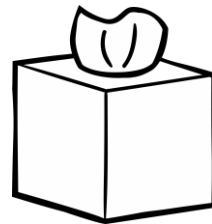
Name _____

Prevention / Control of Disease Unit 6

When you're sick, you can spread your germs to others when you touch people or sneeze on other people. Covering your sneeze helps to control the spread of nasty germs.



1. One way to help cover your sneeze is with a tissue. Sneeze directly into your tissue then throw it away.



Practice sneezing into a tissue to capture your sneeze then throw it away.

2. Another way to stop the spread of your germs is to sneeze into your elbow.



Practice sneezing into your elbow the correct way.

What else can you do to stop the spread of diseases? _____

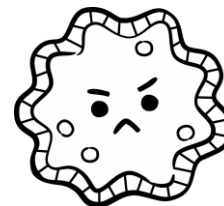
If you sneeze into your hands, what should you do? _____

Name _____

Prevention / Control of Disease Unit 6

Washing your hands helps to prevent the spread of disease and germs.

How to wash your hands



1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



Practice washing your hands
Don't skip any steps

When do you think you would need to wash your hands?

List all the places and situations where you would need to wash your hands.

1. _____
2. _____
3. _____
4. _____
5. _____

Name _____

Prevention / Control of Disease Unit 6

PERSONAL HYGIENE



BRUSH YOUR TEETH

At least twice
a day after
waking up
in the
morning
and
before
going to
bed at night



WASH YOUR HAIR

Wash your hairs often
keep it neat
and tidy by
brushing
and
styling
as often
as you can



WASH YOUR HANDS

- After going to toilet
- Before and after eating
- Playing with animals
- After brushing hairs
- After playing outside



WE KNOW OUR

PERSONAL HYGIENE

TAKE A SHOWER

Take a bath or shower
at least
once a day.
Change
your
underwear
daily



CHANGE YOUR CLOTHES

Wear neat and clean
clothes everyday,
change your clothes
when dirty or wet



CLIP YOUR NAILS

Keep your
nails short
and clean
at all times



Name _____

Prevention / Control of Disease Unit 6

Make healthy goals to better take care of yourself.

Choose three ways you can improve your health and well being from the chart.

Write your 1st goal _____

How will you accomplish this goal? _____

Write your 2nd goal _____

How will you accomplish this goal? _____

Write your 3rd goal _____

How will you accomplish this goal? _____

Name _____

Prevention / Control of Disease Unit 6

To stay healthy you should make regular visits to your doctor and dentist.

Color the picture and explain to a friend sitting next to you ways how doctors help you stay healthy? Then ask your teacher why you get shots before starting school and again before starting the 7th grade? Discuss how these shots help prevent the spreading of diseases.



Name _____

Prevention / Control of Disease Unit 6

You should have your teeth cleaned at least once a year to prevent cavities. Cavities are holes in your teeth.



FIND AND CIRCLE THE
WORDS IN THE PUZZLE.

BRUSH

GUMS

CARE

SMILE

DENTAL

TEETH

DENTIST

TOOTHBRUSH

FLOSS

TOOTHPASTE

K	I	H	M	C	F	K	A	M	E	D	N
F	S	S	S	M	D	E	N	T	I	S	T
Q	Q	U	D	S	R	F	S	O	Q	G	Z
I	M	R	I	A	O	A	Y	S	C	J	I
I	D	B	C	D	P	L	M	C	W	Z	L
K	Q	H	D	H	E	I	F	P	H	T	G
S	U	T	T	G	L	N	B	L	H	E	S
T	U	O	B	E	R	M	T	H	P	E	M
C	O	O	C	T	K	G	B	A	Y	T	U
T	B	T	H	S	U	R	B	C	L	H	G

Name _____

Prevention / Control of Disease Unit 6

Assessment (10 points)

1. What is the difference between communicable diseases and non-communicable diseases? (2 points)

2. Which of the diseases are communicable diseases or diseases that can spread? (3 point)

- a. flu
- b. cold
- c. diabetes
- d. fever

3. Name three ways you can better take care of yourself? (3 points)

1. _____

2. _____

3. _____

4. How can you stop a sneeze from spreading? (1 point)

- a. sneeze into your hand
- b. sneeze into your elbow
- c. sneeze into the air
- d. sneeze onto someone's shirt

5. Explain why you need to see the dentist each year? (1 point)

ACKNOWLEDGEMENTS

Creative Clips Clipart

Mycutegraphics.com

KG Fonts

KPM Doodles

Pink Cat Studios

Dancingcrayon.com

Teaching in the Tongass

Mrs. Orman's Classroom

Google images

Little Red

Whimsy Clips

Educlips.com

Alina Deja Design

*Thank you,
Kindergarten Treasures*