

Learning About Disease

Directions

- Use chapter vocabulary in the Word Bank to complete each **Summary**.
- Read the directions provided to complete each **Lesson Details**.

Word Bank

pathogens	abstinence	symptoms	resistance	seizure
antibodies	vaccine	antibiotic	immunization	immunity
chronic	acute	insulin	infection	aerobic exercise
communicable disease		noncommunicable disease		

Lesson 1 pp. 190-193

Summary A disease, like chicken pox, that can spread from person to person is called a(n) _____. A disease that does not spread from person to person is a(n) _____.

Lesson Details List two ways to show respect for someone with an illness or disability.

- _____
- _____

Lesson 2 pp. 194-199

Summary A fever is one of the _____ of a disease. Tiny organisms or viruses that cause disease are _____. Pathogens growing in the body cause _____. Avoiding behaviors that put your health at risk is _____.

Lesson Details Use the information on page 196 to complete the table. Write one example of a disease caused by each type of pathogen.

Pathogen	Viruses	Bacteria	Fungi	Protozoa
Disease				

Lesson 3 pp. 200-205

Summary _____ made by white blood cells help fight pathogens. The body's ability to remember how to make these is called _____. A(n) _____ can give you immunity to a disease. A(n) _____ kills certain pathogens. Your body's ability to fight pathogens is _____.

Lesson Details Choose four of the following. On a separate sheet of paper write a sentence for each, telling how it protects your body from pathogens.

tears; cilia; saliva; ear wax; mucus; stomach acid; skin

Lesson 4 pp. 206-209

Summary Giving a vaccine in order to prevent disease is called _____.

Lesson Details List two things that might happen during a visit to a doctor's office when you are ill.

Lesson 5 pp. 212-218

Summary Diseases that last a long time are _____. Those that don't last a long time are _____. _____ helps the body cells take sugar from the blood. People with epilepsy sometimes have a _____.

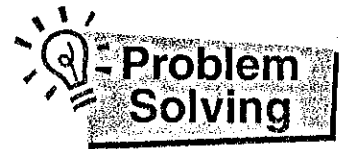
Lesson Details Use the lesson information to complete the table.

Lifestyle Choice	Not using sunscreen	Using smokeless tobacco	Overeating junk foods
Related Disease	skin cancer		

Lesson 6 pp. 220-222

Summary _____ can help manage stress and avoid heart disease.

Lesson Details On a separate sheet of paper, list three healthful lifestyle choices.



Life Skill

Manage Stress**Steps for Managing Stress**

1. Know what stress feels like.
2. Try to determine the cause of the stress.
3. Do something that will help you relieve the feeling of stress. Talk to someone you trust about how you feel.
4. Think positively rather than negatively.

Use the steps to help these students manage stress.

A. Keisha is feeling stressed because she has a violin recital, a track meet, and a gymnastics meet—all next week. She knows she also has to study for several tests that are coming up. Keisha has a headache from the stress she is feeling.

- How can Keisha manage her stress to protect her health?

B. Nate is a talented artist. He has entered drawings in a citywide competition. After he enters his drawings, he feels sick to his stomach. He is sure his drawings won't be as good as others entered in the competition.

- How can Nate stop feeling sick?

Summarize

Pathogens That Cause Disease

Pathogens cause communicable diseases. When a pathogen gets into your body, it can cause an infection. You might start to have symptoms of the disease caused by the pathogen. When you have an infection, your body's immune system makes antibodies to fight the infection.

Bacteria are one-celled organisms that can cause disease. Strep throat, tetanus, and tuberculosis are caused by bacteria. Some bacterial infections can be treated with antibiotics.

Viruses are the smallest pathogens. Viruses are not living things; they can reproduce only in host cells. Colds and chicken pox are caused by viruses. Some viral diseases can be prevented by vaccines.

Fungi are small, simple organisms. Most fungi do not cause disease in humans. Athlete's foot is an example of a human disease caused by fungi.

Protozoa are one-celled organisms. Protozoa are larger than bacteria. Protozoa that affect humans often cause serious disease. Amebic dysentery is caused by protozoa.

Using the graphic organizer, summarize the information about pathogens.

Main Idea:

Details:

Summary:

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=

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 7 of *Harcourt Health and Fitness*, we are learning about

- causes and symptoms of communicable and noncommunicable diseases.
- the function of the body's immune system.
- helping prevent disease by managing stress through positive thinking and relaxation.
- taking responsibility for your own well-being as you get older.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- talking about how a disease has affected someone you know.
- reviewing ways to maintain and support the body's immune system.
- praising your child's efforts to take control of his or her own wellness.

A Family Activity

Heredity plays a role in a number of diseases. Doctors routinely ask if there is a history of certain diseases in a patient's family. Work with your child to fill out the following table of diseases in your family. In the proper column, indicate if anyone in your family has had the disease named on the left. This information will not be shared in class.

Family History

Disease	Father's Side	Mother's Side
Heart disease		
Cancer		
Diabetes		
Other		

La escuela y la casa

Nota para
los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 7 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las causas y síntomas de las enfermedades contagiosas y no contagiosas.
- La función del sistema inmunitario.
- Cómo manejar el estrés y prevenir las enfermedades mediante la relajación y una actitud positiva.
- La necesidad de asumir la responsabilidad por nuestro bienestar a medida de crecemos.



Visite www.harcourtschool.com/health
para encontrar enlaces con recursos en
inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen sobre la forma como una enfermedad ha afectado a alguien que conozcan.
- Repasen las maneras de mantener un buen sistema inmunitario.
- Elógielo cuando demuestre que se está responsabilizando por su propio bienestar.

Actividad familiar

Los factores hereditarios influyen en muchas enfermedades, por eso los médicos siempre preguntan si existen ciertas enfermedades en la familia. Ayude a su hijo(a) a llenar la información que pide la tabla de abajo, escribiendo en la columna respectiva el nombre del familiar que tiene esa enfermedad. Esta información es privada y no se va a divulgar en la clase.

Historia familiar

Enfermedad	Por parte del padre	Por parte de la madre
Enfermedades del corazón		
Cáncer		
Diabetes		
Otra		