



## Grade 4 Sample Lesson Plan: What Am I? Who Am I?

### Objectives/Goals

- The student will be able to
  - identify the difference between communicable and noncommunicable diseases
  - categorize the most common communicable and noncommunicable diseases
  - develop strategies to prevent noncommunicable diseases

### Materials

- [What Am I? Who Am I? Slides/Presentation](#)
- [What Am I? Who Am I? Notes](#)
- [What Am I? Who Am I? Worksheet](#)

### Steps

#### *Prior to*

- This lesson should be presented after students have been taught about communicable diseases.
- See lesson “Spread Love, Not Germs”
- It may also take up more than one class period.

#### *Step 1*

- Slide 2 Give each student a copy of the notes “What Am I? Who Am I?” to be completed throughout the Slides Presentation
- Ask students to explain what a communicable disease is and how it’s spread.
- Explain that today they’ll be learning about noncommunicable or non- ‘spreadable’ diseases.
- Instead of spreading these diseases are CAUSED by something:
  - b. being overweight
  - c. poor eating habits
  - d. environment
  - e. inherited

#### *Step 2*

- Slide 3 Before showing this slide ask them if they can think of any common noncommunicable diseases
- Explain that the 5 most common noncommunicable diseases are:
  - Heart disease – heart, blood vessel
  - Cancer – abnormal cell growth

- Allergies – body sensitivity
- Asthma – breathing, lungs
- Diabetes – processing of sugar, food, glucose

### *Step 3*

- Slide 4 Explain you'll be discussing each of the 5 most common noncommunicable diseases and unfortunately some of them are 1. Chronic – long lasting (many don't go away or take time to go away).

### *Step 4*

- Slide 5 What the video "How the Heart Works"
- And Slide 6 "High Blood Pressure"

### *Step 5*

- Slide 7 2. Heart disease, 3. Narrowing, 4. High

### *Step 6*

- Slide 8 5. Heart healthy habits include A. stay physically active throughout life, B. maintain a healthy weight, C. Don't use tobacco
- 6. Heart disease can be treated with medication that lowers blood pressure

### *Step 7*

- Slide 9 View the video "Cancer Explained"

### *Step 8*

- Slide 10 Cancer is a disease caused by abnormal cells that grow out of control.
- 2. Tumor; A. Benign, B. Malignant

### *Step 9*

- Slide 11 7 Warning Signs that someone should seek medical help
  - Changes in bladder habits
  - A sore throat that does not heal
  - Unusual bleeding
  - Thickening or lump
  - Indigestion or difficulty swallowing
  - Obvious changes in a wart
  - Nagging cough
  - \*It spells caution because someone should take notice of these. Emphasize it doesn't mean someone has cancer, more that they should go to the doctor.
- 4 Ways to treat cancer:
  - Surgery
  - Radiation
  - Chemotherapy
  - Biologic

### *Step 10*

- Slide 12 View the video "Allergies Explained"

### *Step 11*

- Slide 13 1. Allergy is the body's sensitivity to certain substances.
- 5 possible allergens
  - 2. Dust mites – pillows, couches, unclean homes

- 3. Pollen – trees, flower
- 4. Grass – especially freshly cut
- 5. Molds – moist places
- 6. Foods - peanuts, eggs, fish

### *Step 12*

- Slide 14 View the “Asthma Video” and discuss
  - 1. Asthma is when airways become irritated and swollen
  - 2. Allergens
  - 3. Physical activity
  - 4. Cold/damp air
  - 5. Air pollution
  - 6. Inhalers help by providing a medicine that opens up an airway

### *Step 13*

- Slide 15 View the “Diabetes Video” and discuss
  - 7. Diabetes is a disease that prevents the body from using sugar properly
  - 8. Insulin
  - 9. Born with Type I
  - 10. Medication

### *Step 14*

- Give each student a copy of the “What Am I? Who Am I? Worksheet”
- In small groups have students determine what disease is being explained.
- As the directions state, read each disease in number order and try and guess the disease before you read all clues.
- After guessing all the diseases letters A.-I. have them circle the communicable diseases and underline the noncommunicable diseases.

\*This is also the word bank and hints for the disease clues.

## **References**

- Bronson, M.H. (2007). Glencoe Teen Health Course 1
- Stacy Adams, Shaler Area Elementary School

## **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

**DIRECTIONS:** Working in small groups, you will go through the list of clues about communicable and noncommunicable diseases. As you read the information guess what disease is being described. See if you can guess it before you get to the last clue. After you've guessed all the "Who Am I?" diseases, complete the last question about what kind of disease it is in the "What Am I?" section.

## WHO AM I?

**A.**

1. I'm also known as a 'myocardial infarction'
2. About 610,000 people die because of me every year in the U.S.
3. People who are overweight are at higher risk of getting me.
4. I often cause an increase in blood pressure.
5. One symptom you may have – chest pain.
6. I make the heart work extra hard.
7. I can cause someone to have a heart attack.

1. The best way to avoid me is to wash your hands regularly.
2. On average grown-ups are infected with me 2-4 times a year; children 6-8.
3. I can come from 200 different viruses.
4. I am the cause for the most doctor visits every year.
5. Some of my symptoms include a runny nose, coughing, and sneezing.
6. Over the counter medication usually helps, but I tend to go away in a week.

**B.**

1. 235 million people suffer from me.
2. I can last for years or a lifetime.
3. Stress and fear can trigger me.
4. One way to stop me is through inhaling a corticosteroid.
5. I make someone wheeze.
6. I make airways become swollen making it hard to breathe.

**C.**

1. You may be able to pass my virus to someone before you even know you're sick.
2. Anyone can get infected with me.
3. I infect the nose, throat, and sometimes lungs.
4. I spread in tiny droplets from things like sneezing and coughing.
5. I can cause fever, cough, sore throat, and fatigue amongst other symptoms.

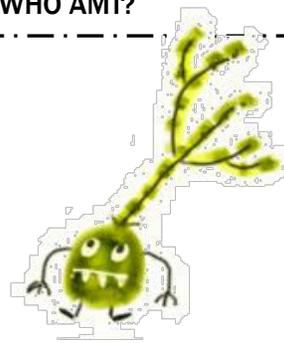
WHO AM I? \_\_\_\_\_

**D.**

1. 1 in 12 people have me.
2. Another name for me is hay fever.
3. I cause a runny nose, watery eyes, and itching.
4. People can find out they have me by getting a bunch of shots in their back.
5. I like to show up more often during the spring and summer.
6. There are 6 possible allergens that cause me.

WHO AM I?

**E.**



1. I usually infect adults with my virus, however I infect children with bacteria.

2. I usually improve within 2-3 days of proper treatment.

3. My main symptoms are redness and swelling.

4. I will infect almost everyone at some point in their life.

5. My long name is conjunctivitis.

6. Eye drops prescribed by a doctor usually cause my death.

WHO AM I? \_\_\_\_\_

F.

6. About 14 million people every year learn they have me.

7. There are more than 100 types of me.

8. I cause 13% of deaths worldwide.

9. Sometimes I can be cured if found early enough.

10. Tobacco use is the main cause of people getting me.

11. I can affect any part of the body.

12. I cause changes in bathroom habits.

WHO AM I? \_\_\_\_\_

G.

1. I cause more than 3 million cases a year.

2. I'll give you a sore throat, fever, and swollen lymph nodes.

3. I am most common in children ages 5-15.

4. I may also cause a red rash to appear on your body called Scarlet Fever.

5. I mainly spread through contact with mucus from the nose or throat of an infected person.

6. My real name: Group A Streptococcus.

WHO AM I? \_\_\_\_\_

H.

1. I'm on the rise and projected to increase 50% over the next 10 years.

2. I can cause bad things like amputation (removal of body part).

3. I can be confused with heart disease or kidney failure.

4. There are 3 types of me, but most people only have the second kind.

5. I can be prevented with moderate physical activity.

6. I'm associated with insulin and sugar.

WHO AM I? \_\_\_\_\_

I.

# What am I?

Circle all the diseases that are COMMUNICABLE DISEASES and underline ones that are NONCOMMUNICABLE DISEASES.

Heart Disease

Allergies

Cancer

Common Cold

Strep Throat

Asthma

Diabetes

Influenza

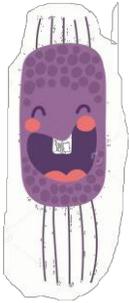
Pink Eye



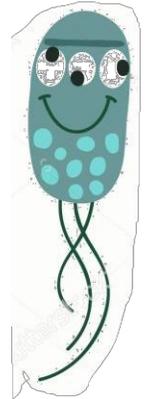


**DIRECTIONS: Complete the notes with the correct definitions/information.**

## There are 3 main causes of noncommunicable diseases:



1. **Poor health habits – examples include...**
  - a. **Lack of physical activity**
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. **Person's \_\_\_\_\_ - like living where there is smog/pollution.**
3. \_\_\_\_\_ - passed from parent to child.

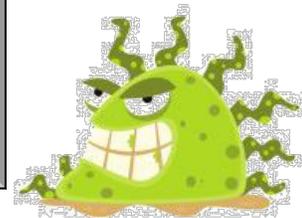


**Let's take a look at the 5 most common noncommunicable diseases!**

HEART DISEASE

CANCER

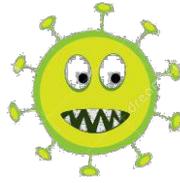
ALLERGIES



DIABETES



# HEART DISEASE



1. CHRONIC:

2. \_\_\_\_\_ is the #1 cause of death in the U.S.

caused by:

3. \_\_\_\_\_ of blood vessels.

Happens when the heart has a hard time doing its job.

4. \_\_\_\_\_ blood pressure.

Happens when the heart is forced to work extra hard.

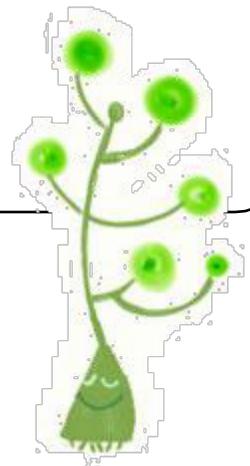
5. List 3 heart healthy habits (pg. 283):

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

6. How can heart disease be treated?





# CANCER

## 1. DEFINE CANCER

2. \_\_\_\_\_ or mass of abnormal cells are either:

A. Noncancerous or \_\_\_\_\_ means they do not spread.

B. Cancerous or \_\_\_\_\_ means they do spread.



### WARNING SIGNS:

Fill-in 'CAUTION' the 7 warning signs that someone should seek medical help

Changes in bladder habits

A \_\_\_\_\_

U \_\_\_\_\_

T \_\_\_\_\_

I \_\_\_\_\_

O \_\_\_\_\_

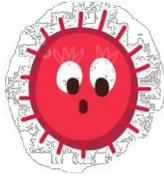
N \_\_\_\_\_

List the 4 ways to treat cancer:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# ALLERGIES



## 1. Define ALLERGY

**Our immune system overreacts to allergens (causes of allergies) as if they were pathogens.**

List 5 more possible allergens:

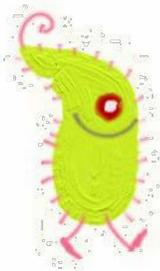
1. Dander from animal fur
- 2.
- 3.
- 4.
- 5.
- 6.





**ASTHMA**

### 1. DEFINE ASTHMA



ASTHMA  
TRIGGERED

can be  
BY:

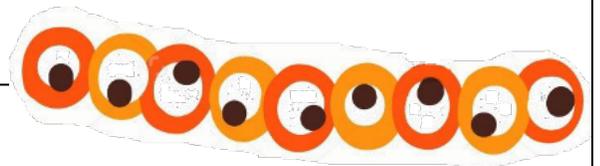
2.

3.

4.

5.

6. What does the medicine in an inhaler do?



**DIABETES**

### 7. DEFINE DIABETES

8. \_\_\_\_\_ is a hormone (or chemical) that normally moves sugars into cells.

9. Explain the difference between Type 1 Diabetes and Type 2 Diabetes:

10. What is the treatment for diabetes?

