

# Chapter 7

## Health and Hygiene

### LESSON PLAN

#### SPECIFIC OBJECTIVES

The students will learn about

- ❖ health and diseases
- ❖ communicable diseases, their types, modes of transmission and prevention
- ❖ noncommunicable diseases, their types, causes and prevention
- ❖ hygiene and its importance
- ❖ ways to keep surroundings clean
- ❖ safe disposal of garbage
- ❖ healthy practices for hygiene

#### Teaching Aids

**Pictures/charts/models/animation** on vector; different types of diseases (as given in chapter); ways to prevent communicable diseases; children suffering from marasmus and kwashiorkor; deficiency diseases; degenerative diseases; cancer; allergy; diseases caused by pollution; ways to prevent noncommunicable diseases; ways to keep surroundings clean; safe disposal of garbage; healthy practices for hygiene

#### Teaching Strategy

- ❖ Teacher will start the chapter by defining health and how to maintain it.
- ❖ Teacher will define disease and its major types.
- ❖ Teacher will describe communicable diseases, their types, agents and modes of transmission, and their prevention.
- ❖ Now, teacher will ask students to solve 'Check Point 1'.
- ❖ Now, teacher will discuss about noncommunicable diseases, their types and prevention.
- ❖ To evaluate the learning of students, teacher will ask them to solve 'Check Point 2'.
- ❖ Now, teacher will discuss about hygiene and ways to keep surroundings clean.

- ❖ Teacher will discuss safe disposal of garbage with the help of Activities 2 and 3.
- ❖ Teacher will discuss healthy practices for hygiene.
- ❖ Now, teacher will ask students to solve 'Check Point 3'.
- ❖ At last, teacher will sum up the lesson by going through the points given under the head 'Wrapping It Up'.
- ❖ Teacher will finally help students to answer the questions given under the head 'Test Yourself'.

### Boost Up

- ❖ Teacher can help students to perform Activity 1 given in the chapter.
- ❖ Teacher can make students revise new terms given under the head 'Know These Terms'.
- ❖ Teacher can encourage students to learn the facts given under the head 'Something More'.
- ❖ Teacher can show animations related to the topics taught, if possible.
- ❖ Teacher should encourage students to abstain from alcohol, tobacco and narcotic drugs.
- ❖ Teacher should encourage students to adopt healthy practices of hygiene to keep surroundings clean so as to lead a healthy life.

### Expected Learning Outcomes

The students understand and know:

- ❖ health and how to maintain good health
- ❖ communicable diseases, their types and modes of spread
- ❖ noncommunicable diseases, their causes
- ❖ prevention of communicable and noncommunicable diseases
- ❖ hygiene and its importance
- ❖ ways to keep surroundings clean
- ❖ healthy practices for hygiene

### Evaluative Questions

The teacher should ask the following questions to evaluate the students:

1. What do you mean by health?
2. What are the types of communicable diseases?
3. How can deficiency diseases be prevented?
4. Which disease is MMR vaccine given against?
5. What is landfilling?
6. What is a green bin used for?