

# Chapter 8

## Allergy

### LESSON PLAN

#### SPECIFIC OBJECTIVES

The students will learn about

- ❖ concept of allergy
- ❖ allergens
- ❖ entry routes of allergens into the human body
- ❖ types of allergies
- ❖ symptoms of allergies and allergic reactions
- ❖ precautions to avoid allergic reactions
- ❖ diagnosis of allergy

#### Teaching Aids

**Pictures/charts/models/animation** on different types of allergens; entry routes of allergens; types of allergies; symptoms of allergies; allergic reactions (as given in the chapter); precautions to avoid allergic reactions; diagnosis of allergy

#### Teaching Strategy

- ❖ Teacher will start the chapter by revising the topics on health, diseases, importance of hygiene, immunity and immune system as taught in previous class.
- ❖ Now, teacher will introduce the concept of allergy and describe what an allergy is.
- ❖ Teacher will discuss allergens and their common types.
- ❖ Now, teacher will discuss the entry routes of allergens and the methods of their entry into the human body.
- ❖ Then, teacher will discuss the types of allergies on the basis of different criteria as given in the chapter.
- ❖ Teacher will discuss symptoms of allergies.
- ❖ Now, teacher will discuss common allergic reactions and precautions to avoid them.

- ❖ Teacher will discuss the methods to diagnose the allergies.
- ❖ Now, teacher will ask the students to solve the 'Check Point'.
- ❖ 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 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.

### Expected Learning Outcomes

The students understand and know:

- ❖ concept of allergy
- ❖ allergens and their entry routes into human body
- ❖ how allergens enter the body
- ❖ types of allergies on the basis of period of appearance
- ❖ types of allergies on the basis of their causative agents
- ❖ common allergic reactions and precautions to avoid them
- ❖ methods for diagnosis of allergies

### Evaluative Questions

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

1. What is immunity?
2. Define allergy.
3. What are allergens? Name some allergens.
4. Name the types of allergies on the basis of their appearance.
5. What are the methods to diagnose allergies?