

# Chapter 8

## Health and Hygiene

### LESSON PLAN

#### SPECIFIC OBJECTIVES

The students will learn about

- ❖ health and diseases
- ❖ communicable or infectious diseases
- ❖ vaccination and immunisation
- ❖ bad habits leading to ill health
- ❖ first aid

#### Teaching Aids

**Pictures/charts/models/animation** on communicable and noncommunicable diseases; agents and modes of transmission of communicable diseases; common vectors; Pulse Polio Immunisation Programme; bad habits leading to ill health; first aid in case of cut and bleeding, sting and animal bite, burns, fracture, sudden unconsciousness, when an object falls in eyes and in case of swallowing poison.

#### Teaching Strategy

- ❖ Teacher will start the chapter by defining health and how to maintain good health.
- ❖ Now, teacher will define the term disease and will discuss the types of diseases.
- ❖ Teacher will discuss some communicable diseases, their agents and modes of transmission.
- ❖ To evaluate students, teacher will ask them to solve 'Check Point 1'.
- ❖ Now, teacher will discuss different ways to prevent diseases.
- ❖ Teacher will define vaccine and its types.
- ❖ Teacher will name some vaccines and the diseases against which they are used.
- ❖ Teacher will define the terms vaccination and immunisation.
- ❖ To evaluate students, teacher will ask them to solve 'Check Point 2'.
- ❖ Teacher will discuss the habits that lead to bad health.

- ❖ Teacher will discuss the harmful effects of using alcohol, tobacco and narcotic drugs.
- ❖ Now, teacher will define first aid and the first aid given for various accidental cases as discussed in the chapter.
- ❖ 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 make students revise new terms given under the head 'Know These Terms'.
- ❖ Teacher can show animations related to the topics taught, if possible.
- ❖ Teacher should discuss the discovery of vaccine.
- ❖ Teacher should discuss Pulse Polio Immunisation Programme and its importance.
- ❖ Teacher should demonstrate the first aid given for various accidental cases as discussed in the chapter.
- ❖ Teacher should make students aware to refrain from drug abuse and other bad habits that lead to unhealthy lifestyle.

### Expected Learning Outcomes

The students understand and know:

- ❖ health and how to maintain it
- ❖ diseases and their types
- ❖ communicable diseases, their agents and modes of transmission
- ❖ vector and its role in spreading diseases
- ❖ preventive measures of diseases
- ❖ vaccine, its discovery, its types and importance
- ❖ difference between vaccination and immunisation
- ❖ name of some common vaccines and their uses
- ❖ harmful effects of alcohol, tobacco and narcotic drugs
- ❖ first aid given for various situations

### Evaluative Questions

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

1. Define health and disease.
2. Name some communicable diseases.
3. What is the role of vectors in spreading communicable diseases?
4. Who discovered vaccine?

5. Name some vaccines and the diseases against which they are used.
6. What are narcotic drugs?
7. What is first aid?
8. What would you do if an object suddenly falls in your eyes?