

### Student learning outcome (SLO):

<ul style="list-style-type: none"> <li>• Importance of Health</li> <li>• Diseases and their types</li> <li>• Causes of diseases</li> </ul>	<ul style="list-style-type: none"> <li>• Ways to purify water</li> <li>• Different methods for prevention from diseases</li> <li>• Balanced diet and its components</li> </ul>
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### Overview:

The main purpose of this lesson is to memories the students about the significance of health, and to make them aware about how to maintain a good hygiene in order to get prevention from diseases.



### Introduction:

Lead the students learn about the transmission of diseases and their prevention,

**'Types of diseases'**

**'Balanced Diet'**

Video of the lecture can be shown to the students as well.

<a href="https://youtu.be/8919Zm8Gi4U?si=OJlcNuyIMm1ej-XD">https://youtu.be/8919Zm8Gi4U?si=OJlcNuyIMm1ej-XD</a>	
<a href="https://youtu.be/YimuldEZSNY?si=jt2qKHVqfgnsreHV">https://youtu.be/YimuldEZSNY?si=jt2qKHVqfgnsreHV</a>	

### Keywords:

Contagious, non-contagious, viral; bacterial, purification, pollution, nutrients, carbohydrates, proteins, vitamins, minerals, vaccination, exercise

### Material:

- Plastic bottle
- Sand
- Cotton
- Scissors
- Gravel

### Activity 1: Filtration of water

- Take a plastic bottle, make a hole in its cap and cut the bottle into two halves under the guidance of your teacher.

- Stuff upper half of the bottle with cotton as shown in the figure.
- Put some sand over the cotton and some gravel over the sand.
- Now the water filter is ready for use. Put muddy water on the top of the filter.
- Collect water in a glass or breaker placed below the filter.

### **Activity 2: How to wash our hands**

- Wet hands under running water.
- Apply soap and rub palm together.
- Make sure soap gets in between fingers.
- Spread the soap lather over the backs of hands.
- Make sure to clean thumbs.
- Circularly rub the tips of your fingers in each palm.
- Rub each wrist with your other hand.
- Rinse with water and dry thoroughly with clean towel.

### **Essential questions:**

Before starting the lesson, ask some questions to explore the background knowledge of students:

1. How diseases can be spread?
2. Differentiate between viral and bacterial diseases.
3. How you get flu?
4. Why we boil water?
5. How can we purify water?
6. What are the factors that make the water unclean?
7. What are the ways to prevent from diseases?
8. What are the components of a balanced diet?
9. What is food pyramid?
10. Why we need to get vaccinated?