

Science /Healthy YOUth / Character Counts
Lesson: Care for You, Care for Me: Infectious Disease

Care for You, Care for Me: Infectious Disease

Lesson At A Glance

Reflection from Prior Knowledge:

- What does it mean to be healthy?
- What types of things can we do to be as healthy as we can be? (exercise, eat well, take care of our mind...)
- What can we do to be a person of 'good character'?

Getting Attention / Opening Activity

- **Germs Are Everywhere (Glitter or Nutmeg)**

Relating Activity to Infection and Illness (5 minutes):

- As anyone here ever had a cold or flu?
- When we you sick, was anyone else in your family?
- Has anyone ever heard of 'germs'?
- What are germs? (very small micro-organisms that we can't see may cause disease)
- How are germs spread?
- Observe and discuss spread of glitter/nutmeg (germs).

Creating a Vision – prevent the spread of infectious disease (Apply)– 15 minutes (Content Delivery)

- ◆ Explain how germs spread.
- ◆ Swiss Cheese Model
- ◆ Practice personal habits/actions to prevent the spread and stay healthy.
- ◆ Demo OR story

Application and Reflection (Away)– 5 minutes

- *Generate Solutions*
- *Practice Personal Habits*

Summarize key points.

☞ We can all do things to keep from spreading germs and stay healthy.

Assessment:

- Popcorn Activity or Booklet

Bridge to Next Lesson: (2 minutes) preview topic



Lesson Details

- Time: 35 - 45 Minutes

• Learners will:

Understand how disease is spread and practice personal actions to prevent the spread.

• Opening Activity:

Germs Are Everywhere

• Closing Activity

Popcorn OR
Booklet

• Handouts:

- I Can Stop...
- Handwashing
- Swiss Cheese model

• Teaching Materials:

- Vaseline and glitter or nutmeg
- Spray Water bottle
- Cornstarch
- Swiss Cheese
- Paper to make booklets (Optional)
- White board or poster/ markers
- Storybook (optional)

