

Health Education Today Preview:

-Diseases Unit -



**National Board-Certified Teachers
with Masters of Education Degrees
and 60+ years of experience** teaching
K-12 PE & Health, with collegiate
athletic and coaching experience!



Created by
Master Teachers!



A family of
educators,
for educators.



Health Education Today

WHY CHOOSE HEALTH EDUCATION TODAY?

Skills

- To help your teens acquire skills and wisdom to be above unhealthy influences.

Content

- To have relevant, inspiring, standards-based and medically accurate lessons.

Ease of Use

- For an editable program where you can choose to print or work online; using step-by-step directions and PowerPoints for visual student lessons!

The Program Meets Health Standards:

Aligned to National, Common Core, and State Standards!

Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects ELA College and Career Anchor Standards https://learning.ccsso.org/common-core-state-standards-initiative		
	Writing Grades 9/10	ELA College and Career Anchor Standards for Writing
1	Write arguments focused on discipline-specific content.	Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.
2	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.	Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
3	Incorporate narrative elements effectively into arguments and informative/ explanatory texts. <i>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. In science and technical subjects, students must be able to write precise enough descriptions of the step-by-step procedures they use in their investigations or technical work that others can replicate them and (possibly) reach the same results.</i>	Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.



Real Teachers' Reviews endorse This program:

- ❖ *"I love this no prep purchase."*
- ❖ *"This purchase was a TRUE life saver and it is very versatile."*
- ❖ *"Comprehensive!"*
- ❖ *"Saved me so much time and planning throughout distance learning!"*
- ❖ *"Absolute lifesaver!"*



File Organization:

< > DISEASES UNIT HS	
Name	
	00 Welcome Letter
	01 Diseases Unit Teacher Directions
	01 Diseases Unit Teacher Directions PDF
	02 Diseases Unit POWERPOINT VERSION
	03 Diseases Unit ONLINE VERSION
	04 Diseases Unit PDF VERSION
> 	05 Supplemental Materials



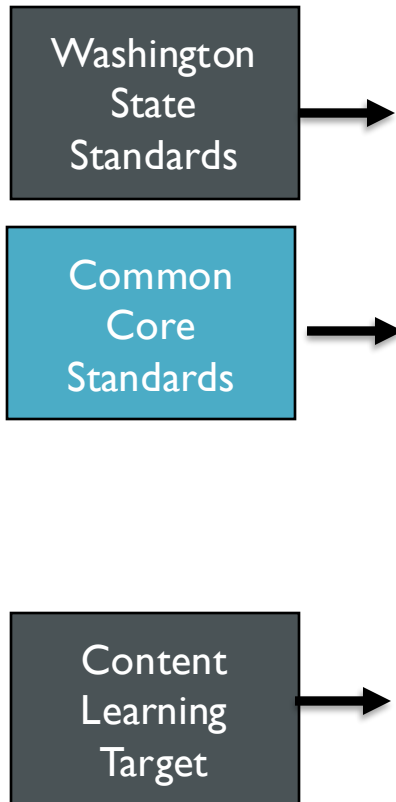
< > 05 Supplemental Materials	
Name	
	01 Diseases Unit Google Drive Master List
> 	02 Standards + Learning Targets
▼ 	03 Extra Large Docs
	Art Project Rubric.docx
	Art Project Rubric.pdf
	Barriers to Fitness.docx
	Barriers to Fitness.pdf
	CANCER Interactive.docx
	CANCER Interactive.pdf
> 	Comm Diseases Card Game
	Comm Diseases Chart Key.docx
	Comm Diseases Chart Key.pdf
	Comm Diseases Chart.docx
	Comm Diseases Chart.pdf
	Communicable Diseases Cut Out.pdf
	Communicable Diseases Cut Out.pptx
	Communicable Diseases Worksheet.pdf
	Emojis.docx
	Emojis.pdf
	Generic Worksheets Teens.pptx
> 	Non Comm Card Game and Docs
	PersonalHealthAssessment.pdf
	04 Previews of Additional Curriculum

***Editable in Word and Google Slides!**

Easy to Navigate "Table of Contents":

Links to each lesson document!	Daily Lesson Topics	Weekly Homework	Common Core Standards	National Standards	WA State Standards	Fill in Your State Standards
DISEASES 10 DAYS TOTAL with Optional Activities	Lesson Titles: <i>Click on the lesson title to be linked to the page</i>	HOMEWORK Click on "Day" it's listed in to see directions	Common Core Standards Met:	National Health Standards Met:	Washington Health Standards Met:	Add Your State Health Standards Here:
Diseases-Day 1 + 2	-Understanding communicable diseases, pathogens, how they're spread, and how the immune systems fights them -<>Videos -"Interactive Communicable Diseases Activity" with "Disease and Prevention Chart" -"Communicable Diseases Card Game" with "Communicable Diseases Worksheet"		R 3 R 4 R 5 R 7 W 4 W 9 ELA An-chor Read	1.12.1, 1.12.2, 1.12.3, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1, 7.12.2, 7.12.3, 8.12.1, 8.12.2, 8.12.3, 8.12.4	H1.W1.HS, H2.W2.HSa, H2.W2.HSb	
Diseases-Day 3 + 4	DAY 3 + 4: Coronavirus		R 3 R 4 R 5 R 7 W 4 W 9 ELA Anchor Read 4	1, 2, 3, 5, 6, 7, 8	H1.W1.HS, H2.W2.HSa, H2.W2.HSb	

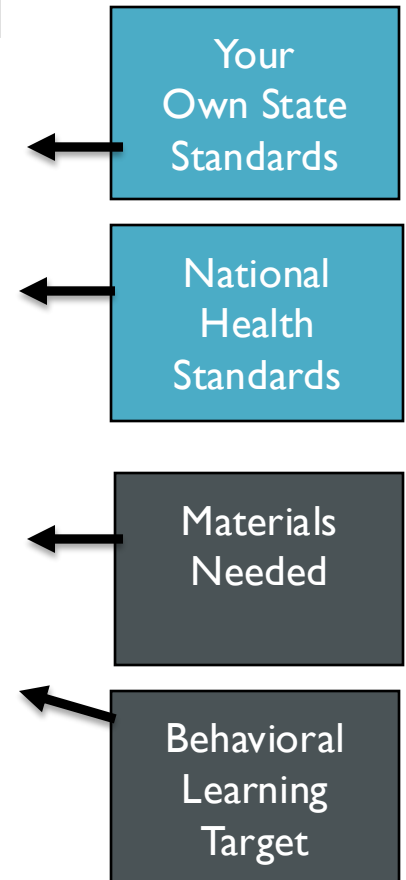
Standards: Beginning each lesson



Day 3+4: Non-Communicable Diseases

[return to table of contents](#)

WA State Standards Met: Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases. H2.W2.HSa Assess personal risk factors and predict future health status. H2.W2.HSb		My State Standards Met:
National Standards Met: 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 6.12.1, 7.12.1, 7.12.2, 7.12.3, 8.12.1, 8.12.2, 8.12.3, 8.12.4		
Common Core Standards Met: Reading 2, 3, 4, 5, 7 / Writing 4, 9 / ELA Anchor Write 8		
Materials Needed:		
PowerPoint	-Diseases PowerPoint	-It's in the main folder (or use the online version link in Day 1)
Printed Materials	"Preventing NCD Handout" -"Non-Communicable Diseases Card Game" PowerPoint to print -NCD Card Game Worksheet (Optional) -"Diseases Unit Test"	-Print 1 for each student and hole-punch -It's in the PowerPoint folder and directions are below -Print 1 for each student -Print 1 for each student.
Other Materials	-If you play the card game you will need to print the decks, optional prizes	-See below for card game directions
Optional:		
Video	See below	
Learning Target	Content: I will learn about non-communicable diseases.	Behavioral: I will learn transmission and prevention of non-communicable diseases.
Exit Task	-Fill out "Success Criteria Sheet." -Have them file the "Preventing NCD Handout" into their file folder.	
Assessment	-"Diseases Unit Test" can be turned in and graded.	



51. DAY 3+4: This is just a place marker.

52+53. KEY FACTS WORLD and VIDEO: Read through these with your students, then show this short video:

"What do you know about non-communicable diseases?" (2 min.)

https://www.youtube.com/watch?v=yovSGvDEWwY&list=PLHf1mEYicV7TRuS2TqcIX16T-_Jwrlz1c&index=3

55. BREAKDOWN OF GLOBAL DISEASES: Discuss.

56 thru 58. PREVENTING x 2 SLIDES: Hand out the "Preventing NCD Handout" and have students ring them into their file folders. Discuss prevention. Discuss. See below for information.

Step-by-step Teacher Directions



Your Lesson Planning is Done!

PRINT & ONLINE.

GOOGLE + MICROSOFT + ADOBE +
YOUTUBE + MORE!



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Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS
Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases. H2.W2.H5a
Assess personal risk factors and predict future health status. H2.W2.H5b

Common Core Standards Met: Reading 2, 3, 4, 5, 7 / Writing 4. 9 / ELA Anchor Write 8

PowerPoint	-Diseases PowerPoint	<i>-It's in the main folder (or use the online version link in Day 1)</i>
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Video	See below	
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Assessment	-"Diseases Unit Test" can be turned in and graded.	

52+53. KEY FACTS WORLD and VIDEO: Read through these with your students, then show this short video:

https://www.youtube.com/watch?v=yovSGyDEWaY&list=PLHf1mEYicV7TRuSzTqcjX16T-_Jwrlz1c&index=3

56 thru 58. PREVENTING x 2 SLIDES: Hand out the ""Preventing NCD Handout" and have students ring them into their file folders. Discuss prevention. Discuss. See below for information.

Non-Communicable Diseases

Key facts Highlights from World Health Organization: Updated 202.

- Chronic hepatitis B virus (HBV) infection affects ~40 million people globally; approximately 7% are HBeAg positive
- In the Region of the Americas, 5.5 million deaths are due to HBV
- Each year, 15 million people < 60 years in the Region of the Americas die from a NCD between the ages of 35 and 69 years, over 85% of those "preventable" deaths occur in low- and middle-income countries.
- Cardiovascular diseases account for more than 50% NCD deaths, or 17.5 million people annually, followed by cancers (5.8 million), respiratory diseases (1.9 million), and diabetes (1.8 million) globally.
- These 4 groups of diseases account for over 80% of all preventable NCD deaths.
- Others are physical inactivity, the harmful use of alcohol and tobacco, all across the risk of dying from a NCD - detection, screening and treatment of NCDs, as key components of the response to NCDs. [Source: World Health Organization, 2011](#)
- The WHO has developed a set of targets for reducing the burden of NCDs by 2025, which include:
 - [Reducing global road traffic deaths by 50%](#)
 - [Reducing global tobacco consumption by 35%](#)
 - [Reducing global alcohol consumption by 10%](#)
 - [Reducing global sugar-sweetened beverage consumption by 50%](#)
 - [Increasing the proportion of the population practicing regular physical activity by 10%](#)
 - [Reducing global salt intake by 30%](#)
 - [Reducing global trans fat intake by 80%](#)

Video:



The latest report from the WHO shows that NCD-led deaths have experienced a sharp increase over the past two decades. Among the top 10 leading causes of global deaths, NCDs have risen from four to seven.



Heart disease has remained the No.1 killer for the last 20 years, and it is now killing more people than ever before. The number of deaths resulting from cardiovascular diseases increased from 14.3 million in 2000 to 17.8 million in 2019, data suggests.

Alzheimer's disease and other forms of dementia are now among the top 10 causes of death worldwide, and deaths from diabetes increased by 70 percent globally between 2000 and 2019.

PowerPoints
walk you through
the lessons



Daily PowerPoint Slides:

1

Health Education Today



2

2

Diseases Unit

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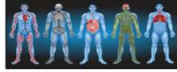
3

3

Intro and Background on communicable diseases:

The 4 pathogens we will look at are:

Bacteria
Virus
Fungus
Parasites



A disease is termed communicable (CD) if it is infectious and can be transmitted from a sick person to a healthy person via direct contact, contact or exchange of bodily fluids, or even through an indirect contact (like touching something that's been touched by an infected person).

4

4

Video:



<https://www.youtube.com/watch?v=CD5C5yBz8>

5

5

What is the difference between a bacteria and a virus?

The 4 pathogens we will look at are:

Bacteria
Virus
Fungus
Parasites

Perhaps the most important distinction between bacteria and viruses is that antibiotic drugs usually kill bacteria, but they aren't effective against viruses.

Most bacteria cause no harm to people, but there are exceptions, like Strep throat, Tuberculosis, and Urinary tract infections.

When a virus enters your body, it invades some of your cells and takes over the cell machinery, redirecting it to produce the virus.

Some viral infections have no cure!

6

6

Video:



<https://www.youtube.com/watch?v=CD5C5yBz8>

7

7

The next 7 slides are graphic if you would like to look away, but still listen for info: you will need to fill in the pathogen for these 7 on your "Communicable Diseases Chart."





8

8

Pink Eye: **Virus, Bacteria, or Fungus (molds)**



9

9

Common Cold: **Virus**



10

10

Pinworm: **Parasite**



11

11

Video:



<https://www.youtube.com/watch?v=CD5C5yBz8>



Ringworm: **Fungus**

12

12

Herpes Type 1 (Oral): **Virus**



13

Speaker Notes:

Guides you through each PowerPoint/Google Slide.

The next 7 slides are graphic if you would like to look away, but still listen for info: you will need to fill in the pathogen for these 7 on your "Communicable Diseases Chart."

DISEASE	PATHOGEN	SYMPTOMS OF DISEASE	Communicability	Prevention
Cholera	BACTERIA	Most victims have watery diarrhea that may turn into an abnormal watery stool or burning sensation when urinating. Symptoms occur within 2 hours of infection. Fever, joint pain and burning sensation when urinating. Rash and swelling in one or both lower legs.	It is most common when someone has been in an endemic area or has eaten food or water that is contaminated. It can also be spread by contact with an infected person's stool or vomit.	It is most common when someone has been in an endemic area or has eaten food or water that is contaminated. It can also be spread by contact with an infected person's stool or vomit.
Enteric fever	BACTERIA	Symptoms of enteric fever include fever, chills, headache, muscle aches, and a rash. The fever is often irregular and may last for several weeks. The rash is a small, red, maculopapular rash that appears on the trunk and spreads to the arms and legs. The rash is often accompanied by a headache and a fever.	It is most common when someone has been in an endemic area or has eaten food or water that is contaminated. It can also be spread by contact with an infected person's stool or vomit.	It is most common when someone has been in an endemic area or has eaten food or water that is contaminated. It can also be spread by contact with an infected person's stool or vomit.
Typhoid fever	BACTERIA	Symptoms of typhoid fever include fever, chills, headache, muscle aches, and a rash. The fever is often irregular and may last for several weeks. The rash is a small, red, maculopapular rash that appears on the trunk and spreads to the arms and legs. The rash is often accompanied by a headache and a fever.	It is most common when someone has been in an endemic area or has eaten food or water that is contaminated. It can also be spread by contact with an infected person's stool or vomit.	It is most common when someone has been in an endemic area or has eaten food or water that is contaminated. It can also be spread by contact with an infected person's stool or vomit.
Scarlet fever	BACTERIA	Symptoms of scarlet fever include fever, chills, headache, muscle aches, and a rash. The fever is often irregular and may last for several weeks. The rash is a small, red, maculopapular rash that appears on the trunk and spreads to the arms and legs. The rash is often accompanied by a headache and a fever.	It is most common when someone has been in an endemic area or has eaten food or water that is contaminated. It can also be spread by contact with an infected person's stool or vomit.	It is most common when someone has been in an endemic area or has eaten food or water that is contaminated. It can also be spread by contact with an infected person's stool or vomit.
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7. **COMMUNICABLE DISEASES CHART:** Hand each student a "Communicable Diseases Chart." (You may hole-punch it. This is a good resource for them to have in their file folders). You may collect them and grade them or do a check off first, then hand them back to file and keep.

Point out that there are 7 asterisks (*) where students will need to **guess** and fill in the pathogens for these 7 diseases (**Either bacteria, virus, fungus, or parasites**).

You may choose how much you would like to go over the other diseases on the handout. We suggest to just briefly mention each, and tell a true story from the news, or just point out a fact or two (A great homework assignment would be to require students to find a true story about one of these diseases and do a 60 second share out about the disease and which of the 4 pathogens it is).

Explain to students that some of these pictures are repulsive and you can give them a warning like, "The next one is gross!" But, they will still need to hear the pathogen and write in on their chart. Find an [MedMD](#) slideshow.

Go over the correct answers and have students correct their own.

Engaging Lessons
walk you through
with activities



Presentations + Student Documents: Available on Google Drive/Google Slides

Name: X Period: X Date: X

Health and Fitness Career Assignment



Directions: Choose a career and research the fitness requirements/demands of the job. Also be aware if there would be any communicable or non-communicable occupational risks for that career. Your career choice must be a legitimate career that you can find out information about the physical and health related demands a person experiences if they are working in that field. Write in complete sentences. You must cite at least two sources here:

Source #1: X

Source #2: X

Career: X

Job Description:

What are the demands of the career you have chosen as they relate to the components of health and fitness?

Flexibility:
Physical/Mental Demands
X

Cardiovascular Endurance:
Physical/Mental Demands
X

Muscular Strength:
Physical/Mental Demands
X

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Name: _____

C _____

A _____

N _____

C _____

E _____

R _____

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Coronavirus Timeline

Coronavirus 2019/2020 Events Timeline:

Choose 21 of the following events to include on the "Interactive Worksheet"

Title

12 December 2019
Chinese state broadcaster CCTV reported in a broadcast airing on 12 January 2020 that a "new viral outbreak was first detected in the city of Wuhan, China, on 12 December 2019." [14]

24 December 2019
Singapore's Ministry of Health (MOH) reported that the first case of what would later be named the 2019-nCoV (Wuhan coronavirus) had been diagnosed. It was later confirmed to not actually be related to the outbreak. [16]

29 December 2019
According to a CDC publication, "On 29 December 2019, a hospital in Wuhan admitted four individuals with pneumonia and recognized that all four had worked in the Huanan Seafood Wholesale Market, which sells live poultry, aquatic products, and several kinds of wild animals to the public. 30 The social media reports stated that 27 patients in Wuhan - most of them stall holders at the Huanan Seafood Market - had been treated for the mystery illness. [27]"

31 December 2019
China alerted WHO to several cases of unusual pneumonia in Wuhan, a port city of 11 million people in the central Hubei province. The virus was unknown.

Risk Reduction and Prevention of These Most Prevalent Non-Communicable Diseases:

Health Condition:	"X" if I have	Name of Family Member(s) Who Had or Have and Their Relationship to Me:	Age Family Member Was When They Got It / Age of Death if They are Deceased:	Research at least one health issue in your family. Use reliable websites such as .govs, .edu or .orgs. Try www.cdc.gov Optional: Use this space to list warning signs, symptoms, and precautions for all your family's medical issues:
Alzheimer's Disease				
Arthritis				
Asthma/Allergies				
Breast Cancer				
Ovarian Cancer				
Prostate Cancer				
Testicular Cancer				

Communicable Diseases:

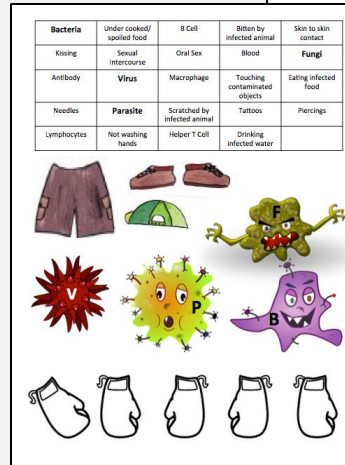
The 4 pathogens we will look at are:

◆ Bacteria

◆ Virus

◆ Fungus

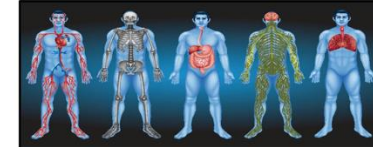
◆ Parasites



Intro and Background on communicable diseases:

The 4 pathogens we will look at are:

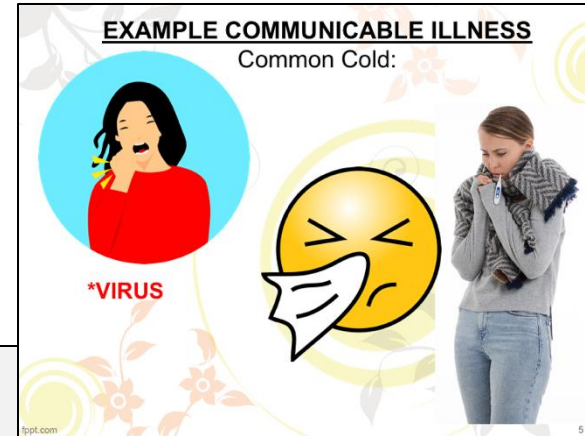
Bacteria
Virus
Fungus
Parasites



A disease is termed communicable (CD) if it is infectious and can be transmitted from a sick person to a healthy person via direct contact, contact or exchange of bodily fluids, or even through an indirect contact (like touching something that's been touched by an infected person).

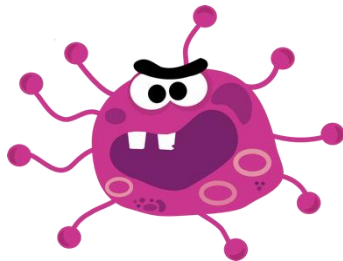
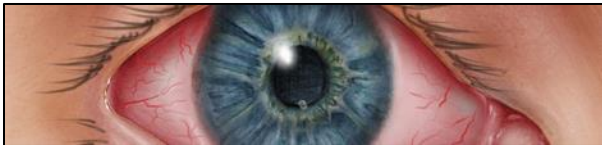
EXAMPLE COMMUNICABLE ILLNESS

Common Cold:

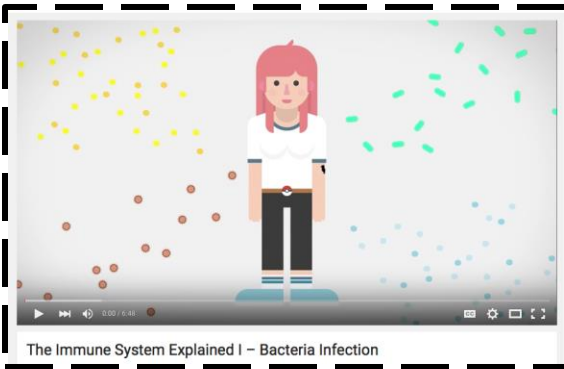


Day 1:

- Understanding Communicable Diseases, Pathogens, How they're Spread, and How the Immune System Fights Them
- Bacteria, Virus, Fungus, and Parasites
- Various Videos
- FUN! "Interactive Communicable Diseases Activity"



Examples of Daily Lessons:

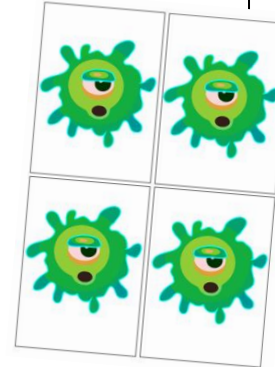


Disease Facts Worksheet

Name: _____ Per: _____ Date: _____

Write 1 fact about each disease.

- Hepatitis
- Ebola
- Influenza
- Rabies
- COVID-19 (Coronavirus)
- West Nile Virus
- Pink Eye
- Fifth's Disease
- Common Cold
- Strep Throat
- Hantavirus
- Whooping Cough
- HIV/AIDS



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J♥ Hantavirus

Transmission:

- Contact with infected rodents' urine or droppings.
- If it's not treated, it can be fatal! The mortality rate is 38%!
- People breathe in the air and tiny droplets containing the virus get into the air.
- Touching contaminated item then hand to mouth

J♣ Hantavirus

Symptoms:

- Fatigue
- Fever
- Muscle aches, especially in large muscles like thighs and back
- Headaches
- Dizziness
- Nausea, vomiting, diarrhea
- Late symptoms are shortness of breath

J♠ Hantavirus

Treatment:

- There is no cure or treatment, but an infected person may need hospitalization and fluids and more care.

J♦ Hantavirus

Prevention:

- Eliminate or minimize contact with rodents

5♥ COVID-19

Transmission:

- This is a highly contagious respiratory infection.
- COVID-19 is a new strain that was discovered in 2019 and has not been previously identified in humans. Coronaviruses are zoonotic, meaning they are transmitted between animals and people.

5♣ COVID-19

Symptoms:

- Respiratory symptoms
- Fever
- cough
- breathing difficulties
- pneumonia
- kidney failure and even death.

5♠ COVID-19

Treatment:

- There are several vaccine choices to help the body develop immunity and thus prevent COVID-19 infection, and also prevent severe illness.
- Medication to reduce fever, drink fluids, and supplemental oxygen if needed. Some cases require hospitalization.

5♦ COVID-19

Prevention:

- Face masks and vaccination
- regular hand washing
- covering mouth and nose when coughing and sneezing
- avoid close contact with anyone showing symptoms of fever, coughing or sneezing
- clean and disinfect/hand sanitizer
- ISOLATE IF YOU ARE SICK and WEAR A FACE MASK

DISEASE	PATHOGEN	SYMPTOMS OF ILLNESS
Chickenpox	VIRUS	Fever, skin eruption begins as red spots that become small blisters (vesicles) and then scab over.
Chlamydia	BACTERIA	Most women have not symptoms, but some may notice an abnormal vaginal discharge or burning sensation when urinating. Symptoms in men can include s discharge from their penis and burning sensation when urinating; Pain and swelling in one or both testicles (although this is less common).

Anyone who has sex can get chlamydia through unprotected vaginal, anal, or oral sex.

The only way to avoid STDs is to not have vaginal, anal, or oral sex.

If you are sexually active, you can do the following things to lower your chances of getting chlamydia:

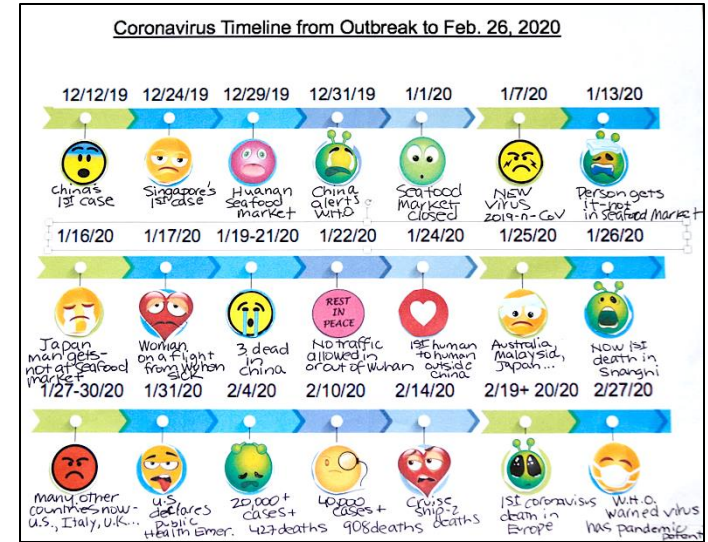
- Being in a long-term mutually monogamous relationship with a partner who has been tested and has negative STD test results;

Day 2:

- "Disease and Prevention Chart"
- FUN! "Communicable Diseases Card Game"
- "Communicable Diseases Worksheet"

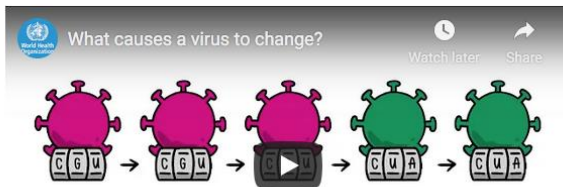
Coronavirus COVID-19 Lesson:

Optional Coronavirus Lesson:



What causes a virus to change to a new variant?

When a virus is widely circulating in a population and causing many infections, the likelihood of the virus mutating increases. The more opportunities a virus has to spread, the more it replicates – and the more opportunities it has to undergo changes.



Most of the time, these tiny variations don't alter how the virus works.

Watch on YouTube

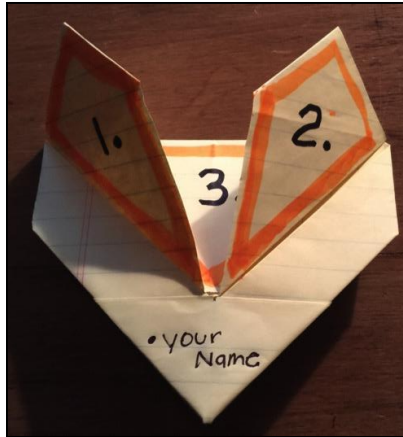


Interactive Emoji Timeline



Optional 2 Days: Coronavirus Lesson

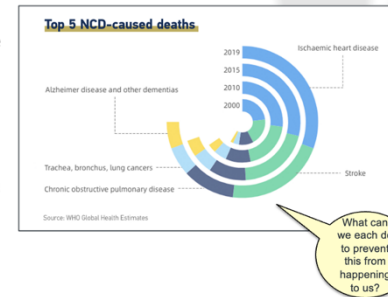
Non-communicable Diseases:



The latest report from the WHO shows that NCD-led deaths have experienced a sharp increase over the past two decades. Among the top 10 leading causes of global deaths, NCDs have risen from four to seven.

Heart disease has remained the No.1 killer for the last 20 years, and it is now killing more people than ever before. The number of deaths resulting from cardiovascular diseases increased from 14.3 million in 2000 to 17.8 million in 2019, data suggests.

Alzheimer's disease and other forms of dementia are now among the top 10 causes of death worldwide, and deaths from diabetes increased by 70 percent globally between 2000 and 2019.



<https://news.com/news/2021-05-27/graphics-will-we-have-more-deaths-from-non-communicable-diseases-10A1d0tOW1q/index.html>



1. Cardiovascular Disease - 31%
2. Cancers - 23%
3. Chronic Respiratory Diseases - 8%
4. Diabetes - 3%

Day 3:

- Understanding Non-Communicable Diseases
- World Non-Communicable Diseases Stats
- Various Video
- Top 4 Non-Communicable Diseases in the U.S.
- FUN! "Non-Communicable Diseases Interactive Folding Heart"



Ways to Prevent These Most Prevalent Non-Communicable Diseases:

1. Cardiovascular Disease: (Causes 31% of deaths in U.S.)

- Eat a healthy diet. (Lots of fruits/veggies, low saturated fat and cholesterol and high fiber)
- Maintain a healthy weight. (Use BMI and get motivated!)
- Exercise regularly. (Shoot for 60 min. of moving per day)
- Don't smoke.
- Limit alcohol use when you are an adult! (1 drink for women, 2 for men per day max)

2. Cancers - (Causes 23% of deaths in U.S.)

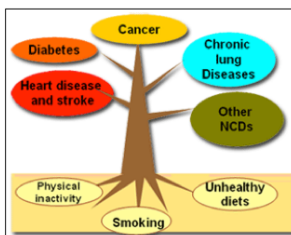
- Get screened for cervical, breast, and colorectal cancers so they finding precancerous lesions before they become cancerous.
- Girls can get the human papillomavirus (HPV) vaccine
- Get the hepatitis B vaccine to help lower liver cancer risk
- Don't smoke.
- Limit alcohol use when you are an adult! (1 drink for women, 2 for men per day max)
- Use sunscreen, wear protection from sun, no indoor tanning.
- Eat a healthy diet. (Lots of fruits/veggies)
- Keep a healthy weight. (Use BMI and get motivated!)
- Keep active.

3. Chronic Respiratory Diseases - (Causes 8% of deaths in U.S.)

- Don't smoke.
- Don't inhale second-hand smoke
- Don't inhale workplace pollutants
- Test for C.O.P.D. if you have breathing problems!

4. Diabetes - (Causes 3% of deaths in U.S.)

- Moderate weight loss. Just try to lose a little.
- Exercise. (At least 30 min. a day, 5 days per week)
- Eat low fat and reduce your calories (girls not under 1200/day and boys not under 1500/day)
- Small steps lead to big rewards: Just work at these 3 slow and steady



9 ♥ Cardiovascular Diseases

Key Facts:

-CVDs are the number 1 cause of death globally: more people die annually from CVDs than from any other cause!!!

-An estimated 17.5 million people died from CVDs in 2012, representing 31% of all global deaths.



9 ♣ Cardiovascular Diseases

Symptoms:

-Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels

-There is a build-up of fatty deposits on the inner walls of the blood vessels that supply the heart or brain, causing strokes heart attacks, and blood clots.



9 ♠ Cardiovascular Diseases

Treatment:

-Usually a cold virus has to run its course.

-A doctor may give you something to relieve the symptoms.

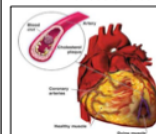
-Unless it's bacterial, antibiotics won't help.



9 ♦ Cardiovascular Diseases

Prevention:

-Most can be prevented by addressing risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity and harmful use of alcohol.



Personal Health Assessment

The purpose of this assessment is to determine your risk of developing the degenerative diseases common among Americans. Although diagnostic testing can sometimes be important, the best testing can do is to detect disease at an early stage. A complete inventory of your diet and lifestyle can help you to determine whether or not changes need to be made in order to avoid becoming ill. It is always easier to prevent disease than to recover from it.

Part I

Diet

I eat breakfast:		# points
Every day	0 points	
Most days	1 point	
Rarely	2 points	
Never	3 points	

I eat _____ meals per day	
5-6	0 points
4	1 point
2-3	2 points
1	3 points

I eat _____ servings of fruit per day	
3-4	0 points
2	1 point
1	2 points
Usually none	3 points



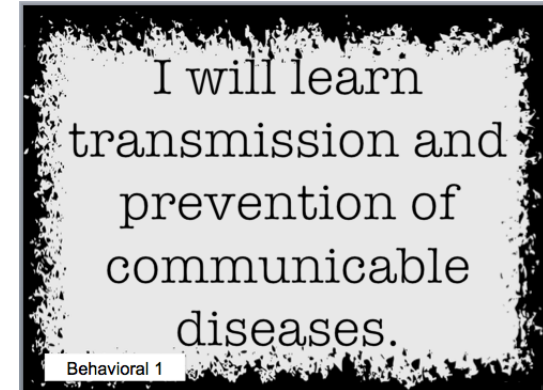
Day 4:

- "Ways to Prevent NCD Handout"

- Online "Personal Risk Assessment Tool"

- FUN! "Non-Communicable Diseases King's Corner" Card Game

- "Non-Communicable Diseases Worksheet"



Day 5+6

-“Selfie Get Well Cards” (Disease Prevention)

Day 7-10 Choices:

- Understanding Cancer
- Types of Cancer
- 7 Warning Signs
- Various Videos
- Skin Cancer
- Tanning Bed Dangers



Day 7-10 Choices:

- Finish all unit art projects
- Optional Videos
- Review for Unit Assessment
- "Diseases Unit Assessment and Key
- Fun Kahoot Links
- "Health Career Research Project"

Name: _____ Period: _____ Date: _____
Health and Fitness Career Assignment

Directions: Choose a career and research the fitness requirements/demands of the job. Also be aware if there would be any communicable or non-communicable occupational risks for that career. Your career choice must be a legitimate career that you can find out information about the physical and health related demands a person will experience if they are working in that field. Write in complete sentences. You must cite at least two sources here:

Source #1: _____

Source #2: _____



the demands of the career you have chosen
ate to the components of health and fitness?

Name: _____
Diseases Unit Assessment

1. What makes a disease a "Communicable Disease"?

2. What does the word "prevention" mean in relation to disease?

3. List the 4 "pathogens" that can cause disease that we studied.

- 1)
- 2)
- 3)
- 4)

4. What is the main difference between bacterial and viral infections?

Name: _____ Per: _____ Date: _____
Disease Research Project:

Which disease are you researching?: _____

1. Describe the disease and its symptoms.

2. List the way this disease is transmitted:

Day 7-10
-"Diseases Research Project"

Day 7-10

"Community Health Public Service Announcement Posters"

This Program is all about the Students:

- ◆ Classroom “**kid-tested**,” teacher-approved, and full of real student examples and responses.
- ◆ Promotes **high student engagement and interaction**.
- ◆ **Challenges and impacts the mental, emotional, social life of teens.**

Buy it Today, Teach it Tomorrow!



What makes this program unique?

- ◆ This program features highly organized step-by-step teacher directions that follow daily PowerPoints, providing talking points for each slide.
- ◆ **Documents and PowerPoints are editable** to cater to you and your students needs. Documents are included in both **Word and PDF** formats.
- ◆ PowerPoints are full of trending topics, photos, and video links that teens will appreciate.

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Works Cited:

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