

UNIT 6

A HEALTHY

LIFE



Name:

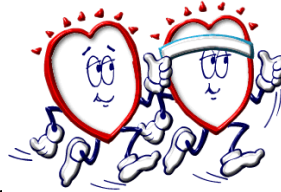
Class:

School:

1. HOW TO BE HEALTHY

It is very important to be healthy. When we are healthy we are very happy because we feel good. To be healthy we must:

- eat well
- keep ourselves clean
- rest at night
- do exercise and play sports



2. COMPLETE AND BALANCED DIET

Food gives us carbohydrates, proteins, fats and vitamins. A diet refers to the food that we eat over a period of time. A diet must be complete and balanced.

Complete means that we have to eat food from all the food groups and **balanced** means that we have to eat the right quantity of each type of food.



HEALTH AND DISEASE

2. WHAT IS HEALTH?

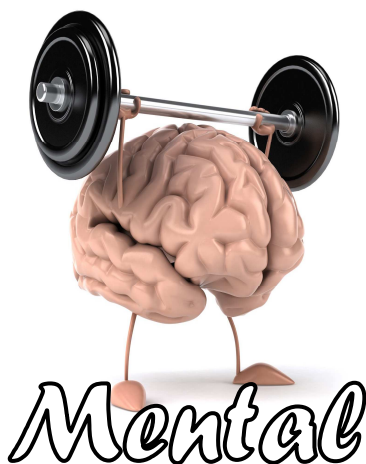
When we feel good it means that we are healthy.

To be healthy, our body should not only function well physically but also mentally. Moreover, we should have a good relationship with the people around us.

We define health as a complete **physical, mental and social development.**

When we do not feel well diseases occur. Fever, irritation, dizziness or pain are symptoms of disease. They appear when we are sick.





2.1. THE IMPORTANCE OF PREVENTION

When we are sick we **visit the doctor**, but we should also have **healthy habits**.

To anticipate disease, we must have healthy habits such as **good hygiene, rest, playing sports and eating complete and balanced diet**.

Even if we are healthy we should visit the doctor and **be vaccinated**.

HEALTHY HABITS



Good hygiene



At least 8 hours of rest



Play sports



Have a complete and balanced diet

2.2. TYPES OF DISEASES

We can classify diseases in different ways:

1. The way diseases manifest themselves and duration:

- **Acute diseases:** They appear quickly and last a short time. The flu and pharyngitis are acute diseases.
- **Chronic diseases:** They present little by little and last a long time. Sometimes they don't go away.



Flu is an acute disease

Allergies are chronic diseases



2. Why do diseases occur?:

- **Infectious diseases:** They are caused by viruses or microbes. The most common viruses are bacteria.
- **Non-infectious diseases:** They are caused by other causes such as poisoning, accidents, poor nutrition, etc...



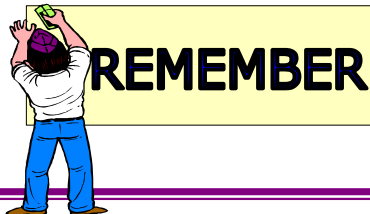
Chicken-pox is an infectious disease

Poisoning is a non-infectious disease



3. Depending on the number of people who are affected, infectious diseases can be:

- **Sporadic diseases:** They affect a few people.
- **Epidemic diseases:** They affect a large number of people such as cholera or the plague.
- **Endemic diseases:** They affect an area or region.



- To be healthy, our body should not only function well physically but also mentally. Moreover, we should have a good relationship with the people around us.
- We define health as a complete **physical, mental and social development.**
- To anticipate disease, we must have healthy habits as **good hygiene, at least 8 hours of rest, play sports and eat a complete and balanced diet.**
- We can classify diseases in different ways:
 1. The way diseases manifest themselves
 2. The reason why they appear
 3. The number of people who are affected

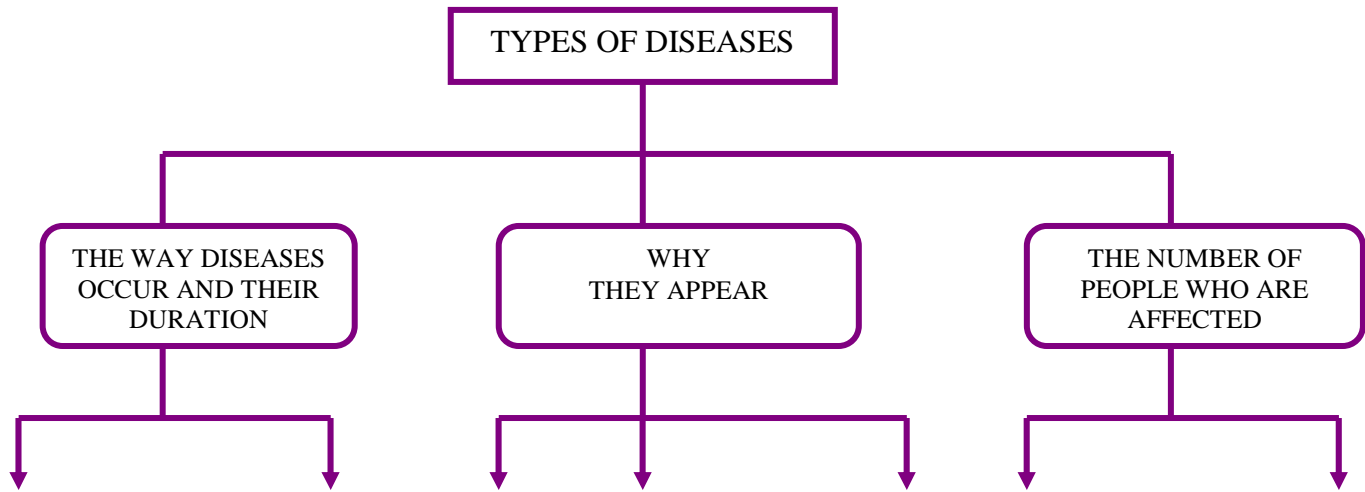
ACTIVITIES



1. Write about yourself. Do you have healthy habits?

DO YOU...	YES, I DO	NO, I DON'T
have a shower everyday?		
rest for at least 8 hours?		
have a balanced and complete diet?		
play sport?		
go to the doctor when you feel bad?		
clean your teeth?		
wash your hands before eating?		

2. Read and complete the chart:



3. Read and classify the following diseases:



Poisoning - flu - cholera - chicken pox - poor nutrition - plague - allergy - pharyngitis

ACUTE DISEASES	CHRONIC DISEASES	INFECTIOUS DISEASES	NON-INFECTIOUS DISEASES	SPORADIC DISEASES	EPIDEMIC DISEASES	ENDEMIC DISEASES

4 .Listen, read, complete and learn



Tips to Prevent children from catching the Flu.

1. your hands frequently
2. Keep your out of your nose, eyes and mouth, as are frequently spread in this manner.
3. into a tissue, and discard it immediately after each use.
4. Keep out of environments whenever possible.
5. Avoid people.
6. Periodically windows in the home during..... season to allow fresh air to circulate.

RISKS

3.1. ALCOHOL

Alcohol consumption is widespread in our society. It is a **risk to our health**. People consume **alcohol by drinking** alcoholic beverages.

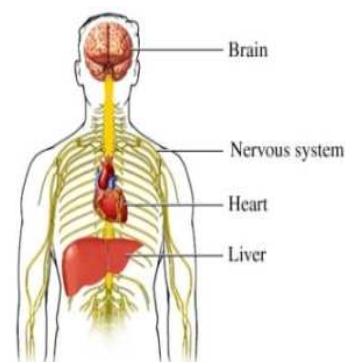
Alcohol enters the blood through the digestive system and then **reaches the blood**.

Depending on the amount of alcohol people consume, they **lose reflexes or vision, the control of their actions** or can even **die**.

Alcohol abuse leads to a **chronic disease called alcoholism**. This can cause **damage** in our **liver, our nervous system and can hurt personal relationships**.



Parts of our body that can be damaged by alcohol



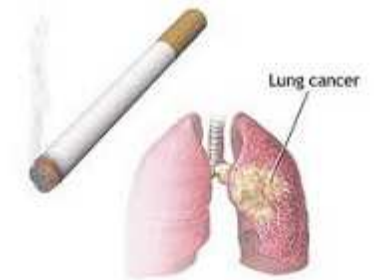
3.2. TOBACCO

The most harmful habit to our health is the consumption of tobacco.

It leads to a **chronic habit called smoking.**

Smoking **damages the respiratory and circulatory systems.** Moreover, it causes **lung cancer.**

Passive smokers are people who inhale tobacco when they are around people who smoke. They may suffer from the same diseases as smokers.



NO 
SMOKING



3.3. DRUGS

Drugs are substances that **alter the brain function, mood and behaviour** of people.

There are numerous types of drugs that cause various effects. Alcohol and tobacco are drugs. Others are cocaine, heroine, marijuana, pills,...All of them are **harmful to health.** They can even cause death. Also they affect personal relationships in a negative way.

People who take drugs are **dependant on them.**

3.4. TRAFFIC ACCIDENTS

Traffic accidents are the cause of numerous **injuries and death**. To avoid these, drivers must **obey the rules of the road**.

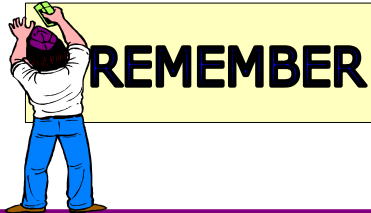
Drivers must:

- Respect speed limits.
- Respect the safety distance between other cars.
- Wear seatbelts.
- Use a car seat for children.

Pedestrians must also obey traffic rules.



People must respect traffic police and traffic rules.



- Consuming alcohol, tobacco and drugs can damage our bodies.
- Traffic accidents are the cause of numerous **injuries and death**. To avoid these, drivers and pedestrians must **obey the rules of the road**.

ACTIVITIES



5. Read and write true or false(T or F):



- Alcohol is not a risk for our health.
- Alcohol abuse leads to a chronic disease called alcoholism.
- Smoking damages the respiratory and digestive systems.

- d. Passive smokers do not inhale tobacco.
- e. Smoking causes lung cancer.
- f. Drugs alter brain function.
- g. People who take drugs aren't dependant on them.
- h. Traffic accidents are the cause of numerous injuries and death.
- i. Only drivers must obey the rules of traffic.



6. Now, correct the false sentences from the previous activity.

7. To avoid accidents, people should respect traffic rules. Match the picture with the rule.



1



-WEAR A HELMET-

-DON'T DRINK AND DRIVE-

-RESPECT POLICEMAN-

-CROSS THE ROAD WHEN THE PEDESTRIAN LIGHTS ARE GREEN-

-RESPECT THE SAFETY DISTANCE-

-WEAR A SEATBELT AND USE CAR SEATS FOR CHILDREN-

2



4



6



3



5



8. Drugs, alcohol and tobacco can damage some organs in our bodies.

Complete the chart:



BRAIN, LIVER, HEART, LUNGS

NERVOUS SYSTEM, RESPIRATORY SYSTEM,
CIRCULATORY SYSTEM AND DIGESTIVE SYSTEM

UNHEALTHY HABITS	DAMAGED ORGANS	DAMAGED SYSTEMS
TOBACCO		
DRUGS		
ALCOHOL		

9. Watch this video and comment on the risks to your health if you drink alcohol. Make notes.



<http://www.youtube.com/watch?v=PA1gDo4OXp4>

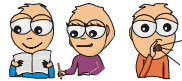
10. Listen and say true or false.



1.
2.
3.
4.
5.
6.
7.
8.



11. Read and answer.



What's in a cigarette?

Tobacco smoke is a complex mixture of more than 4,000 chemicals in the form of gases, particles or both. When you inhale cigarette smoke, dozens of harmful substances enter your lungs and spread through your body. They can reach your brain, heart and other organs within 10 seconds of the first puff. They include:

NICOTINE – an addictive drug and a toxin that narrows your veins and arteries. Nicotine raises your blood pressure and damages your heart by forcing it to pump faster and work harder. It also affects your appetite.

CARBON MONOXIDE – a gas that robs your heart of the oxygen it needs as fuel to pump blood around your body. Over time, your airways swell up and let less air into your lungs.

TAR – clogs your lungs and contains many dangerous chemicals that can cause cancer.

FINE PARTICLES – can irritate your throat and lungs, cause 'smoker's cough', make you produce more mucus and damage lung tissue.

How else can smoking harm your health?

CANCER – smoking is widely recognised as causing lung cancer, but it also increases the risk of cancer of the lips, tongue, mouth, nose, oesophagus, pharynx, larynx, pancreas, bladder, cervix, vulva, penis and anus. Other cancers (of the stomach, kidney, liver and blood) have also been linked to smoking.

DIABETES – smoking worsens some of the health complications caused by type 1, or insulin-dependent diabetes. Smoking raises the blood sugar level, making it harder to control the high blood sugar levels caused by diabetes.

INFECTIONS – bacteria and viruses can more easily enter and take hold in your body because smoking damages the lining of your throat and lungs and weakens your immune system.

BREATHING PROBLEMS – in the long term, you are more likely to have some degree of emphysema, a disease that causes progressive shortness of breath, as smoking cuts the amount of oxygen able to be carried from the air into your blood. As a smoker you will be more prone to asthma attacks because smoking narrows your airways.

AGEING – you will look prematurely aged, as wrinkles appear around your eyes and mouth sooner and deeper than in non-smokers. A woman who smokes tends to reach menopause one or two years earlier than a non-smoker because smoking reduces the amount of estrogen in her body. She is also more likely to develop osteoporosis – the weakening of the bones that accompanies ageing.



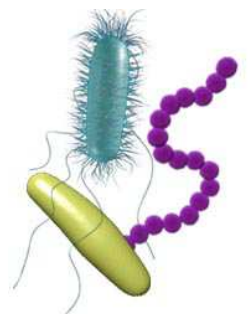
- a- How many ingredients does tobacco have?
- b- What are the effects of nicotine in your body?
- c- What else apart from a cigarette produces carbon monoxide?
- d- What component of the cigarette causes cancer?
- e- What damages lung tissue?
- f- What types of cancer does smoking provoke?
- g- What chemical can you find in a cigarette that was used in the gas chambers?
- h- What is diabetes type-1?
- i- How does diabetes affect our body?
- j- If you smoke, are you more likely to suffer from asthma? Why?
- k- What happens to women who smoke?
- l- Which chemical in cigarettes is used to clean the floor?
- m- What is osteoporosis?
- n- What do you use naphthalene for?

INFECTIOUS DISEASES

4.1. TYPES OF INFECTIOUS DISEASES

Infectious diseases or infections have different names depending on the infectious agent:

- **Bacterial infections:** They are caused by bacteria. Pneumonia, tetanus or salmonellosis are bacterial infections.
- **Mycosis:** They are caused by fungus such as athlete's foot.
- **Parasitosis:** They are diseases caused by protozoa such as malaria, intestinal worms or fleas.
- **Viral infections:** They are caused by viruses such as the flu, chickenpox or Aids.

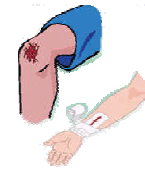
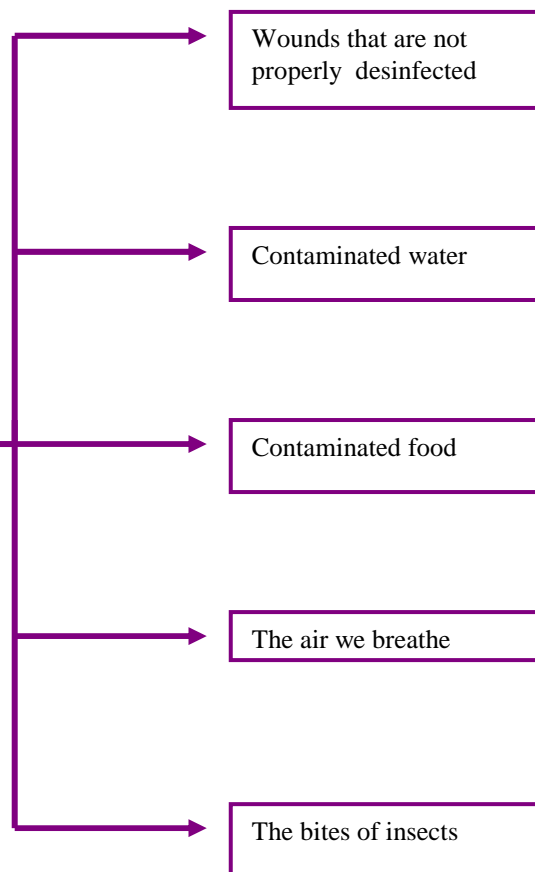
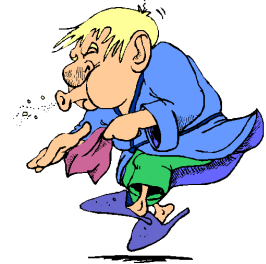
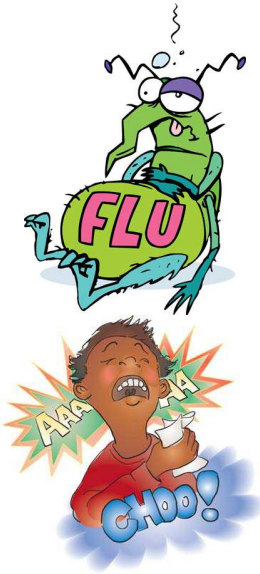


4.2. TRANSMISSION OF INFECTIONS

A person acquires an infectious disease by **being in contact with the infectious agent**. Sometimes the person infected transmits the infection to others. In this case, we are talking about contagious diseases.

Germs can enter our body in various ways:

- From wounds that are not properly disinfected.
- From contaminated water.
- From contaminated food.
- From the air we breathe.
- From the bites of insects.



4.3. PREVENTION OF INFECTIONS

To prevent infectious diseases, the most effective is to **prevent transmission**.

To do this we must adopt **hygienic habits**:

- Wash our hands and food before eating.
- Cook food properly to avoid eating it raw.
- Drink only drinking-water.
- Be careful with pets. Take them to the vet regularly.
- Clean and disinfect wounds.
- Keep our homes clean.
- Avoid sharing cups, spoons, forks,...
- Don't walk barefoot in damp places such as around swimming-pools.



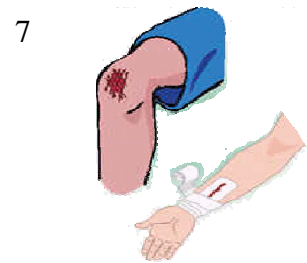
REMEMBER

- Infectious diseases or infections have different names depending on the infectious agent: bacterial infections, mycosis, parasitosis and viral infections.
- A person acquires an infectious disease by **coming to contact with the infectious agent**. Germs can enter our body in various ways: Through wounds that are not properly disinfected, contaminated water, contaminated food, the air we breathe and the bites of insects.
- To prevent infectious diseases, the most effective way is to **prevent transmission**. To do this we must adopt **hygienic habits**.

ACTIVITIES



12. Write the hygienic habits to prevent infections under each picture.



13. What about you. Do you prevent transmission?



DO YOU...	YES, I DO	NO, I DON'T	SOMETIMES
wash your hands and food before eating?			
cook food properly to avoid eating it raw?			
drink only drinking-water?			
Look after your pets. Take them to the vet?			
clean and disinfect wounds?			
keep your homes clean?			
avoid sharing cups, spoons, forks,...?			

14. Answer these questions.



- How can germs enter our body?
- Write at least three hygienic habits to prevent the transmission of infections?
- Can a person transmit the infections to others?

d. What type of infectious disease is caused by...

- a virus?
- a protozoa?
- a fungus?
- a bacteria?

15. Find infectious diseases and agents.



N	X	W	M	F	U	N	G	U	S
D	B	B	K	P	R	S	L	G	U
M	F	A	V	R	H	T	Q	Q	D
Y	Q	V	C	O	J	R	P	S	V
C	B	A	C	T	E	R	I	A	I
O	Y	P	E	O	E	X	N	B	R
S	N	Q	E	Z	A	R	T	Q	U
I	A	M	Q	O	X	B	I	E	S
S	N	W	U	A	N	W	O	A	T
H	O	Z	V	I	R	A	L	R	L

THE TREATMENT OF DISEASES

5.1. MEDICINE

When we get sick we are helped by medicine.

MEDICINE

Medicines are substances that **prevent, mitigate and cure diseases.**

Many of them have been derived **from plants and animals. Others** have been **created in laboratories.**

The doctor advises us which medicine is the best for us.





5.2. VACCINES

Vaccines are **drugs** that are given to people to **protect them from infectious diseases**.

From birth through adolescence, all children should be vaccinated following the **vaccine schedule**.

5.3. ANTIBIOTICS

Antibiotics are effective against infectious diseases because they are **toxic to bacteria**.

Antibiotics are not effective against viruses, fungi and protozoa.

They are not effective if we abuse them.



5.4. SURGERY

Some diseases, such as apendicitis or a broken bone do not respond well to medication. Surgery is necessary.

Nowadays **surgeries** are **performed with advanced cameras and instruments** which are inserted through small holes that heal easily. This is called keyhole surgery.

Thus patients recover more easily and need to stay for less time in hospital.

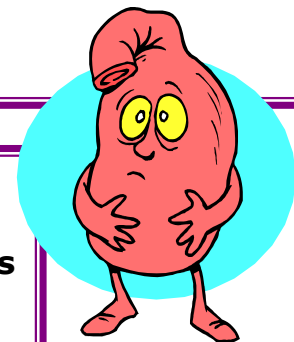


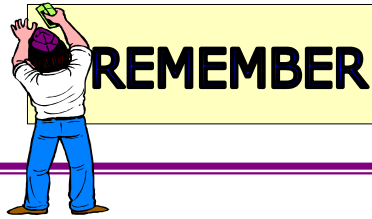
5.5. ORGANS TRANSPLANTS

An organ transplant consists of **replacing organs that are damaged with other healthy organs**.

Currently organs such as the heart, liver or kidney can be transplanted. Most organs come from people who have died and have donated their organs. They are called **donors**.

Spain is the country with the highest number of donors, but we need more of them.





- Medicines are substances that **prevent, mitigate and cure diseases**.
- Many of them have been derived **from plants and animals**. **Others** have been **created in laboratories**.
- Vaccines are **drugs** that are given to people to **protect them from infectious diseases**.
- **Antibiotics** are effective against infectious diseases because they are **toxic to bacteria**.
- Some diseases, such as appendicitis or a broken bone do not respond well to medication. Surgery is necessary. Nowadays **surgeries** are **performed with advanced cameras and instruments**.

ACTIVITIES



16. Read and match.



MEDICINE

Are **drugs** that are given to people to **protect them from infectious diseases**.

VACCINES

Consists of **replacing organs that are damaged with other healthy organs**.

ANTIBIOTICS

Is **performed with advanced cameras and instruments**

SURGERY

Are effective against infectious diseases because they are **toxic to bacteria**.

ORGAN
TRANSPLANTS

Are substances that **prevent, mitigate and cure disease**.

17. Read and write the treatment.



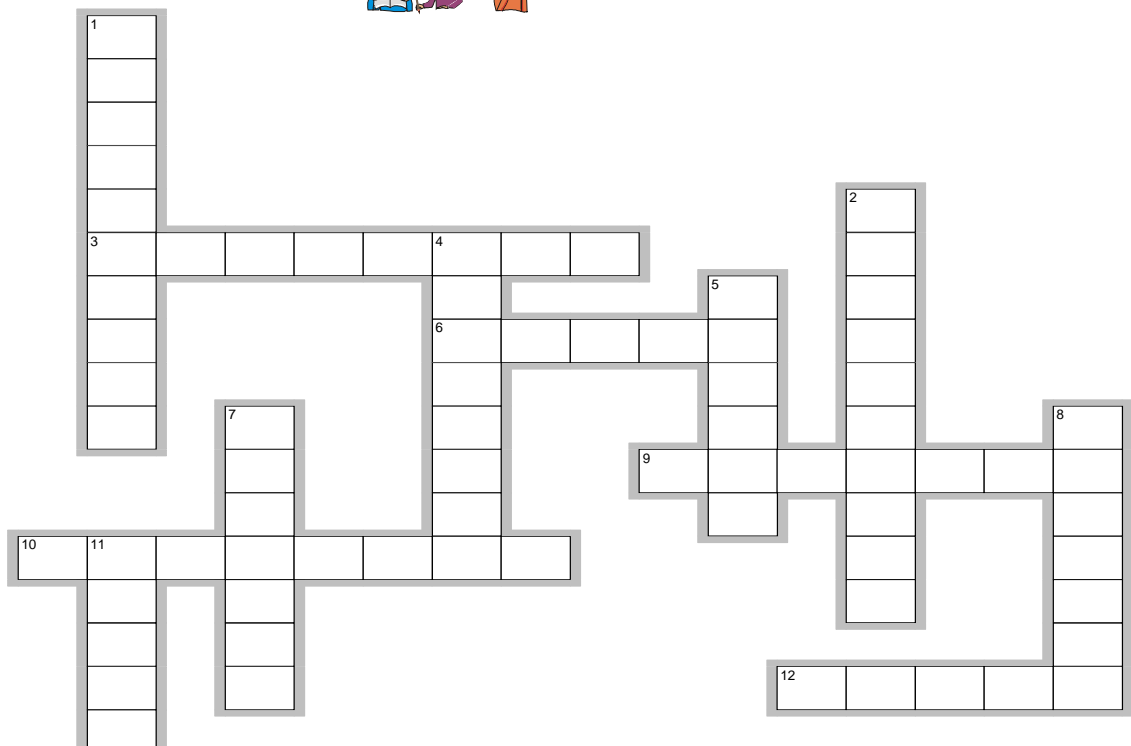
- Doctors advise us about what is best for us: _____
- They are toxic to bacteria: _____
- Spain is the country with the highest number them: _____
- From birth through adolescence, all children should follow the schedule: _____
- They are not effective against viruses: _____
- Thanks to it patients recover more easily and need to stay for less time in hospital: _____

18. Read and order the following sentences.



advanced - cameras - with - are - Surgeries - performed
 such as - heart - Organs - liver - or - kidney - be - can - transplanted
sick - get - When - we - we - medicine - take
substances - are - Medicine - that - disease - prevent

19. Solve this crossword.



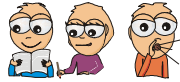
Across

3. A disease that affects a large number of people such as cholera or plague.
6. A person who donates organs
9. When we feel good we feel...
10. A diet where we eat the right quantity of each type of food
12. Some people are dependant on them

Down

1. an infectious disease
2. A chronic disease that causes damage in our liver, nervous system and personal relationships
4. Substances that prevent, mitigate and cure diseases.
5. a person who drives
7. The most harmful habit to our health
8. An infectious disease caused by fungus
11. Type of disease that appears quickly and lasts a short time.

20. Do a project. WALLCHART



Making your own wallchart, steps to be followed:

1. Work in groups of 2, 3 or 4 students
2. Make a wallchart about the unit
3. Choose a topic: Alcohol, tobacco, diseases, healthy habit
4. Find images, pictures and draw
5. Write the main facts
6. Decorate your wallchart
7. Present your project to the class in English

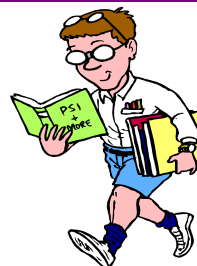




21. What can you do? Mark X.

<p>Hello, my friends!! Read and write a cross.</p>				
	<p>Do you recognize and understand some oral expressions, texts and words related to the different healthy habits and diseases? ¿Reconoces algunas palabras y expresiones orales relacionadas con los diferentes hábitos saludables y enfermedades?</p>			
	<p>Can you read information about health and diseases and understand the most important information? ¿Puedes leer información sobre la salud y las enfermedades y comprender la información más relevante?</p>			
	<p>Can you talk about diseases and the best ways to prevent them? ¿Puedes hablar sobre las enfermedades y las mejores formas para prevenirlas?</p>			
	<p>Do you talk to your classmates about diseases and healthy habits? ¿Hablas con tus compañeros/as acerca de enfermedades y hábitos saludables?</p>			
<p>Can you do projects about diseases or healthy habits? ¿Puedes escribir y realizar proyectos sobre enfermedades y hábitos alimenticios?</p>				

Science Vocabulary



Health:
 Disease:
 Physical development:
 Mental development:
 Social development:
 Fever:
 Irritation:
 Dizziness:
 Pain:
 Symptoms:
 Sick:
 Healthy habits:
 Good hygiene:
 To rest:
 Playing sports:
 Be vaccinated:
 Acute diseases:
 Chronic diseases:

Infectious diseases:
 Non- infectious diseases:
 Sporadic diseases:
 Epidemic diseases:
 Endemic diseases:
 Endemic diseases:
 Alcoholism:
 Damages:
 liver
 Smoker:
 Passive smoker:
 Medicine:
 Drugs:
 Injury:
 Death:
 Traffic rules:
 Harmful habits:
 Speed limits:

Safety distance:
 Seatbelt:
 Drivers:
 Pedestrian:
 Bacterial infections:
 Wounds:
 Bites of insects:
 Treatment:
 Medicine:
 To Prevent:
 Mitigate:
 Cure:
 Vaccines:
 Antibiotics:
 Surgery:
 Organ transplants:

