

CurriculumVisions Lesson

Students: fill in next to the word answer and return the document for assessment.

Science

Book: Keeping healthy (5A)

Pages 13-19

Everything here is based on our Curriculum Visions book Keeping healthy (5A)

In this segment, we are going to learn about exercise, disease and injuries.

You will need to go to pages 13-14 of the book. Using the instructions on page 15, take your pulse. Now, do 5 minutes of exercise such as running around or doing jumping jacks. Take your pulse again. Which time was your heart pumping harder? How do you know?

Answers will vary.....

Students own work. The second time, the students should have a higher heart rate because their heart is working harder as they exercise.

Go to pages 15-16. What are some different sources of microbes that can cause disease? How can you prevent the microbes from making you ill?

Answer.....

Bacteria: cook food properly; always cover your mouth and nose when you sneeze, wash your hands before you eat, always wash your hands after using the toilet, wash crockery and cutlery properly

Viruses: use a vaccine

Go to pages 18-19

Imagine that you have a minor cut. In your own words, write down what happens in your body.

Answers will vary.....

Sample answer: Blood vessels swell and blood rushes to the area, carrying away germs and bacteria. The area will begin to feel hot and swell up. Nerves send a signal to your brain, telling you to feel pain, so you will look after the injury. White blood cells in the blood kill any bacteria. Platelets arrive and seal up the area with a clot. Over time, new cells form and heal the wound.

If you are interested in this topic continue to browse the book and watch our amazing videos. They start right on the book cover.