MP3-Health Conditions, Diseases, and Medicines

Content Area: **P.E. & Health**
Course(s): **Health K**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Published**

Essential Questions

- What is hygiene?
- How can I prevent myself from getting sick?

Big Ideas

- People need food, water, air, waste removal, and a particular range of temperatures in their environment to stay healthy

New Jersey Legislative Statute- Lyme Disease Prevention (N.J.S.A. 18A:35-5.1)

Objective: Students will be able to identify a tick, learn how they travel, and how to check their bodies for ticks after being outside.

Activity: Students will participate in a powerpoint lesson, and complete a tick identification worksheet.

Enduring Understandings

2.3.2.HCDM.1: Explain the consequences on a person's health if he or she does not have adequate food and a clean environment.

2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing

behaviors that can keep a person healthy (e.g., precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions).

2.3.2.HCDM.3: Explain strategies and develop skills to prevent the spread of communicable diseases and health conditions (e.g., Lyme disease, influenza, cardiovascular diseases)

Resources

- **Brushing our teeth: https://www.youtube.com/watch?v=aOebfGGcjVw**
- https://www.youtube.com/watch?v=vcNAhUqH9U0
- Hygiene Habits: https://www.youtube.com/watch?v=D5BtnvQqbWs
- The Great Body Shop: My Body is Special
- The Great Body Shop: My Great Body
- The Great Body Shop: Keeping Clean and Healthy
- NJ State Department of Health for Communicable Disease tick resource kindergarten