# MP3-Health Conditions, Diseases, and Medicines

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

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Status: Published

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| • | How | can I | prevent | myself f | from g | getting | sick? |
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### **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: <a href="https://www.youtube.com/watch?v=aOebfGGcjVw">https://www.youtube.com/watch?v=aOebfGGcjVw</a>
- <a href="https://www.youtube.com/watch?v=vcNAhUqH9U0">https://www.youtube.com/watch?v=vcNAhUqH9U0</a>
- Hygiene Habits: <a href="https://www.youtube.com/watch?v=D5BtnvQqbWs">https://www.youtube.com/watch?v=D5BtnvQqbWs</a>
- 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 <u>tick resource kindergarten</u>