



Introduction (10 minutes)

Welcome to the "Understanding Common Sicknesses and Their Symptoms" worksheet! This activity is designed for 11-year-old students to learn about common sicknesses, their symptoms, and how to recognize and describe them using new vocabulary.

In this worksheet, students will learn about common sicknesses such as the common cold, flu, and stomachache. They will also learn about the symptoms of these sicknesses and how to recognize them. By the end of this activity, students will be able to use new vocabulary to describe common sicknesses and their symptoms.

Vocabulary Building (15 minutes)

Match the following vocabulary words with their definitions:

1. Fever
2. Headache
3. Nausea
4. Common Cold
5. Flu
6. Stomachache
7. Virus
8. Bacteria
9. Symptom
10. Medicine

Definitions:

- A higher-than-normal body temperature
- A pain or discomfort in the head or neck
- A feeling of sickness or queasiness in the stomach
- A viral infection that affects the nose, throat, and lungs
- A viral infection that affects the body, causing fever, headache, and fatigue
- A pain or discomfort in the stomach
- A tiny germ that can cause sickness
- A type of germ that can cause sickness
- A sign or indication of a sickness

- A treatment or remedy for a sickness

Sentence Writing (15 minutes)

Write a sentence using each of the following vocabulary words:

1. Fever
2. Headache
3. Nausea
4. Common Cold
5. Flu

Example: I had a fever yesterday, so I stayed home from school.

Common Sicknesses and Their Symptoms (20 minutes)

Read the following scenarios and identify the common sickness and its symptoms:

1. I have a runny nose, cough, and sore throat.
2. I have a high fever, headache, and body aches.
3. I have a stomachache, nausea, and diarrhea.

Differentiated Activities (25 minutes)

For beginner learners:

- Match the vocabulary words with their definitions
- Write a short sentence using one of the vocabulary words

For intermediate learners:

- Write a short paragraph describing a common sickness and its symptoms
- Create a diagram or chart to illustrate the symptoms of a common sickness

For advanced learners:

- Research and write a short essay about a specific common sickness and its symptoms
- Create a public service announcement about the importance of recognizing and treating common sicknesses

ESL Support Strategies (10 minutes)

Use visual aids such as pictures and diagrams to support vocabulary building

Provide simplified language and sentence structures for sentence writing

Offer one-on-one support for students who need extra help

Assessment and Evaluation (15 minutes)

Vocabulary quiz to assess recognition of new vocabulary

Sentence writing assessment to evaluate ability to use new vocabulary in context

Participation in class discussions and activities to assess understanding of common sicknesses and their symptoms

Conclusion (10 minutes)

Congratulations on completing the "Understanding Common Sicknesses and Their Symptoms" worksheet!

You have learned new vocabulary and how to recognize and describe common sicknesses and their symptoms. Remember to practice using the new vocabulary in context and to seek medical attention if you are experiencing any symptoms of a common sickness.

Extension Activities (20 minutes)

Create a poster or infographic about a common sickness and its symptoms

Write a short story or scenario about a character who is experiencing symptoms of a common sickness

Research and create a presentation about a specific common sickness and its symptoms

Answer Key

Vocabulary Building:

1. Fever - A higher-than-normal body temperature
2. Headache - A pain or discomfort in the head or neck
3. Nausea - A feeling of sickness or queasiness in the stomach
4. Common Cold - A viral infection that affects the nose, throat, and lungs
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Common Sicknesses and Their Treatments (20 minutes)

Read the following scenarios and identify the common sickness and its treatment:

1. I have a runny nose, cough, and sore throat. What treatment would you recommend?
2. I have a high fever, headache, and body aches. What treatment would you recommend?
3. I have a stomachache, nausea, and diarrhea. What treatment would you recommend?

Prevention and Prevention Strategies (20 minutes)

Discuss the following prevention strategies for common sicknesses:

- Washing hands frequently
- Avoiding close contact with people who are sick
- Getting enough sleep and exercise
- Eating a healthy diet

Create a poster or infographic about prevention strategies for common sicknesses

Common Sicknesses and Their Complications (25 minutes)

Discuss the following complications of common sicknesses:

- Pneumonia (complication of the common cold or flu)
- Ear infections (complication of the common cold)
- Sinus infections (complication of the common cold)
- Dehydration (complication of stomachache or diarrhea)

Create a diagram or chart to illustrate the complications of common sicknesses

When to Seek Medical Attention (15 minutes)

Discuss the following scenarios and determine when to seek medical attention:

1. I have a high fever that won't go away
2. I have a severe headache or stiff neck
3. I have difficulty breathing or shortness of breath
4. I have severe stomach pain or vomiting

Medications and Their Uses (20 minutes)

Discuss the following medications and their uses:

- Pain relievers (e.g. acetaminophen or ibuprofen)
- Decongestants (e.g. pseudoephedrine or phenylephrine)
- Antihistamines (e.g. diphenhydramine or loratadine)
- Antibiotics (e.g. amoxicillin or azithromycin)

Create a chart or table to compare the different medications and their uses

Alternative Remedies (20 minutes)

Discuss the following alternative remedies for common sicknesses:

- Herbal supplements (e.g. echinacea or ginger)
- Aromatherapy (e.g. peppermint or eucalyptus)
- Homeopathic remedies (e.g. oscillococcinum or belladonna)
- Acupuncture or acupressure

Create a poster or infographic about alternative remedies for common sicknesses

Conclusion and Review (15 minutes)

Review the key concepts learned in this unit

Discuss the importance of understanding common sicknesses and their symptoms

Create a concept map or diagram to illustrate the relationships between common sicknesses, symptoms, and treatments

Final Assessment (25 minutes)

Administer a final assessment to evaluate students' understanding of common sicknesses and their symptoms

Use a variety of question types, such as multiple choice, short answer, and essay questions

Provide feedback and encouragement to students

Extension Activities (20 minutes)

Create a public service announcement about the importance of understanding common sicknesses and their symptoms

Research and create a presentation about a specific common sickness and its symptoms

Create a brochure or pamphlet about common sicknesses and their symptoms

ESL Support Strategies (10 minutes)

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