



PLANIT
TEACHERS

Exploring Common Sickneses: A Vocabulary Building Activity

Introduction to Common Sickneses

As part of our English Language Arts curriculum, we will be learning about common sicknesses and their vocabulary. This activity aims to improve your understanding of the English language while promoting health awareness.

By the end of this activity, you will be able to identify, define, and use vocabulary related to common sicknesses effectively in sentences.

Common Sicknesses and Their Definitions

- **Influenza:** A highly infectious illness that affects the respiratory system.
- **Migraine:** A type of headache that can cause severe pain and sensitivity to light.
- **Allergy:** An overreaction of the body's immune system to a specific substance.
- **Diarrhea:** A condition characterized by loose, watery stools.
- **Conjunctivitis:** Inflammation or infection of the outer membrane of the eyeball and the inner eyelid.

Match the Sickness with Its Definition

1. Influenza
2. Migraine
3. Allergy
4. Diarrhea
5. Conjunctivitis

1. a. A highly infectious illness affecting the respiratory system.
2. b. Inflammation or infection of the outer membrane of the eyeball and the inner eyelid.
3. c. A type of headache causing severe pain and sensitivity to light.
4. d. An overreaction of the body's immune system to a specific substance.
5. e. A condition characterized by loose, watery stools.

Answer Key:

1. Influenza - a
2. Migraine - c
3. Allergy - d
4. Diarrhea - e
5. Conjunctivitis - b

Create Your Own Sentences

Using the vocabulary words, create two original sentences. For example:

- After catching influenza, it's essential to rest and drink plenty of fluids to avoid complications like pneumonia.
- Understanding the symptoms of a migraine, such as sensitivity to light and severe headache, can help in managing the condition more effectively.

Space for students to write their sentences:

Short Paragraph

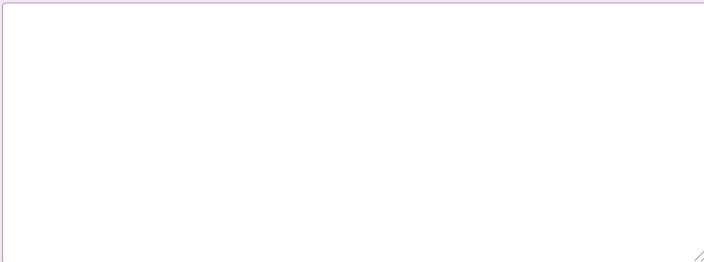
Share Your Experience

Write a short paragraph (5-7 sentences) describing a personal experience or a story about overcoming a common sickness, incorporating at least five vocabulary words.

Example:

Last winter, I experienced influenza, which made me very weak. My sister, who has an allergy to pollen, was very helpful in taking care of me. However, she started feeling unwell too, complaining of a migraine due to her allergy. We both had to visit the doctor, who diagnosed her with conjunctivitis as well. The doctor advised us to stay hydrated to prevent diarrhea, a common complication of the medications we were prescribed.

Space for students to write their paragraph:




Take It Further

Choose one of the following activities to complete:

1. **Research Project:** Choose one of the common sicknesses and research its causes, symptoms, treatment, and prevention methods. Compile your findings into a short report or presentation.
2. **Creative Expression:** Write a short story or create a comic strip that incorporates at least three of the vocabulary words related to common sicknesses.

Space for students to brainstorm and plan their activity:

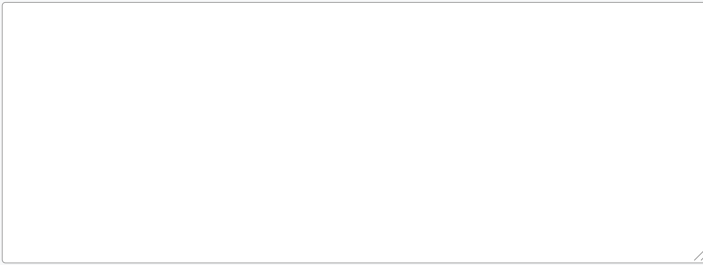
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Research Project Guidelines

If you chose the research project, follow these guidelines:

1. Choose a common sickness to research
2. Find reliable sources of information
3. Take notes on the causes, symptoms, treatment, and prevention methods
4. Compile your findings into a short report or presentation

Space for students to take notes and plan their report:

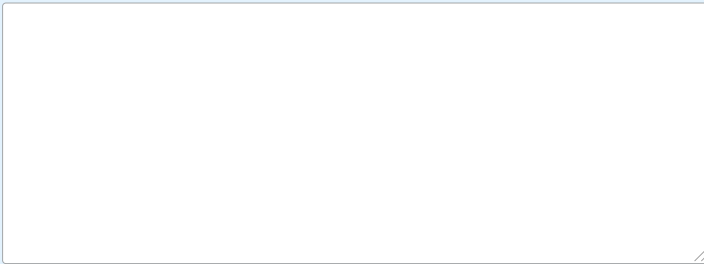
A large, empty rectangular box with a thin black border, intended for students to take notes and plan their report. It is located below the list of guidelines.

Creative Expression Guidelines

If you chose the creative expression activity, follow these guidelines:

1. Choose a common sickness to feature in your story or comic strip
2. Brainstorm ideas for your story or comic strip
3. Use at least three vocabulary words related to common sicknesses
4. Create your story or comic strip

Space for students to brainstorm and plan their story or comic strip:

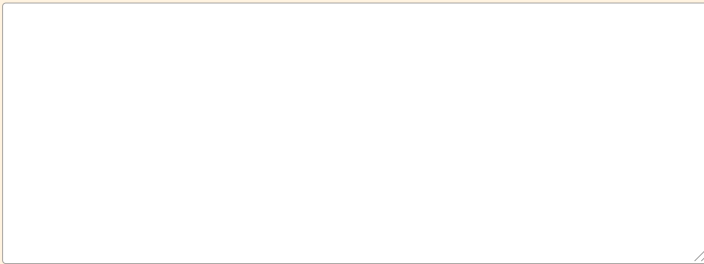


Reflect on Your Learning

Take a moment to reflect on what you learned and what challenges you faced. Consider:

- What did I learn about common sicknesses and their vocabulary?
- Were there any difficulties in understanding or using the vocabulary words?
- How can I apply this knowledge in real-life situations?
- What would I like to learn more about regarding health and sicknesses?

Space for students to reflect on their learning:

A large, empty rectangular box with a thin black border, intended for students to write their reflections. It is positioned on the left side of the page, below the reflection prompts.

Conclusion

In this activity, you learned about common sicknesses and their vocabulary, and had the opportunity to practice using these words in sentences and a short paragraph.

Remember to always take care of your health and practice good hygiene to prevent common sicknesses. Keep practicing your English language skills to become a proficient communicator.

Health and wellness are crucial aspects of our lives, and understanding common sicknesses is an essential part of maintaining overall well-being. By learning about the causes, symptoms, and treatments of various illnesses, we can take proactive steps to prevent them and lead healthier lives.

Example: Healthy Habits

Practicing good hygiene, such as washing your hands regularly, getting enough sleep, and eating a balanced diet, can help prevent the spread of illnesses and promote overall health and wellness.

Common Sicknesses in Different Age Groups

Different age groups are susceptible to different types of illnesses. For example, children are more prone to illnesses such as chickenpox and measles, while older adults are more susceptible to illnesses such as pneumonia and influenza.

Common Sicknesses by Age Group

- **Children:** chickenpox, measles, ear infections
- **Adults:** influenza, pneumonia, bronchitis
- **Older Adults:** pneumonia, influenza, urinary tract infections

Preventing illnesses is always better than treating them. There are several ways to prevent common sicknesses, such as getting vaccinated, practicing good hygiene, and maintaining a healthy lifestyle.

Match the Prevention Method with the Sickness

1. Vaccination
2. Good Hygiene
3. Healthy Lifestyle

1. a. Influenza
2. b. Measles
3. c. Pneumonia

Answer Key:

1. Vaccination - a, b
2. Good Hygiene - c
3. Healthy Lifestyle - a, b, c

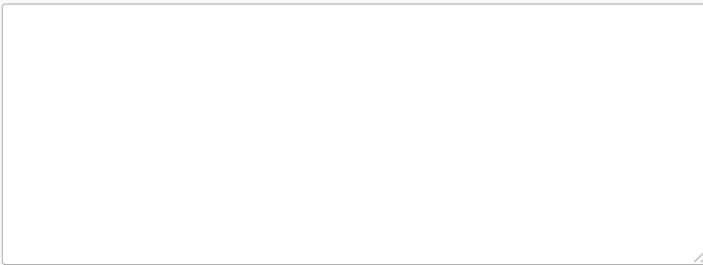
Conclusion and Next Steps

In conclusion, understanding common sicknesses and their vocabulary is essential for maintaining good health and wellness. By learning about the causes, symptoms, and treatments of various illnesses, we can take proactive steps to prevent them and lead healthier lives.

Research Project: Investigating Common Sicknesses

Choose a common sickness and research its causes, symptoms, treatment, and prevention methods. Compile your findings into a short report or presentation.

Space for students to brainstorm and plan their project:

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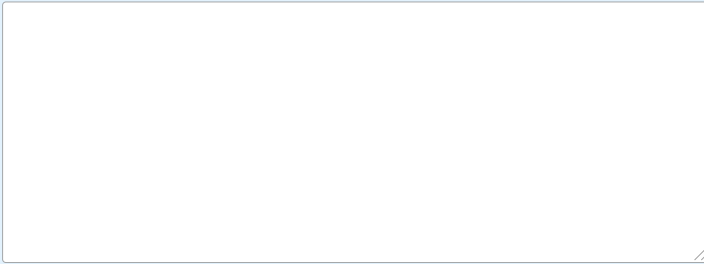
Creative Expression: Healthy Habits

Create a short story, poem, or comic strip that promotes healthy habits and prevents the spread of illnesses.

Example: Healthy Habits Story

Write a short story about a character who practices good hygiene and healthy habits to prevent the spread of illnesses.

Space for students to write their story:



Self-Assessment and Reflection

Take a moment to reflect on what you learned and what challenges you faced. Consider:

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- What would I like to learn more about regarding health and sicknesses?

Space for students to reflect on their learning:

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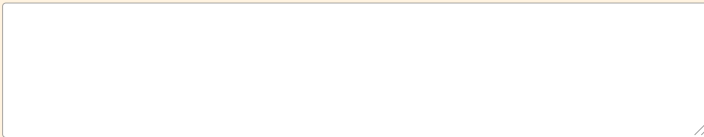
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Short Paragraph

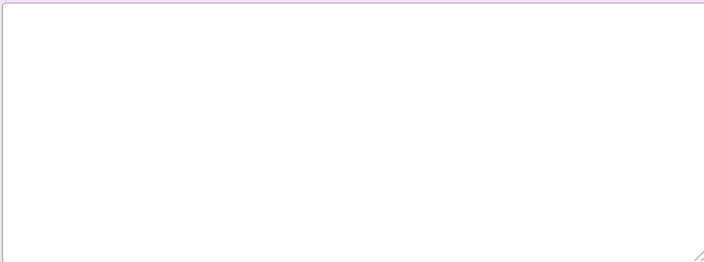
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Space for students to write their paragraph:




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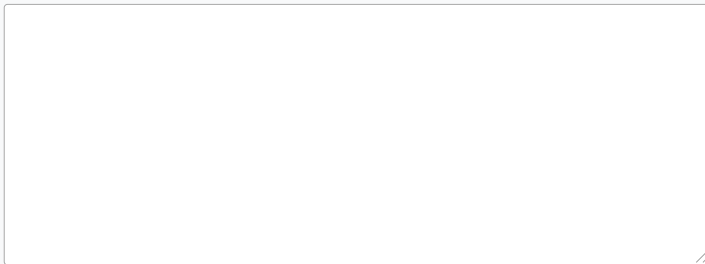


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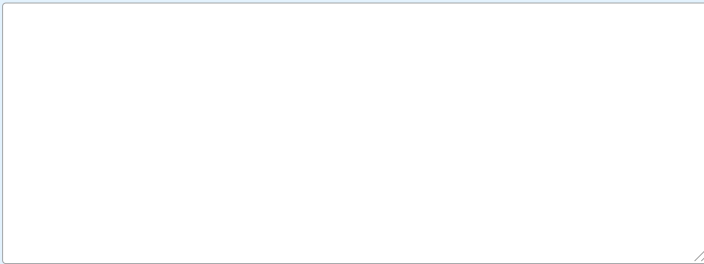
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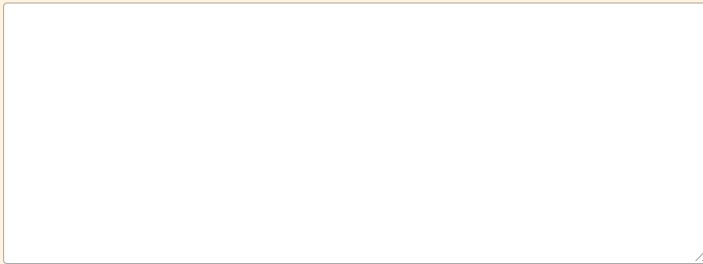
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Reflect on Your Learning

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Conclusion

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Well done on completing your homework children!