

Essential Standard

8.PCH.1 – UNDERSTAND WELLNESS, DISEASE
PREVENTION, AND RECOGNITION OF
SYMPTOMS.

Clarifying Objective

8.PCH.1.2 – EXPLAIN BEHAVIORAL AND ENVIRONMENTAL FACTORS THAT CONTRIBUTE TO MAJOR CHRONIC DISEASES AND THE METHODS FOR REDUCING THE PROBLEMS ASSOCIATED WITH COMMON CONDITION (ASTHMA, ALLERGIES, DIABETES, AND EPILEPSY).

STATEMENT OF OBJECTIVES:

- × *Recently we learned about risky behaviors which develop during childhood and adolescence which may lead to premature death. In previous years, you studied about chronic diseases, specifically diabetes and asthma. We are going to continue to focus on chronic diseases, and add allergies and epilepsy to those we study. By the end of the period, you will understand what environmental and behavioral risk factors are and how they are associated with chronic diseases. You will be able to identify the practices that can help reduce the occurrence of chronic diseases and I am confident that you will choose to put those practices in place.*

QUIZ ON ASTHMA AND DIABETES

1. People with asthma have what is called a chronic, or continuing problem with their airways, which can get swollen and full of mucus. This problem is made worse by asthma triggers. Which of the following may be a trigger for Asthma?
 1. Coming into contact with freshly cut grass and leaf piles
 2. Windy weather conditions
 3. Running
 4. Exposure to air pollution
 5. All of the above
 1. [Asthma](#) - open this link and read the information
2. People who have certain kinds of allergies are more likely to have asthma.
 1. True or False
3. Asthma cannot be cured, but it can be managed.
 1. True or False
4. Which of the following would not be appropriate when coping with Asthma?
 1. Watch the forecast for pollen and mold counts as well as weather that might affect your asthma.
 2. Wear a scarf over your mouth and nose outside during very cold weather.
 3. Keep your window closed at night. If it is hot outside, use air conditioning, which cleans, cools, and dries the air.
 4. Use cigarettes in moderation to help you relax.
 5. Keep your rescue medication with you all the time.

5. Diabetes causes our
 1. Blood glucose to be too low
 2. Blood glucose to be too high
 3. Body to stop making blood glucose
6. Teens can have different types of diabetes?
True or False
7. You can keep your blood glucose close to your target range if you
 5. Make healthy food choices and are active every day
 6. Stay at a healthy weight
 7. Take your medicine if needed
 8. Check your blood glucose
 9. All of the above
9. Foods that contain the following nutrients help keep your blood glucose close to your target range
 5. Carbs
 6. Protein
 7. Fat
 8. All of the above
0. Teens with diabetes can eat sugar, sweets, and desserts.
True o False

10. If you are overweight, you can get to a healthy weight by
 1. Going on a fad diet
 2. Cutting to 1,000 calories a day
 - ~~3. Being more active, cutting some calories, and eating smaller portions of food~~
 4. Buying your own gym equipment
11. A type of fat that can be healthy for your heart comes from
 1. Chicken skin
 2. Whole milk
 3. Nuts and avocado
 4. Butter
12. Teens may get type 2 diabetes because
 1. They have certain genes
 2. They are overweight
 3. They have a family member who has diabetes
 4. They are American Indian, Alaska Native, African American, Hispanic/Latino, Asian American, or Pacific Islander
 5. All of the Above

QUIZ ON ASTHMA AND DIABETES ANSWERS

1. People with asthma have what is called a chronic, or continuing problem with their airways, which can get swollen and full of mucus. This problem is made worse by asthma triggers. Which of the following may be a trigger for Asthma?
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 3. Running
 4. Exposure to air pollution
 5. **All of the above**
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 1. **True** or False
3. Asthma cannot be cured, but it can be managed.
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ASTHMA, CANCER, DIABETES, HIV/AIDS, EPILEPSY, FOOD ALLERGIES, HAY FEVER, OSTEOPOROSIS, ACNE, BLINDNESS, DEAFNESS, FLU, COLD, BACTERIAL CONJUNCTIVITIS, BRONCHITIS, EAR ACHE, MOST HEADACHES

✗ Chronic - persistent, recurring, or long-lasting

- + asthma
- + cancer
- + Diabetes
- + HIV/AIDS
- + Epilepsy
- + food allergies
- + hay fever
- + osteoporosis
- + acne
- + blindness
- + deafness

✗ Acute - severe, intense, and of short duration

- + flu
- + cold
- + bacterial conjunctivitis
- + bronchitis
- + Ear ache
- + most headaches

CLOSURE:

- ✘ *We have learned a lot today about chronic diseases and how our own behavior and the environment we live in may increase or reduce our problems associated with them. I can see from your understanding of the best ways to prevent diseases that you realize that it is indeed, up to you to make responsible choices to keep yourself healthy, and I'm confident that you will make the wise choices.*