

6th Grade Personal and Consumer Health Notes

6.PCH.1.1 - Explain the increase of incidence of disease and mortality over the last decades

I. Pre-Test

- A. What is the difference between communicable and chronic diseases?
- B. What is morbidity?
- C. What is mortality?
- D. Why has the mortality rate increased over the past few decades?
- E. What type of diseases have increased over the past few decades?
- F. How are communicable diseases transmitted?
- G. What are four methods of reducing the transmission of communicable diseases?

II. Notes

A. In the early 1900's what was the leading causes of death in America?

B. What is the leading cause of death today? List 3.

C. What do these **CHRONIC DISEASES** have in common?

D. What are 3 characteristics of **CHRONIC DISEASE**?

- 1. _____
-
- 2. _____
-
- 3. _____

E. What are 3 examples of a **CHRONIC DISEASE**?

- 1. _____
-
- 2. _____
-
- 3. _____

F. List 3 ways to prevent **CHRONIC DISEASE**.

- 1. _____
-
- 2. _____
-
- 3. _____

G. What are 3 characteristics of **COMMUNICABLE DISEASE**?

- 1. _____
-
- 2. _____
-
- 3. _____

H. What are 3 examples of a **COMMUNICABLE DISEASE**?

- 1. _____
-
- 2. _____
-
- 3. _____

I. **What do you think happens more, CHRONIC OR COMMUNICABLE? WHY?**

J. **What is MORBIDITY?**

K. **What is MORTALITY?**

L. **Life expectancy can be improved by practicing primary prevention:**

1. _____

2. _____

3. _____

6.PCH.1.2 Differentiate between communicable and chronic diseases

6.PCH.1.3 Recall symptoms associated with common communicable and chronic diseases

6.PCH.1.4 Select methods of prevention based on the modes of transmission of communicable diseases.

I. **Pre-Test (same as 6.PCH.1.1)**

II. **Notes**

A. **What diseases are the leading killers in the US?**

B. **What does contaminated mean?**

C. **What does contagious mean?**

D. **What does infectious mean?**

E. **What does degenerative mean?**

F. **What does progressive mean?**

G. **How are COMMUNICABLE DISEASES spread? 3 main ways.**

1. _____

2. _____

3. _____

H. **Give an example of a communicable disease being spread by DIRECT CONTACT.**

I. **Give an example of a communicable disease being spread by INDIRECT CONTACT.**

J. **Give an example of a communicable disease being spread by AIRBORNE TRANSMISSION.**

K. **List 5 common communicable (infectious) diseases.**

L. What are risk factors for the following CHRONIC DISEASES?

1. **Cardiovascular Disease:**

2. **Cancer:**

3. **Diabetes Type 2:**

4. **Alzheimers:**

5. **Asthma:**

6. **Arthritis:**

M. How can you prevent the following CHRONIC DISEASES?

1. **Cardiovascular Disease:**

2. **Cancer:**

3. **Diabetes Type 2:**

4. **Alzheimers:**

5. **Asthma:**

6. **Arthritis:**

N. How can you reduce the transmission of Communicable Disease?

1. _____

2. _____

3. _____

4. _____

5. _____

6.PCH.1.5 - Explain methods of protecting eyes and vision

I. Pre-Test

A. What are 6 strategies to protect vision and hearing?

B. List 4 risks to eye-sight.

II. Notes

A. What are the risks to eye sight?

1. _____

2. _____

3. _____

- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

B. What are the ways to protect your vision?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

6.PCH.1.6 - Summarize protective measures for ears and hearing

I. Pre-Test

- A. Why is it important to protect your hearing?
- B. What is noise pollution?
- C. Noise is measured in what?
- D. List strategies to protect your hearing. List 6

II. Notes

- A. What is noise pollution?

- B. What is noise measured in?

- C. What is a sign that noise is too loud for that individual?

- D. What are 6 things that you can do to protect your hearing?
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____

6. _____

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6.PCH.1.7 Summarize the triggers and symptoms for asthma and strategies for controlling asthma

I. Pre-Test

- A. What are the basic functions of the respiratory system?
- B. Describe five symptoms of asthma.
- C. How can asthma be controlled?
- D. What are some common asthma triggers? List 6.

II. Notes

A. What is the main function of the respiratory system?

B. What is the definition of respiration?

C. What are some common triggers of asthma?

D. What happens during an asthma attack?

- 1. Cell in the air tubes: _____
- 2. It tends to: _____
- 3. Air tubes tend to: _____
- 4. Muscles in the air tubes: _____
- 5. These changes cause the air tubes: _____

E. What are the signs of an asthma attack?

- 1. _____
-
- 2. _____
-
- 3. _____
-
- 4. _____
-
- 5. _____
-
- 6. _____

F. What are the signs of a subtle asthma attack?

- 1. _____
-
- 2. _____
-
- 3. _____
-
- 4. _____
-
- 5. _____

G. What are the signs of a severe attack?

- 1. _____
-
- 2. _____
-

3. _____
4. _____
5. _____

H. What is an asthma action plan?

I. Following an asthma action plan will help you prevent: _____

J. Your asthma action plan will give you clear instructions so you can...

1. _____
2. _____
3. _____
4. _____

K. Describe the "Zone System"

1. Green Zone: _____
2. Yellow Zone: _____
3. Red Zone: _____

6.PCH.2.1 - Analyze claims for health products and services

6.PCH.2.2- Evaluate the validity of claims made in advertisements for health products and services

I. Pre-Test

- A. What is a health claim?
- B. Health claims can not state what?
- C. How do you evaluate claims made for health products?
- D. You should believe everything you read on the internet? Why or why not?
- E. You should always evaluate health claims to ensure that the information is reliable. True/false
- F. The average American child watches over 20,000 television commercials in a year. True/False

II. Notes

A. What is a health claim?

B. Health claims cannot state that a...

C. A Health Claim may...

D. What are some clues for exaggerated health claims?

1. _____
2. _____
3. _____
4. _____
5. _____

E. What do the following Web publishers mean?

1. .edu: _____
2. .gov: _____
3. .org: _____
4. .com: _____

F. When seeing if a claim is true, what should you do? 4 things.

6.PCH.3.1 - DIFFERENTIATE BETWEEN INDIVIDUAL BEHAVIORS THAT CAN HARM OR HELP THE ENVIRONMENT

I. Pre-Test

- A. How can a person's behaviors help or hurt the environment?
- B. How do we keep from burying ourselves in all the waste we create?
- C. What is the most effective way to reduce waste?
- D. What are 3 benefits of waste reduction?
- E. What are 4 primary methods of recycling?

II. Notes:

A. *How do we keep from burying ourselves in all the waste we create?*

B. What is the most effective way to reduce waste?

C. By reducing and reusing, consumers and industry can save...

D. 3 Benefits of the reduction of waste are...

1. _____
2. _____
3. _____

E. What are the 4 primary methods of recycling?

1. _____
2. _____
3. _____
4. _____

F. What does purchasing recycled products complete? _____

6.PCH.3.2 - Implement plans to work collaboratively to improve the environment.

I. Pre-Test

- A. What does reduce/reduction mean?
- B. What is source reduction?
- C. What are 2 ways to practice reduction?
- D. List 4 package-related tips when buying products.
- E. List 2 examples of reusing.
- F. List 10 things that you can recycle.

II. Notes

A. What does reduce/reduction mean?

B. What is source reduction?

C. What are 2 ways to practice reduction?

1. _____
2. _____

D. List 4 package-related tips when buying products.

1. _____
—
2. _____
3. _____
4. _____

E. List 2 examples of reusing.

1. _____
—
2. _____

F. List 10 things that you can recycle.

1. _____
—
2. _____
3. _____
4. _____
5. _____
—
6. _____
7. _____
8. _____
9. _____
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10. _____
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