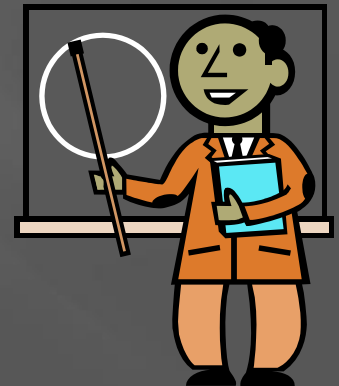


# 8TH GRADE UNIT ONE

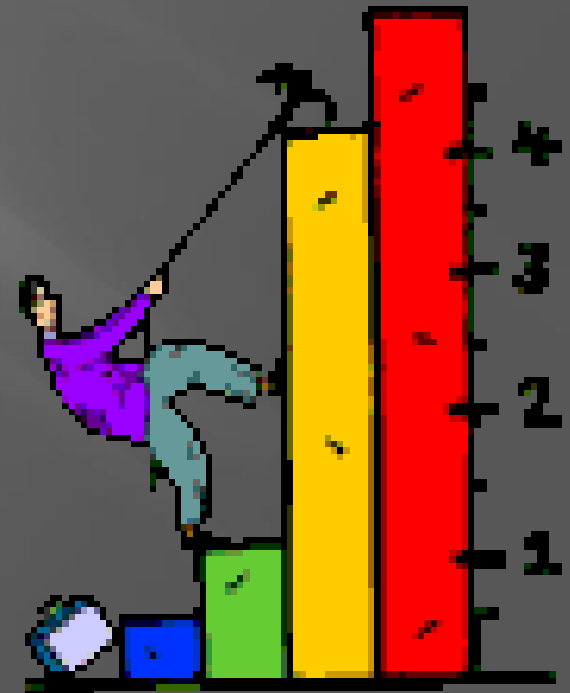
## Wellness & Disease Prevention



# Wellness and Disease Prevention

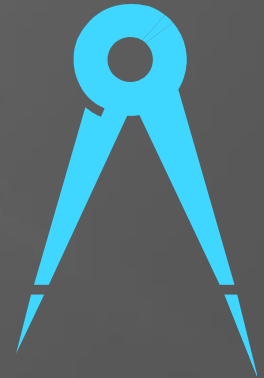
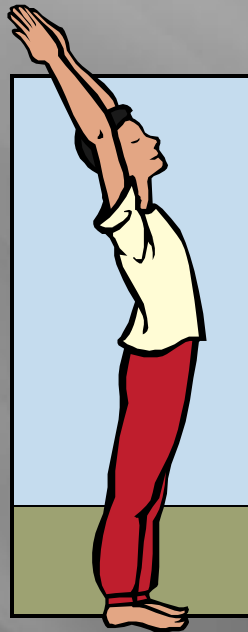
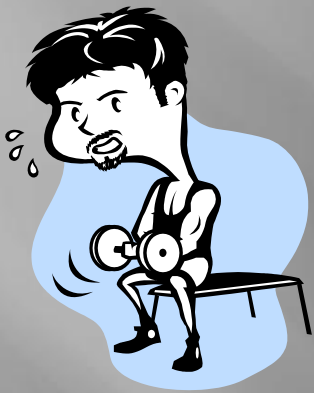
## Wellness Defined

The highest level of health one can achieve or “total” health.



# The Health Triangle

## ▣ Physical



Weight Lifting, Flexibility, Cardiovascular Exercise, Body Composition, Nutrition

# Mental health

- ▣ READING
- ▣ BRAIN PUSH UPS
- ▣ SELF-ESTEEM/BODY IMAGE



# Social Health



- ▣ How you get along with others.
- ▣ The state of your relationships

# Communicable Diseases

## Vocabulary:

- Pathogens – disease-causing organisms that can only be seen with a microscope
- Disease – any condition that interferes with the proper functioning of the body or mind.

# Communicable Diseases

- ▣ Vocabulary continued:
  - Communicable disease- any disease that can be passed to a person, animal or object.
  - Infection – is a condition that occurs when pathogens enter the body, multiply, and cause harm.

# Types of Pathogens

- ▣ Viruses- smallest of all pathogens
- ▣ Bacteria- are tiny one-celled organisms. Some are helpful, some are harmful and some we coexist with.
- ▣ Fungi – more complex than bacteria can cause ring-worm and Athlete's foot.
- ▣ Protozoa – hydrophilic (love water), carried in mosquitoes and cause malaria and sometimes dysentery.



# How Pathogen are Spread

- ▣ Direct contact with others
- ▣ Indirect contact with others
- ▣ Contact with contaminated food and water
- ▣ Contact with animals or insects – An organism, such as an insect, that transmits pathogens is called a vector.

# How Pathogen are Spread

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# Prevention of Pathogens Spreading

- ▣ Eat nutritious foods
- ▣ Exercise/ daily physical activity
- ▣ Avoid infected people that are contagious
- ▣ Never share drinks/foods
- ▣ Do not share toothbrushes or personal hygiene items
- ▣ Wash your hands/ good hygiene habits
- ▣ Avoid touching mouth, nose, eyes.
- ▣ Do not bite your finger nails.

# Prevention of Pathogens Spreading

- ▣ Handle and prepare food safely.
- ▣ Wash and replace sponges, dishtowels frequently.
- ▣ Keep your environment clean.
- ▣ Empty the trash frequently.
- ▣ Keep trash cans clean.

# Prevention of Pathogens Spreading

- ▣ If you are ill stay home.
- ▣ When you sneeze, cover your mouth and nose, and turn your head away from others. Wash your hands immediately.
- ▣ Follow directions for prescriptions.
- ▣ Wash hands frequently when preparing food.

# The Seven Different Family Structures

- ▣ Nuclear
- ▣ Couple
- ▣ Adoptive
- ▣ Foster
- ▣ Joint-Custody
- ▣ Single-Custody
- ▣ Single-Parent

# Other Considerations

- ▣ The family is the basic unit of society, and includes two or more people brought together by blood, marriage, adoption, or a desire for mutual support.
- ▣ Some children live with their **extended** family, a family in which one or more parents and children live with other relatives such as grandparents, aunts, uncles, and cousins.

# Other Considerations

- ▣ A **nuclear** family is composed of two parents and one or more children.
- ▣ Your earliest and most important relationships are with your family.



# Other Considerations

- ▣ There are many different types of families.
- ▣ The role of the individual in the family unit varies among cultures.
- ▣ Family structure in the United States has changed significantly in the last fifty years.
- ▣ Families often meet the physical, mental, emotional and social needs of their members.
- ▣ It is important for parents to set fair limits for their children. As they grow they learn to set limits for themselves.

# Other Considerations

- ▣ Changes to family structure and circumstances happen often.
- ▣ Features found in strong relationships include trust, respect, patience and tolerance.

# Other Considerations

- ▣ Changes to a familial circumstances can include moving to a new city, financial problems, job loss, and illness.
- ▣ Relationships satisfy emotional needs such as the need to feel loved and to belong.

# Short Answer

- ▣ Name three things you learned about HIV/AIDS from the movie “The Announcement”
- ▣ Know at least one communicable and a noncommunicable disease. Give details. Know the difference between communicable and non communicable.