

Lesson 3

Healthy behavior

Preventing infectious and chronic disease.

Health terms

bacteria
chronic
environment
factor
fungus
genes
germs
heredity
infectious
lifestyle
noninfectious
parasites
symptom
toxins
virus

Student Journal Protecting My Body from Disease

Journal entry

Think about the actions you can take to help keep your body healthy.
List as many as you can.

Have you ever been sick...

with a cold, the flu or some other illness? _____

How did you know you were ill? _____

How did your body feel? _____

Symptoms – The signals your body sends to let you know you are ill or becoming ill.

(continued)

Lesson 3

Student Journal Protecting My Body from Disease *(continued)*

Infectious Diseases – Can be passed from person to person.
Caused by germs—organisms that cause disease.

Examples of direct contact:

Examples of indirect contact:

Actions you can take to help protect yourself from getting an infectious disease:

Actions you can take when you're sick to protect others:

Noninfectious Diseases – Can't be caught or passed to other people. Some are called *chronic diseases* because they are ongoing or last a long time.

Family history:

Environment:

Healthy behavior choices that could help prevent chronic disease:

My Plan to Be Healthy & Disease Free for a Lifetime

Directions: Answer the questions under each step to complete your plan.

► Step 1: Know how and why people get sick.

① Describe at least 3 signals your body sends when it's getting sick:

1. _____
2. _____
3. _____

② What is the difference between infectious and noninfectious disease?

- _____
- _____

③ Describe at least 3 ways a person could catch an infectious disease:

1. _____
2. _____
3. _____

④ Describe at least 2 things in the environment that could lead to chronic disease:

1. _____
2. _____

⑤ Describe at least 3 unhealthy behavior choices that could lead to chronic disease:

1. _____
2. _____
3. _____

(continued)

My Plan to Be Healthy & Disease Free for a Lifetime

(continued)

► Step 2: Avoid infectious disease.

What are 2 specific actions you can take to help avoid infectious disease?

1. _____

2. _____

► Step 3: Protect yourself from chronic disease.

What are 3 specific actions you can take to help avoid chronic disease?

1. _____

2. _____

3. _____

► Step 4: Take action.

What action will you start doing right now to help yourself avoid disease and stay healthy for a lifetime?

Self-Check

- ☐ I completed all the questions in Step 1.
- ☐ I described 2 actions to take to help avoid infectious disease.
- ☐ I described 3 actions to take to help avoid chronic disease.