

# unit 2 con't: Personal & Community Health

bellringer page

**Essential Questions:**

- 1. What is asthma and can it be controlled?
- 2. Why should we evaluate health claims?
- 3. How can I practice sun safety?
- 4. Does my behavior help or harm the environment?

**From Powerpoint:**

Asthma is a \_\_\_\_\_ lung disease that can be \_\_\_\_\_

**Asthma Triggers**  
(choose 5)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**Signs of Asthma:**

- 1. Coughing
- 2. \_\_\_\_\_
- 3. Night time coughing
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**Subtle Signs of an Asthma Attack:**  
(choose 5)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**Signs of a Severe Attack:**

- 1. Can't finish a sentence
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. Grayish-blue tint
- 6. No wheezing + other symptoms

**PLEASE SIGN THE PETITION!**

**CONSUMER HEALTH:** Choose one quote that you agree with and write why:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**HEALTH CLAIMS: TRUE OR FALSE?**

- 1.                      2.                      3.                      4.                      5.

**Sunwise Action**  
**Steps:**

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

**ENVIRONMENT:**

**Reduce:** \_\_\_\_\_

**Reuse:** \_\_\_\_\_

**Recycle:** \_\_\_\_\_

## Understanding Asthma Video



## Focus on Asthma:

1. How would a person determine a tornado is coming?

Answers may include: weather signs such as darkening skies, strong winds, howling sounds.

2. What are the signs for the changing of the season?

Answers may include a change in animal activity, temperature, weather, and differences in the flowers and trees.

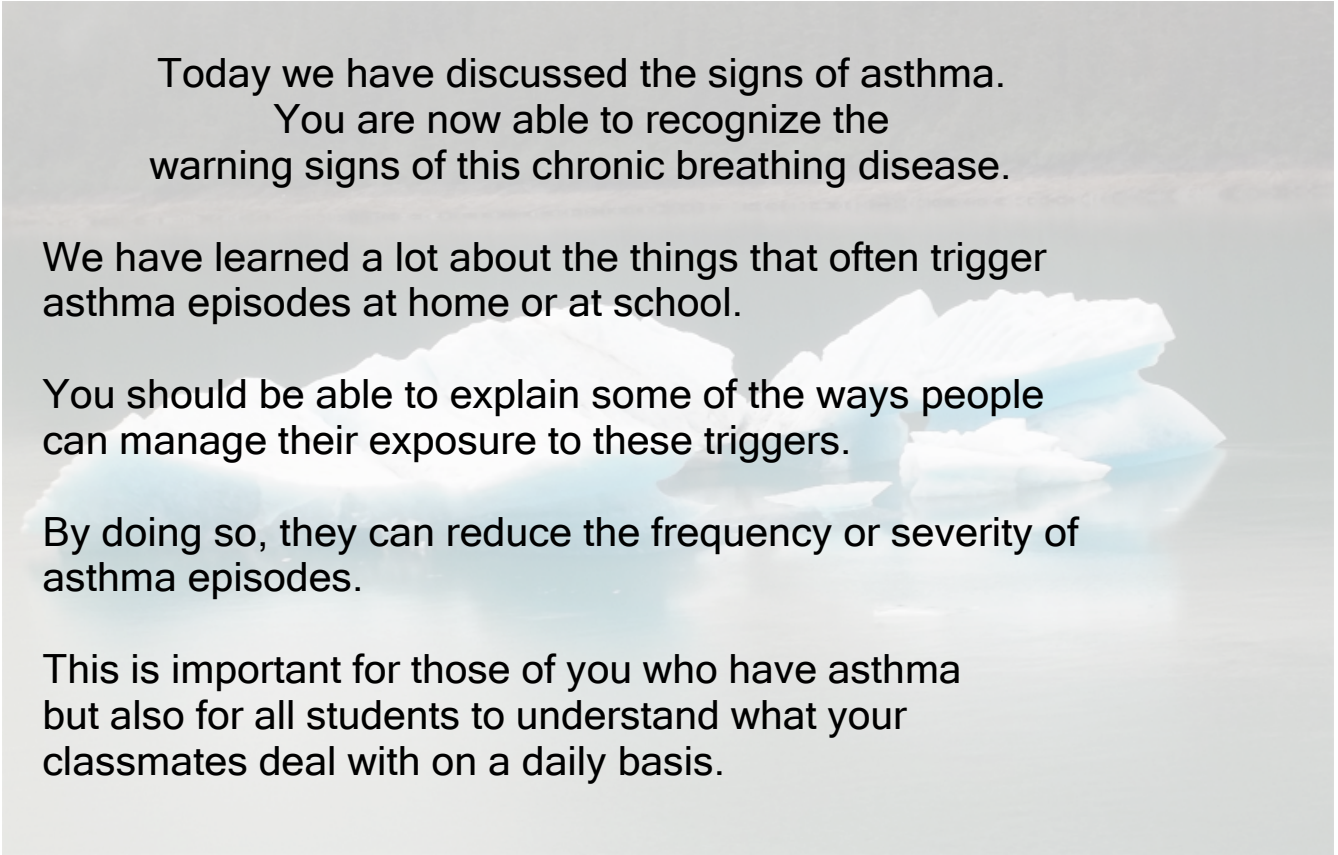
3. How would you know if someone has a cold?

Answers may include - symptoms of a cold might be - stuffy nose, sneezing, headache, sore throat, watery eyes.

4. Why is it important to notice these signs and symptoms?

In order to respond to a threat or be prepared when necessary.





Today we have discussed the signs of asthma.  
You are now able to recognize the  
warning signs of this chronic breathing disease.

We have learned a lot about the things that often trigger  
asthma episodes at home or at school.

You should be able to explain some of the ways people  
can manage their exposure to these triggers.

By doing so, they can reduce the frequency or severity of  
asthma episodes.

This is important for those of you who have asthma  
but also for all students to understand what your  
classmates deal with on a daily basis.

The trouble with people is not what they DON'T know . . . but that they know so much that ain't SO.

Josh Billings

1.

Be careful about reading health books. You might die of a misprint.

Mark Twain

2.

Diets usually leave a person aggravated, discouraged, and the same size.

Amy Lanou

3.

“  
*quote*  
”

Freedom of speech doesn't give a person the right to shout “fire” in a crowded theater (Oliver Wendell Holmes). Nor should it give con artists the right to promote health frauds through ads in print or on the air. Yet health fraud lives and thrives . . . because of successful advertising.

Roger Miller

4.

## CONSUMER HEALTH QUOTES

ge Display

# Health Claims: True or False?

1.

It is a good strategy to lose five pounds in the first week of a weight management plan.

2.

When exercising, if “there’s no pain, there’s no gain.”

3.

Most Americans need nutritional supplements to be healthy.

4.

One needs to drink water only when thirsty.

5.

Acne can be cured by eliminating all fatty foods.



# Answer Page

	Health Claim	Is it true or false? Why or why not?
1.	It is a good strategy to lose five pounds in the first week of a weight management plan.	Only one to two pounds of fat can be lost per week. More than that is the loss of water and muscle.
2.	When exercising, if "there's no pain, there's no gain."	While there may be some soreness when beginning an exercise program, pain from overuse or pushing oneself too hard has no fitness benefit and can lead to injury.
3.	Most Americans need nutritional supplements to be healthy.	Most Americans can get the nutrients they need by eating a balanced diet following the Food Guide Pyramid and Dietary Guidelines.
4.	One needs to drink water only when thirsty.	We need more water than we are thirsty for. By the time we are thirsty, our bodies have already needed water for about a half hour. You should drink water before and during exercise.
5.	Acne can be cured by eliminating all fatty foods.	Acne cannot be prevented or cured, but it can be controlled. It is usually caused by heredity or hormones rather than by foods.





Today we looked at the problem of false or exaggerated claims for health products or services.

We realized that we need to be skeptical and follow the advice of reliable health professionals.

# MAKE THIS SCENE SUN SAFE!



**Hint: There are at least six changes  
you can make.**

A graphic for a sun safety video. It features a bright yellow background with a stylized sunburst pattern. The sun is a solid yellow circle on the right side, with rays extending towards the left. The text "Sun Safety Intro Video" is written in a blue, sans-serif font in the upper left area.

Sun Safety Intro Video

Sun Safety Presentation



# Are You At Risk?

Directions: Read each statement and rate your sun safe behavior.

Scoring:

Almost Always = 4

Occasionally = 2

Most of the Time = 3

Rarely = 1

	Almost Always	Most of the time	Occasionally	Rarely
1. I avoid the sun between 10:00 a.m. and 4:00 p.m.				
2. I wear a sunscreen with a SPF of at least 15 when I am outdoors.				
3. I apply sunscreen even if it is a cloudy day.				
4. I wear sunglasses with UV ray protection.				
5. I wear a wide-brimmed hat when I am outdoors.				
6. I reapply sunscreen every 2 hours.				
7. When I am outdoors I sit in the shade whenever possible.				
8. When I am outdoors, I wear protective clothing, such as a long-sleeved shirt and long pants.				
9. I avoid tanning beds.				

Now that you know the dangers of sun exposure and you have looked at your behaviors, what changes should you make to decrease your chances of skin cancer?

# Are You At Risk? Scoring



>30 Points = Congratulations, You are Sun Savvy!

20 - 29 Points = You are Sun Smart, but work harder.

<20 Points OUCH.... You should work to be Sun Smarter.

You did a great job examining the growing health problem of sun exposure and skin cancer and also identifying important measures which an individual should take to decrease his or her chance of skin cancer.

**Reduce:** using fewer natural resources and less energy & less waste

**Reuse:** using items twice or many times instead of just once—keeps them from becoming waste

**Recycle:** converting used items back into raw materials, then making new products with them

## Attachments

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6th 1.02 Stress Cause and Effect.ppt

6th 1.03 Positive and Negative Coping.ppt

6th 2.05 Asthma Facts.ppt

6th 2.10 Sun Safety.ppt