

2034 NANUKU SANGAM SCHOOL
LESSON NOTES
WORKSHEET 3 -2021

Subject: Healthy Living

Year: 4

Name: _____

Strand	Personal and Community Health
Sub-Strand	Disease Prevention
Content Learning Outcome (CLO)	Outline the significance of preventing communicable diseases.

Lesson Notes:

Importance of Water

1. Water is important to the mechanics of the human body. The body can't work without it.
2. The water in our saliva helps facilitate chewing and swallowing.
3. If your water source is not treated then it will be good to boil drinking water to prevent you from getting sick.

Water Borne Diseases

***Waterborne diseases** are illnesses caused by microscopic organisms, like viruses and bacteria, which are ingested through contaminated water or by coming in contact with feces.

1. Typhoid fever : Its spread through contaminated food, unsafe water, and poor sanitation, and it is highly contagious.

Symptoms include:

- A fever that increases gradually
- Muscle aches
- Diarrhea or constipation

Prevention

To prevent it, refrain from drinking any water that isn't bottled and sealed, and do not eat food from villages or street vendors. Boil drinking water.

2. Dysentery is an intestinal infection, dysentery is a waterborne disease. The disease is spread mainly through poor hygiene. It can be caused by bacteria, viruses, or parasites in unsafe food and water. .

Symptoms include:

- Stomach cramps and pain
- Diarrhea
- Fever
- Vomiting

Prevention

To prevent dysentery, wash your hands with soap frequently, don't eat food sold by street vendors, and only eat fruits you can peel. Drink only sealed bottled water while traveling in places. .

Activity:

Answer the questions below:

1. Name a disease you may suffer from drinking dirty water.

2. Briefly explain the disease.

3. List two symptoms for the disease mentioned above.

4. How can it be prevented?

5. Why is it important to boil all drinking water?
