

# Ganado Unified School District

## Health SY 2022-2023

Timeline & Resources	AZ Standard	Essential Questions	Learning Goal	Vocabulary
<b>First 9 Weeks</b>				
<b>Unit One Mental Health</b>	<p>Concept 1. Understand the relationship between healthy behaviors and health.</p> <p>PO. 1: Predict how healthy behaviors can affect health status.</p>	<p>What is a habit? Describe one healthy habit and one unhealthy habit that you have?</p> <p>In relation to health how is a risk factor identified?</p> <p>Do you think that your Physical environment or your social environment is a more important influence on your health? Explain?</p> <p>How could spending a lot of time playing video games have a negative influence on someone's health?</p>	I will identify factors that can influence a person's health.	<p>Health</p> <p>Life expectancy</p> <p>Quality life</p> <p>Goal</p> <p>Physical health</p> <p>Mental health</p> <p>Emotional health</p> <p>Social health</p> <p>Continuum</p> <p>Wellness</p>
Text, guest speakers, videos PowerPoint	<p>Concept 2. Understanding Multiple Dimension of Health</p> <p>PO. 1 Describe the relationship between emotional,</p>	<p>What five central traits can be used to define personality?</p> <p>What two general factors combine to influence your personality?</p> <p>What did Erickson say about how your personality develops throughout your life?</p>	I will identify two factors that determine how your personality develops.	<p>Heredity</p> <p>Gender</p> <p>Environment</p> <p>Culture</p> <p>Media</p> <p>Habit</p> <p>Risk factor</p> <p>Prevention</p> <p>Advocacy</p>

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	<p>intellectual, physical, and social health</p>	<p>Do you choose friends whose personality traits are similar to or different from yours? Why do think that is so?</p> <p>Write a narrative about your culture.</p>		<p>Action plan Health literacy Values Consumer Warranty Advertising Fraud Quackery</p>
	<p>Concept 3. Understanding Personal Health</p> <p>PO. 1 Analyze how environment and personal health are interrelated</p>	<p>What happens to self- esteem during adolescence? Explain why this change occurs?</p> <p>Identify three things you should focus on if you want to improve your self-esteem?</p> <p>Define the term self-actualization. What did Maslow claim must happen before a person can achieve self – actualization?</p> <p>Which personality traits do you have?</p> <p>Describe something that you accomplished in the past year that made you feel proud and explain why?</p> <p>How is catastrophe similar to a major life change? How is it different?</p>	<p>I will describe the changes in self-esteem that can occur as people age .</p>	<p>Personality Psychologist Modeling Peer group Identity self esteem self-actualization hierarchy of needs emotions primary emotions grief learned emotions coping strategy defense mechanism</p> <p>stress eustress distress stressor catastrophe</p>

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		<p>Explain how changes occur during the alarm stage could help you escape from threatening situation?</p> <p>Why is it important to identify signs of early stress?</p> <p>What is the key factor in determining whether a person has resilience?</p> <p>Explain how relaxation techniques help to reduce stress?</p> <p>Explain how someone who has frequent unexpected panic attacks might develop phobia?</p> <p>How does compulsion differ from obsession?</p>	<p>fight or flight response</p> <p>optimism</p> <p>pessimism</p> <p>perfectionist</p> <p>resilience</p> <p>mental rehearsal</p> <p>biofeedback</p> <p>mental disorder</p> <p>Anxiety</p> <p>Anxiety disorder</p> <p>Phobia</p> <p>Obsession</p> <p>Compulsion</p> <p>Mood disorder</p> <p>Depression</p> <p>Schizophrenia</p> <p>Personality disorder</p> <p>Eating disorder</p> <p>Anorexia nervosa</p> <p>Bulimia</p> <p>Binge eating disorder</p> <p>Clinical depression</p> <p>Cutting</p> <p>Suicide</p> <p>Cluster suicides</p> <p>Psychiatrist</p> <p>Neurologist</p>
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				Clinical psychologist Psychiatric social worker
Text, PowerPoint, guest speakers, videos	<p><b>Unit Two</b> <b>Social Health</b></p> <p>Concept 1. External Influences on Personal Health</p> <p>PO 1. Analyze how the family influences the health of individuals</p> <p>PO. 2 Analyze how the culture supports and challenges health beliefs</p> <p>Concept 2. Internal influences on personal health</p>	<p>List three task that you are responsible for in a family. How these task help prepare your adulthood?</p> <p>Explain why serious illness affects all members of a family?</p> <p>How is separation different from divorce?</p> <p>Is this statement constructive way to express your emotion? “You never listen when I talk” Why or Why not?</p> <p>How does being aggressive different from being assertive?</p> <p>How can willingness to cooperate or compromise strengthen relationship?</p> <p>Explain how peer pressure can both be negative and positive and negative?</p> <p>When Tamara’s friend’s complaint about Dillon treats Tamara she usually makes excuse for him. He says that he is under a</p>	<p>I will describe why healthy family relationships are important.</p> <p>I will List 4 skills families need to stay healthy.</p> <p>I will list some problems that occur in friendships</p> <p>I will explain how cooperation and compromise help build healthy relationships</p>	<p>Divorce</p> <p>Nuclear family</p> <p>Adoption</p> <p>Single parent family</p> <p>Extended family</p> <p>Blended family</p> <p>Foster family</p> <p>Socialization</p> <p>Separation</p> <p>Domestic abuse</p> <p>Physical abuse</p> <p>Sexual abuse</p> <p>Emotional abuse</p> <p>Neglect</p> <p>Runaway</p> <p>Empathy siblings</p> <p>Support group</p> <p>Communication</p> <p>Active listening</p> <p>I message</p> <p>Passive</p> <p>Aggressive</p> <p>Assertive</p> <p>Body language</p>

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	<p>PO 3. Evaluate how peers influence healthy and unhealthy behaviors.</p>	<p>lot pressure and that behavior often angers him. What advice</p> <p>What is the difference between Infatuation and dating?</p> <p>How can emotional intimacy help relationship to grow?</p> <p>What skills can help you to choose abstinence?</p> <p>How could a person who doesn't want to be sexually involved respond to these pressure lines?</p> <p>“If you love me you would have sex with me?”</p> <p>“Everyone else is having sex, What’s wrong with you?”</p> <p>“You know you want to; everyone wants too?”</p> <p>Review the risk of sexual intimacy. Which risk would be most likely to keep you from being sexually intimate? Give reason for your choice?</p>	<p>I will list skills that can help me choose abstinence.</p>	<p>Eye contact Cooperation Compromise Friendship Gender roles Clique Peer pressure Infatuation Dating violence Date rape Emotional intimacy Abstinence Violence Homicides Victim Assailant Territorial gangs Harassment Bullying Cyber bullying Hazing Sexual harassment Hate violence Prejudice Stereotype Intolerance Discrimination Vandalism Escalate Instigation</p>
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		<p>Which of the risk factor of violence do you think is the most important? Give reason for your answer?</p> <p>How are bullying and sexual harassment alike?</p> <p>How can school administrators helps prevent hazing and sexual harassment?</p> <p>How can you help other avoid fights?</p> <p>Why do you think that it is difficult to some people to apologize even when they know they are wrong?</p> <p>How can you help others avoid fight?</p>		Mediation
<b>Second 9 Weeks</b>				
Text, PowerPoint, guest speakers, videos.	<p><b>Unit Three Nutrition</b></p> <p>Concept 1. Personal responsibility for health</p> <p>PO 1. Analyze the role of individual</p>	<p>How does Saturated fats differ from unsaturated fats? Name two sources of each fat?</p> <p>What is Cholesterol? How does diet affect cholesterol levels in the blood?</p>	I will analyze how heredity, activity level, and body composition influences one's weight.	<p>Metabolism</p> <p>Nutrients</p> <p>Calories</p> <p>Carbohydrates</p> <p>Fiber</p> <p>Fats</p> <p>Unsaturated fats</p> <p>Saturated fats</p>

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<p>responsibility in enhancing health</p> <p>Concept 2. Healthy Practices and behaviors</p> <p>PO 1. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self.</p> <p>PO 2. Demonstrate a Variety of behaviors that avoid or reduce health risks to self and others.</p>	<p>What are some ways that people with high blood pressure can reduce their sodium intake?</p> <p>What does it mean to say that food is nutrient dense? Give example of nutrient dense food?</p> <p>What are the 4 main recommendations contained in the dietary guidelines of American?</p> <p>How do time and convenience affect the food choices you make? Give example?</p> <p>Compare Hunger from appetite?</p> <p>Many people have an unrealistic expectation of what their appropriate weight should be. What factors might contribute to their misconception?</p> <p>Being overweight is more common in the united states than in any other countries. Why do you think this is the case?</p> <p>How do food allergies differ from food intolerance? Why it might be difficult to distinguish between the two?</p>	<p>I will list three aspects of overall health.</p> <p>I will identify factors that can influence one's health</p>	<p>Cholesterol Trans fat Proteins Amino acids Vitamins Anti- oxidants Minerals Anemia Homeostasis Electrolytes Dehydration Dietary guidelines Nutrient dense food Pyramid plan Hunger Appetite BMR Daily values Body composition Body mass index Overweight Obesity Underweight Fat diet vegetarians Vegans Food allergy Food intolerance Carbohydrate loading</p>
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		<p>Suppose an athlete decides to limit his caloric intake to keep his weight down. How could you warn him of the dangers of his decision?</p> <p>Why do you think chewing your food help digestion?</p> <p>What is Peristalsis?</p> <p>Explain how cross contamination can lead to foodborne illnesses?</p> <p>List three changes you can make to your daily eating habits to keep your digestive system ready?</p> <p>How is dialysis used to treat Kidney failure?</p> <p>Briefly describe the process of filtration and urine production that occurs in nephron?</p>		<p>Digestion Enzymes Absorption Pharynx Epiglottis Peristalsis Bile Gallbladder Villi Foodborne illness Cross contamination Excretion Urea Kidneys Urine Nephrons Glomerulus</p>
<p>Text, PowerPoint, guest speakers, videos.</p>	<p><b>Unit Four</b> <b>Physical Fitness</b> Concept 1. External Influences on Personal Health</p>	<p>Explain the function of bones?</p> <p>How is Newborn’s Skeletal different from your own?</p> <p>What is the cause of Muscle Strain?</p>	<p>I will describe behaviors that can reduce your risk of cardiovascular disease.</p>	<p>Joint Cartilage Ossification Marrow Ligaments Osteoporosis</p>



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<p>PO 1. Analyze how family influences the health of individuals.</p> <p>PO 1. Analyze how the perceptions of norms influence healthy and unhealthy behaviors</p> <p>Concept 2. Internal Influences on Personal Health</p> <p>PO 2. Evaluate how school and community can impact personal health practice and behaviors.</p> <p>Concept 3. Influence on Public Policy on Health</p>	<p>Why is it an advantage that you do not have control over your muscle?</p> <p>Describe how a muscle pair in your thigh would work to bend and strengthen your knee?</p> <p>What function does the nervous system perform?</p> <p>Why is it important to protect your nervous system from injury?</p> <p>Suppose that after an accident a person cannot feel or move his or her legs. What type of injury could you suspect why?</p> <p>List three main functions of cardio vascular system?</p> <p>Name the four components of blood and their role in the body?</p> <p>What is the function of close heart valve?</p> <p>Why are people with Blood Type O called “Universal donor” Why are people with blood type AB called “Universal Recipients”</p>	<p>I will explain physical, psychological, and social benefits of physical activity.</p> <p>I will Analyze misleading claims of health</p>	<p>Fracture Sprain Dislocation Scoliosis Smooth muscle Cardiac muscle Skeletal muscles Tendon Muscle tone Atrophy Anabolic steroids Strain Tendonitis Neuron Cerebrum Cerebellum Brain stem Spinal cord Reflex Concussions Coma Paralysis Meningitis Seizure Epilepsy Ventricle Atrium Pacemaker Arteries Capillaries</p>
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		<p>What are the two factors that contribute to cardio vascular disease that may begin in your teens?</p> <p>What is one symptom of Arrhythmia?</p> <p>Explain the difference between movement of oxygen and carbon dioxide in the Alveoli?</p> <p>Explain the action of diaphragm when you inhale and exhale?</p> <p>Whys is it important for someone with exercise – induced asthma to find ways to participate in Physical activity?</p> <p>How would you convince a friend to start an exercise program?</p> <p>Explain the difference between aerobic and anaerobic exercise?</p> <p>List the steps involve in developing successful fitness program?</p> <p>Describe the benefit of cross training?</p> <p>List the phase of exercise session?</p>	<p>Veins</p> <p>Blood pressure</p> <p>Hypertension</p> <p>Plasma</p> <p>Red blood cells</p> <p>White blood cell</p> <p>Platelets</p> <p>Low density lipoproteins</p> <p>Plaque</p> <p>Atherosclerosis</p> <p>Arrhythmia</p> <p>Alveoli</p> <p>Diaphragm</p> <p>Asthma</p> <p>Bronchitis</p> <p>Physical activity</p> <p>Endorphins</p> <p>Physical fitness</p> <p>Body compositions</p> <p>Aerobic exercise</p> <p>Anaerobic exercise</p> <p>Isometric exercise</p> <p>Isotonic exercise</p> <p>Isokinetic exercise</p> <p>Lifelong fitness</p> <p>FITT formula</p> <p>Target heart rate</p> <p>Cross training</p> <p>Dehydration</p>
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		<p>Maria considers herself to be <b>PHYSICALLY FIT</b> because she runs and swims almost every day in the summer. In the winter she exercises a little. Do you agree with Maria's assessment? Explain?</p> <p>How might fitness program to improve muscular strength differ from one to improve flexibility?</p> <p>Why do you think that some people ignore simple steps such as brushing and flossing that can help keep their teeth and gums healthy?</p> <p>Describe two structural problems in the mouth and how can they be prevented.</p> <p>What are the functions of your hair and nail?</p> <p>Although most people know the danger of tanning. Some people still consider a tan to be a sign of good health. Why do you think this is the case?</p> <p>List ways you can keep your ears healthy?</p>	<p>Dietary supplement            Enamel dentin            Pulp            Malocclusion            Orthodontist            Halitosis            Plaque            Tartar            Periodontal disease            Epidermis            Keratin            Melanin            Dermis            Pores            Follicles            Sebaceous glands            Melanoma            Acne            Dermatologist            Eczema            Cornea            Pupil            PO 1. Examine barriers to healthy decision making            Iris            Lens            Retina            Optometrist            Eardrum</p>
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		<p>List the structures in the eye through which light passes to allow you to see image?</p> <p>List four reasons Why you think teens do not get enough sleep. What can be done to address these reason?</p>		<p>Cochlea</p> <p>Semicircular canals</p> <p>Audiologist</p> <p>Insomnia</p> <p>Sleep apnea</p> <p>Narcolepsy</p> <p>Circadian rhythm</p>
<p>Text, PowerPoint</p> <p>Guest speaker, videos</p>	<p><b>Unit Five</b></p> <p><b>Substance Abuse</b></p> <p>Concept 6. Understanding Healthy vs. Unhealthy behaviors</p> <p>PO 1. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p>PO 3. Analyze the potential severity of injury or illness if engaging in</p>	<p>Describe how Fermentation produces alcohol?</p> <p>What is depressant?</p> <p>What are the three major factors that influence underage drinking?</p> <p>How do drinking and driving laws differ for teens and adult?</p> <p>What is intoxication?</p> <p>What is tolerance to alcohol? How does it relate to dependence?</p> <p>Describe each stage of alcoholism. What happen during absolute dependence?</p> <p>How are the goals of Alcoholic Anonymous, Al-Anon and Alateen similar? How are they different?</p>	<p>I will analyze factors that influence underage drinking.</p> <p>I will describe three stages of alcoholism. Understand the long term health consequences of smoking</p>	<p>Depressant</p> <p>Drug</p> <p>Fermentation</p> <p>Zero tolerance policy</p> <p>Intoxication</p> <p>Blackout</p> <p>Blood alcohol concentration (BAC)</p> <p>Hangover</p> <p>Driving while intoxicated (DWI)</p> <p>Overdose</p> <p>Binge drinking</p> <p>Fetal alcohol syndrome</p> <p>Cirrhosis</p> <p>Alcoholism</p> <p>Tolerance</p> <p>Dependence</p> <p>Addiction</p>

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<p>unhealthy behaviors</p> <p>Concept 1. Influence on Healthy decision making</p>	<p>Make a list of pros and cons of going to a party where Alcohol may be served. Then evaluate the list and decide what you would do?</p> <p>How can you stick to a decision not to drink?</p> <p>Describe three factors that influence a person's decision about tobacco use?</p> <p>What is nicotine?</p> <p>Which do you think have a greater influence on teen's thought about smoking-tobacco ads or anti – tobacco ads?</p> <p>What facts about tobacco would you use to convince a friend not to start using tobacco?</p> <p>Why do you think that tobacco users are willing to live unpleasant side effects, such as stained teeth and bad breath?</p> <p>Describe leukoplakia?</p> <p>Do you think government money should be spent on programs to help people quit smoking? Why and Why not?</p>	<p>I will evaluate the risks that accompany drug abuse</p>	<p>Reverse tolerance Detoxification Withdrawal Rehabilitation Refusal skills Nicotine Chewing tobacco Smokeless tobacco Snuff Stimulants Tar Carbon monoxide Chronic obstructive pulmonary disease (COPD) Chronic bronchitis Emphysema Leukoplakia Mainstream smoke Side stream smoke Secondhand smoke Nicotine substitute Medicines Over the counter drug Prescription drug Illegal drug Drug misuse Drug abuse Psychoactive drug</p>
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		<p>Describe how refusal skills can help you say no to tobacco?</p> <p>How is an over the counter drug different from prescription drug?</p> <p>How is drug abuse different from drug misuse?</p> <p>Briefly discuss how psychoactive drugs affect the brain?</p> <p>Explain how a teen's family life can either be a risk factor for drug abuse or a protective factor?</p> <p>What is opiate?</p> <p>How does marijuana affect the brain? List three side effects?</p> <p>How is methamphetamine different from other amphetamines?</p> <p>What activities do you participate in that keep you away from drugs?</p> <p>Describe a Therapeutic Community?</p>		<p>Side effect</p> <p>Drug antagonism</p> <p>Drug synergism</p> <p>Protective factor</p> <p>Depressant</p> <p>Opiate</p> <p>Heroin</p> <p>Stimulant</p> <p>Amphetamines</p> <p>Methamphetamine</p> <p>Cocaine</p> <p>Hallucinogen</p> <p>Marijuana</p> <p>Club drugs</p> <p>Inhalant</p> <p>Therapeutic community</p>
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		How are detoxification and medication treatment programs similar? How are they different?		
	<p><b>Unit Six</b> <b>Human</b> <b>Development</b></p> <p>Concept 1. Demonstrate the ability to use decision making skills</p> <p>PO 2. Determine the value of applying a thoughtful decision making process in health related situation</p> <p>PO 5. Evaluate the effectiveness of health related decisions</p>	<p>What is Hormone?</p> <p>What is Hypothalamus? How does it interact with the pituitary gland?</p> <p>A driver brakes suddenly when a dog darts out in front of her car. How did the endocrine system aid her quick response?</p> <p>How could more young men be convinced to follow the recommendations for reproductive health?</p> <p>List five things that males should do to maintain reproductive health?</p> <p>How could more young women be convinced of the importance of regular breast exam?</p> <p>What are the three main functions of the female reproductive system?</p>	<p>I will summarize the events that occur during 1<sup>st</sup> week of fertilization</p> <p>I will list three changes that occur during adolescence</p>	<p>Endocrine gland Hormone Hypothalamus Pituitary gland Puberty Sperm Fertilization Testes Testosterone Scrotum Penis Semen Ejaculation Infertility Ova Ovaries Estrogen Progesterone Ovulation Fallopian tube Uterus Vagina</p>

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	<p>Concept 1. Demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks</p> <p>PO 1. Analyze the role of individual responsibility for enhancing health</p> <p>PO 3. Demonstrate a variety of behaviors to avoid or reduce health risks to self and others</p>	<p>How is genetic information passed from one generation to the next?</p> <p>The American cancer society estimates that one third of cancer deaths in the US are due to unhealthy diet and lack of Physical activity write a paragraph evaluating this statistic. Does it make you feel gloomy or hopeful? Explain?</p> <p>What happens during implantation?</p> <p>How does a fetus change between the third and sixth months of pregnancy?</p> <p>From the following list which food choice is generally recommended for pregnant women: Swordfish, spinach, wine, herbal tea?</p> <p>How are chronic villus sampling and amniocentesis alike? How are they different?</p> <p>Describe three symptoms of preeclampsia. How is it treated?</p> <p>What are four complicating factors that may arise at birth?</p>	<p>I will identify risky behaviors associated with STD's</p> <p>Describe behaviors that can help prevent the spread of STD's</p>	<p>Menstrual cycle Menopause Pap smear Mammogram Heredity Chromosomes Gene Genetic disorder Zygote Embryo Blastocyst Implantation Amniotic sac Placenta Umbilical chords Fetus Prenatal care Obstetrician Trimesters Ultrasound Chorionic villus sampling Amniocentesis Ectopic pregnancy Miscarriage Preeclampsia Gestational diabetes Labor</p>
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		<p>Describe two risk of factors for low birth weight?</p> <p>Describe what happens during labor?</p> <p>How do fraternal twins differ from identical twins?</p> <p>What is pre- adolescence?</p> <p>In what ways are you similar to how you were at age of 10. In what ways are they different?</p> <p>In your opinion, is it more difficult to be an early bloomer or late bloomer?</p> <p>Describe the three mental changes that occur during adolescence?</p> <p>How do teens develop emotionally during adolescence? Give three examples of questions teen may ask themselves.</p> <p>Describe one way you “give back” to your community. How has this experience affected you?</p>		<p>Certified nurse midwife Postpartum period Stillbirth Cesarean section Pre mature birth Low birth weight Multiple birth Pre adolescence Adolescence Reproductive maturity Secondary sex characteristic Autonomy Physical maturity Emotional maturity Dementia Alzheimer’s disease Hospice Terminal illness</p>
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		<p>A teen decides not to use his cell phone while driving. To whom is he being responsible? Explain.</p> <p>How might a middle life crises contribute to an adult's emotional maturity?</p> <p>How can you help your grandparents or other older adults stay connected to others?</p> <p>Suppose your neighbors experience a death in the family. How could you support?</p> <p>Describe the five stages of dying as defined by Elisabeth Kubler- Ross?</p> <p>What is Hospice?</p> <p>Name two physical defenses that would protect your body against pathogens that might be found in swimming pool?</p> <p>If you had a flu how would you try to reduce the chances of spreading it to other members of your family?</p> <p>Describe five symptoms that should prompt you to seek medical care?</p> <p>What is epidemic?</p>		
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		<p>What is sexually transmitted infection?</p> <p>Explain how practicing abstinence, avoiding drugs, and your choices of friends can help you avoid STI's.</p> <p>Suppose a friend is worried about possible STI. Write an email to your friend offering your advice about what to do.</p> <p>HIV is more common in poorer countries than the wealthier ones. Why do you think this might be the case?</p> <p>Explain how HIV affects the immune system?</p>		
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