

NAME: _____ CLASS: _____

TEST DATE: _____

**4TH GRADE HEALTH - DISEASE PREVENTION REVIEW
FOR TEST NEXT HEALTH CLASS**

YOU WILL NEED THE FOLLOWING MATERIALS TO STUDY:

1. This review sheet
2. Your Immune & Disease Packet

TERMINOLOGY

Germ - a very small one-cell living thing, especially one which causes disease.

Bacteria – a one cell living thing that if harmful can cause illness. Most diseases caused by bacteria can be treated with an antibiotic.

Virus – the tiniest disease germ that can cause some communicable diseases such as colds and flu. Antibiotics do not treat viruses.

Antibiotic – a medicine that can kill or weaken certain kinds of bacteria.

Communicable Disease – an illness that can spread from one person to another.

Noncommunicable Disease – an illness that can not spread from one person to another.

Immunity – a person's protection (or resistance) to a disease.

Vaccine – a medicine that can prevent a disease.

**"NATURAL" DEFENSES YOUR BODY HAS THAT HELPS YOU FIGHT THE
SPREAD OF DISEASE GERMS**

1. **Cilia** – Very small hair in the nose and throat that help remove germs from the body.
2. **Mucus** – A sticky liquid that covers certain body tissues. Cilia and mucus work together to trap germs in your nose.
3. **Saliva** – A colorless liquid that starts digestion of certain foods in the mouth. Contains a chemical to kill germs.
4. **Blood & White Blood Cells** – Blood clots open cuts and keeps germs out. Blood carries white blood cells that try to surround and destroy disease germs.
5. **Digestive Juices** – juices in stomach and digestive system that have acids ready to fight bacteria and viruses in your food.
6. **Antibodies** – a substance made and stored by the body that helps white blood cells destroy disease germs. The reason why you don't get certain diseases again (like chicken pox)
7. **Skin** – Covers your whole body so most germs can't get in.
8. **Sweat, Tears, Urine** – Wash away viruses and bacteria. Contains chemicals that kills some of the germs.
9. **Ear Wax** – Helps trap germs and move them out.
10. **Pain** – Helps indicate the presence of diseased germs.

WAYS YOU CAN TAKE CARE OF YOUR BODY TO HELP YOUR IMMUNE SYSTEM FIGHT OFF DISEASES.

1. Get regular physical exercise.
2. Get enough sleep for your body every night.
3. Receive the proper nutrients through eating a diet following the food pyramid guidelines (or if not possible, through vitamins).

WAYS YOU CAN STOP THE SPREAD OF AND AVOID COMMUNICABLE DISEASE GERMS

Washing hands (using soap and warm water), covering mouth with coughing and sneezing, throwing away used tissues, don't share drinks, etc.

COMMUNICABLE DISEASES – A disease that can spread from one person to another (see packet and web sheet). You **do not** have to study each of the communicable diseases, however, you **do** need to know the preventions and what each of the diseases below is (definition and symptoms):

- *Cold/Flu
- *Conjunctivitis (Pink Eye)
- *Chicken Pox

NON-COMMUNICABLE DISEASE – A disease that is not spread from 1 person to another (although may be genetically passed). See packet and web sheet. You **do not** have to study each of the non-communicable diseases; however, you **do** need to know the preventions, definitions and symptoms for:

- *Cancer
- *Heart Disease
- *Asthma