

7<sup>th</sup> Grade

## Chapter 11 Personal Health and Consumer Choices

## Lesson 1 Healthy Teeth, Skin, Hair and Nails

1. The key to healthy teeth and gums is proper brushing and flossing.
  - a. Be sure to use a toothpaste or mouthwash that contains **fluoride**, a chemical that helps prevent tooth decay.
  - b. Brushing and flossing helps remove bits of food as well as **plaque**, a thin, sticky film that builds up on teeth and leads to tooth decay.
  - c. If left alone, plaque can cause **tartar**, a hardened film that cannot be brushed away and threatens gum health.
2. Your body's largest organ, the **skin**, has many jobs.
3. Skin has several layers
  - a. The outermost of which is called the **epidermis**
    - i. Underneath the epidermis
      1. Blood vessels
      2. Nerve endings
      3. Sweat and Oil glands
    - ii. Dermis
      1. Hair follicles
      2. Small sacs from which hairs grow
      3. Tiny openings in the skin through which perspiration escapes are pores
4. Ways to keep skin healthy:
  - a. Limit time spent in the sun, because it gives off ultraviolet (UV) rays, an invisible form of radiation that can enter skin cells and change their structure.
  - b. Melanin, the substance that gives skin its color, can block some but not all UV rays from reaching the inner layers of skin.
5. Skin problems
  - a. Acne, a condition caused by active oil glands that clog hair follicles.
  - b. A common but pesky problem affecting the hair and scalp is dandruff. This results when too many dead skin cells flake off the outer layer of the scalp.

## Lesson 2 Healthy Eyes and Ears

1. Your **eyes**, like a camera, focus light in order to give your brain a picture of the world around you. In many ways, your eyes are more delicate than your skin.
2. The health care professional trained to examine the eyes for vision problems and prescribe corrective lenses is an **optometrist**.
3. Serious eye diseases, you might be referred to an **ophthalmologist**, a physician who specializes in the structure, functions, and diseases of the eye.
4. Affliction of the eyes: (Common Vision Problems)
  - a. **Cataracts**, a condition in which the lens becomes cloudy as a person ages
  - b. **Glaucoma**, a condition in which fluid pressure builds up inside the eye
  - c. **Astigmatism** is an eye condition in which images appear wavy or blurry
5. Common hearing problems
  - a. **Tinnitus**, a constant ringing in the ears. You can get tinnitus from listening to loud music and from certain diseases.
  - b. **Deafness** is a condition in which someone has difficulty hearing sounds or has complete hearing loss.
6. The unit for measuring the loudness of sound is called a **decibel**.

## Lesson 3 Smart Consumer Choices

1. Whenever you spend money on something, you are acting as a **consumer**, a person who buys products and services.
2. Influences on what you choose:
  - a. Advertising ~ an advertisement is a message designed to influence consumers to buy a product or service (ads are not always factual) some are fraudulent. **Fraud** is a calculated effort to trick or fool others.
  - b. Many ads are based on celebrity **endorsements**. An endorsement is a statement of approval.
  - c. Ads called **infomercials** are long television commercials the main purpose of which seems to be to present information rather than to sell a product. They really are ads, however, paid for by the company selling the product.

3. To make smart purchases:
  - a. Comparison shopping
  - b. Collecting information
  - c. Comparing products
  - d. Evaluating their benefits
  - e. Choosing products with the best value
4. **Generic products** are those sold in plain packages at lower prices than brand name products.
5. Some products come with **warranties**, a warranty is an agreement by a company or store to repair a product or refund money if the product does not function properly.

#### Lesson 4 Using Medicines Safely

1. A **medicine** is a drug that prevents or cures an illness or eases its symptoms. Medicines can help you feel better and fight disease, but they can actually hurt you if you do not use them properly.
  - a. **Prescription medicine** can be obtained legally only with a doctor's written permission. A **pharmacist** is the person trained to prepare and distribute medicines.
  - b. **Over-the-Counter (OTC) medicines** can be bought without a doctor's permission and without a pharmacist's help
2. **Side-effect** is a reaction to a medicine other than the one intended. Sometimes, side-effects can be avoided by following a doctor's or pharmacist's instructions.
3. Medicines are drugs. If misused, they can be as harmful as illegal drugs, causing addiction, injury or even death.

#### Lesson 5 Choosing Health Care

1. Goal of health care:
  - a. To prevent and cure disease
  - b. To prevent and cure injuries
2. A **primary care provider** (such as a family physician) is a health care professional who provides checkups and general care.
3. A **specialist** is a health care professional trained to treat a special category of patients or specific health problems
  - a. Dermatologists (who treat skin disorders) are specialists
4. Many people depend on **health insurance**, a plan for which a person pays a fee to an insurance company in return for the company's agreement to pay some or all medical expenses when needed.
5. There are various types of health insurance plans:
  - a. Managed care plans emphasize preventative medicine and work to control the cost and maintain the quality of health care.
  - b. A **health maintenance organization (HMO)** contracts with selected physicians and specialists to provide medical services. HMO members pay a fixed monthly rate.
  - c. A **preferred provider organization (PPO)** allows members to select physicians who participate in the plan for a reduced cost, or to visit a physician of choice for full price until a set amount of money has been paid by the member.
  - d. A **point-of-service plan** combines features of HMOs and PPOs by allowing members to visit participating physicians at a reduced cost or nonparticipating physicians for a higher cost

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#### Chapter 15 Personal Safety

##### Lesson 1 Preventing Injury

1. The first step in staying safe is to be **safety conscious**.
  - a. To be aware that safety is important
  - b. To be careful to act in a safe manner
  - c. Paying attention to your surroundings will help you to avoid or fix possible **hazards** (are potential sources of danger)
2. Safety conscious people are less likely to have accidents.
3. Keeping your environment safe will help you to prevent **accidental injuries**, which are injuries caused by unexpected events.
  - a. Accidental injuries often happen as the result of an accident chain.
  - b. How to break an **accident chain**:
    - i. Changing *the situation*
    - ii. Changing *the unsafe habit*
    - iii. Changing *the unsafe action*
    - iv. Changing *the accident*
    - v. Changing *the result*

**Lesson 2 Staying Safe at Home**

1. Fires often involve **flammable materials**, substances that catch fire easily.
2. Fires also start as a result of **electrical overload**, a dangerous situation in which too much electric current flows along a single circuit.
3. In case fire breaks out:
  - a. Early warnings of fires save lives
    - i. Working **smoke alarms** (at every level of a house), is a device that sounds an alarm when it senses smoke
    - ii. A ready-to-use **fire extinguisher**, a device that sprays chemicals that put out fires.
  - b. Safety conscious families hold regular fire drills
    - i. One drill every six months
4. There are many other dangers in the home. To help prevent these unsafe situations by being safety conscious
  - a. To prevent falls, clean up spills right away.
  - b. Many common household products are poisonous
  - c. Be sure that all medicines are in bottles with childproof caps.
  - d. To prevent electrical shocks, never use an electrical appliance around water and unplug small appliances when not in use.

**Lesson 3 Staying Safe Outdoors**

1. A **pedestrian** is a person who travels on foot. Follow these safety rules to be a safer pedestrian:
  - a. Walk on sidewalks or on the sides of roads facing traffic
  - b. Cross in crosswalks
  - c. Look both ways when crossing streets
  - d. Wear reflective clothing
  - e. Do not talk on cell phones or wear headphones while walking
  - f. Make eye contact with drivers before stepping out in front of their vehicles
2. Cyclists and skaters need to follow many of the same safety rules that pedestrians do.
  - a. Check out all the parts of their equipment to make sure they are in good working order
3. Some strategies to help protect you from violence in the neighborhood include:
  - a. Do not travel alone at night
  - b. Tell a parent or guardian where you are going
  - c. Be aware of the people around you
  - d. Get help if someone tried to touch or hurt you
4. When playing outdoors:
  - a. Take a buddy or at least one other person
  - b. Know your limits
  - c. Learn the signs of weather emergencies
  - d. Warm up and Cool down to help prevent injuries
  - e. Use good judgment

**Lesson 4 Weather Emergencies and Natural Disaster**

1. Weather emergencies are dangerous situations brought on by changes in the atmosphere.
2. Natural events:
  - a. Thunderstorms
  - b. **Tornados** are whirling, funnel-shaped windstorms that drop from storm clouds to the ground
  - c. **Hurricanes** are strong windstorms with driving rain that form over the sea
  - d. **Blizzard** is a very heavy snowstorm with winds up to 45 miles per hour.
    - i. One life-threatening danger of blizzards is **hypothermia**, a sudden and dangerous drop in body temperature.
  - e. **Earthquake** is a shifting of the earth's plates resulting in a shaking of the earth's surface. Large quakes typically are followed by aftershocks. As the earth readjusts after the main earthquake, these smaller earthquakes often are as deadly or deadlier than the main event. Being prepared for emergencies such as these and acting in a cool-headed manner during emergencies can save lives.

## Lesson 5 Giving First Aid

1. **First aid** is the immediate care given to someone who becomes injured or ill until regular medical care can be provided.
  - a. **Cardiopulmonary resuscitation (CPR)** is a first-aid procedure to restore breathing and circulation.
  - b. **Rescue breathing** is a first-aid procedure where someone forces air into the lungs of a person who cannot breathe on his or her own.
2. For a **choking** victim:
  - a. An adult or older child who is choking, use **abdominal thrusts**, quick inward and upward pulls into the diaphragm to force an obstruction out of the airway.
  - b. An infant is choking, hold the baby face down along your forearm and use **chest thrusts**, quick presses into the middle of the breastbone to force an obstruction out of the airway.
3. **Burns** are serious and need attention:
  - a. First-degree burn
    - i. Only the outer layer of skin has burned and turned red
  - b. Second-degree burn
    - i. Moderately serious burn (the area blisters)
  - c. Third-degree burn
    - i. Very serious burn (all the layers of skin are damaged)
4. Common injuries:
  - a. Bones, a fracture is a break in a bone
  - b. Joint, the dislocation of one or more bones in a joint is a dislocation

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## Chapter 16 The Environment and Your Health

## Lesson 1 How Pollution Affects Your Health

1. **Pollution** is the dirty or harmful substances in the environment.
2. **Fossil fuels** are the oil, coal, and natural gas that are used to provide energy.
  - a. When fossil fuels burn
    - i. release gases into the atmosphere
    - ii. when moisture in the air mixes with these gases, acid rain is produced
      1. Acid rain is rain that is more acidic than normal rain.
      2. The gases can also be changed by sunlight into ozone, a gas made of three oxygen atoms.
      3. Closer to the ground, ozone can mix with other gases to create smog, a yellow-brown haze that forms when sunlight reacts with air pollution.
3. Ozone and smog can create health problems and aggravate existing health issues like asthma and bronchitis.
4. Groundwater is water that collects under the earth's surface and can become polluted by many substances.
5. Sewage:
  - a. human waste
  - b. garbage
  - c. detergents
  - d. other household wastes washed down drains and toilets, can pollute water and spread diseases.
6. Land can also become polluted:
  - a. Landfills are huge, specially designed pits where waste materials are dumped and buried.
  - b. Some wastes are dangerous and must not go in landfills.
  - c. Hazardous wastes are human-made liquid, solid, sludge, or radioactive wastes that may endanger human health or the environment.
  - d. Unlike hazardous wastes, some waste is easily broken down in the environment and called biodegradable.
    - i. Food, paper, and wood are all biodegradable.

**Lesson 2 Protecting the Environment**

1. The **Environmental Protection Agency (EPA)** is an agency of the U.S. government that is dedicated to protecting the environment.
2. The **Occupational Safety and Health Administration (OSHA)** is a branch of the U.S. Department of Labor that protects American workers.
  - a. OSHA ensures that work environments are safe and free of hazardous materials.
3. It is important that we also do our part to reduce the pollution in our environment.
  - a. Help to reduce air pollution
  - b. Reduce solid waste
  - c. Reduce water pollution
4. **Recycle** means to change items in some way so that they can be used again. Some materials cannot be used again.
5. **Nonrenewable resources** are substances that cannot be replaced once they are used.
6. **Conservation** is the saving of resources.
  - a. many of our resources are limited or nonrenewable, it is important to conserve our energy sources for future generations.