



Body and Illness



How can I keep my body healthy?

1 Read and circle **T** (true) or **F** (false).

- | | |
|---|---------------------|
| 1. Noninfectious diseases can be passed from one person to another. | T / F |
| 2. An allergy is caused by your immune system being too sensitive. | T / F |
| 3. Allergies are never very serious. | T / F |
| 4. Asthma causes your airways to open up. | T / F |

2 Label each either **A** (allergen) or **P** (pathogen).

- | | | | |
|------------------------------------|--|-------------------------------|---|
| ☐ flu virus | ☐ tobacco smoke | ☐ dust | ☐ <i>Salmonella</i> bacteria |
|------------------------------------|--|-------------------------------|---|

3 Fill in the blanks.

sugar
develop

exercise
type 2

noninfectious
type 1

Diabetes is a _____ disease because it is not caused by a pathogen. When someone has diabetes, they have too much _____ in their blood. If you are born with diabetes, you have _____ diabetes. People can _____ type 2 diabetes if they don't eat well or get enough _____. More and more people are getting _____ diabetes because they drink too much soda pop and eat too many sugary foods.