

HEALTH AND ILLNESS. HEALTHY HABITS. FIRST AID

1. Complete the information.

Health is the of complete, and wellbeing.

Illness refers to an In the normal of an or in some of its parts.

Some illnesses can be from one to another, while others cannot.

When a person is ill, they show These are changes in the that are sign of or

Infectious illnesses are caused by That enter the body and the cells or tissues.

There are four infectious agents:,, and

2. Write which micro-organism causes each illness.

EXAMPLE: Flu – virus.

Athlete's foot –

Tetanus –

Meningitis –

Toxoplasmosis –

Malaria –

AIDS –

Rubella –

Hepatitis –

Dermatitis –

3. Join the non-infectious illness with its definition.

Diseases of organ systems

They can affect bones, muscles, ligaments, tendons and joints.

Social diseases

They are related to behaviour, cognition or emotions.

Mental diseases or disorders

They are caused by the influence of the environment in which we live.

Diseases or injuries caused by accidents

They are caused by malfunctions in an organ.

4. Write an example of each type of non-infectious illnesses.

Diseases of organ systems:

Social diseases:

Mental diseases or disorders:

Diseases or injuries caused by accidents:

5. Classify the factor in its type:

- Hereditary
(result of personal characteristics)
- Healthy diet
- Shortages of water and food
- Inadequate levels of education
- Air pollution
- Hospitals
- Economic difficulties
- Attention to safety
- Violence
- Regular exercise
- Vaccine programmes
- Good health care system
- Health centres

Personal characteristics	Environment
Lifestyle	Healthcare

6. Choose the corresponding healthy habit.

	The doctor should regularly monitor your health.
	Doing sport is fundamental for strengthening your bones and ensuring that your organs are working properly.
	Wash your hands before you eat to stop infectious agents getting into your body.
	Having friends and maintaining regular contact with those around you makes you feel good benefits your health.
	A balanced diet should include a lot of vegetables, fruits and high-fibre foods.
	You should drink lots of water.
	Obey road safety rules to avoid accidents and injuries.
	Avoid toxic substances which harm your body.
	Accepting yourself
	Follow the vaccination schedule.
	Keeping your body, clothes and house clean to stop micro-organism from spreading.

7. True or false. Correct the false ones.

1. If you get a minor injury, you have to clean the wound and cover it. TRUE/FALSE
2. If you get a burn, you have to put it under hot water and don't cover it. TRUE/FALSE
3. If you get a twist, you have to apply heat, raise the affected limb and move the affected join. TRUE/FALSE
4. If someone faint, you have to move the person to a place with fresh air, loosen any tight clothes and lie the person down with their feet arise. TRUE/FALSE

5. If someone gets a sunstroke, you have to place the person in hot place, and bathe their face and head with hot water.

TRUE/FALSE

6. If you get a insect sting, you don't remove the sting, don't clean the wound and don't apply cold.

TRUE/FALSE