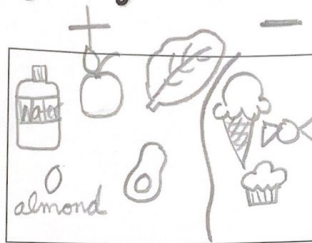


Factors Affecting My Health

Diet

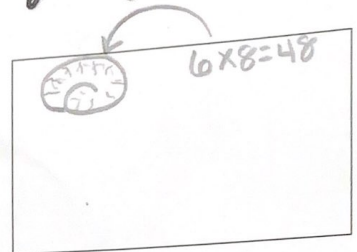
vegetarian
 + water
 ↓ fats
 ↓ sweets



Factors Affecting My Health

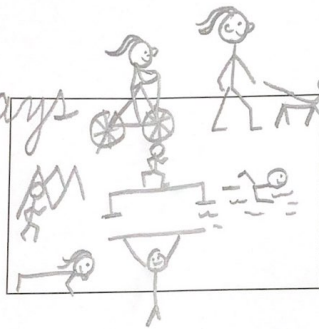
Sleep

10-12 hours



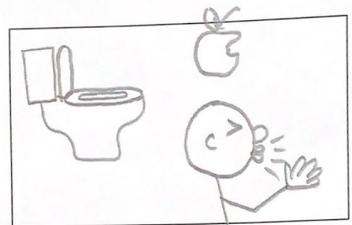
Exercise

regular - 7 days
 30 min
 + ♥



Cleanliness

wash after
 bathroom,
 food prep,
 cough/nose



Skin Protection

++ sunscreen
 wear layers



hypothermia = too cold
 frostbite = skin freezes

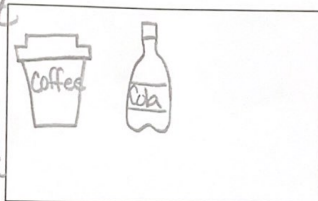
Dental

brush teeth
 calcium foods
 visit dentist



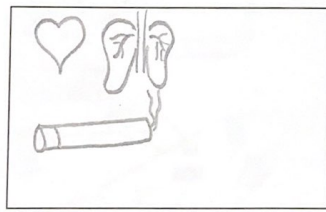
Caffeine Unhealthy Choices

natural plant
chemical
+ awake/alert
- nervous
work harder



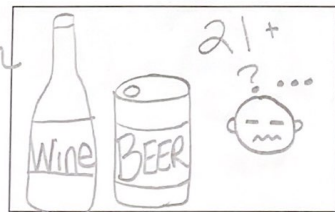
Tobacco

plant that is
smoked
- cancer
- ~~heart~~ heart/lungs
- addictive



Alcohol

drink
- slows down
- confusion
- heart brain
liver



Staying Safe in Natural Disasters

Thunderstorm Hurricane

Tornado Earthquake

Extreme Heat Extreme Cold

Causes of Disease

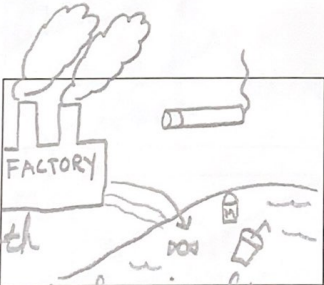
Germs

tiny
good & bad
flu, cold, COVID



Chemicals

soil / dust
polluted water



Cancer = caused
by fast cell growth

- 1.) virus 2.) lifestyle 3.) chemicals

Genetics

from a parent

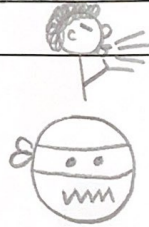
- color blind
- albinism



What are Pathogens?

Pathogens are

germs that cause
disease



Major Pathogens

ring worm
athlete's foot

1.) Fungi - eat dead / living

2.) Protozoa - malaria

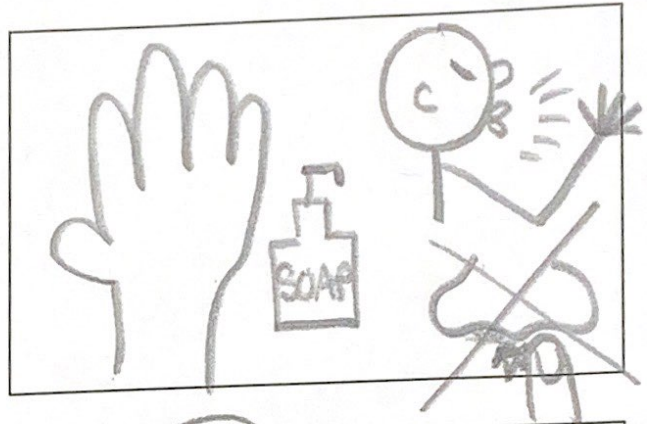
3.) Bacteria - break down cells
food poisoning ear infection strep throat

4.) Virus - not living, takeover living cells
flu colds COVID

How Diseases Spread

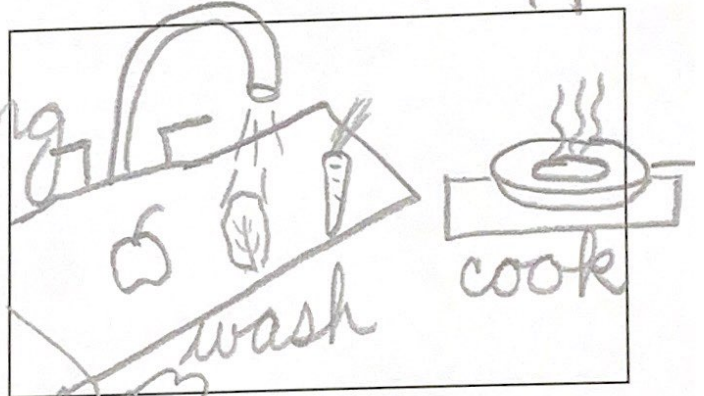
touching

- cover
- wash hands
- stop picking noses



Food poisoning

- bacteria on food



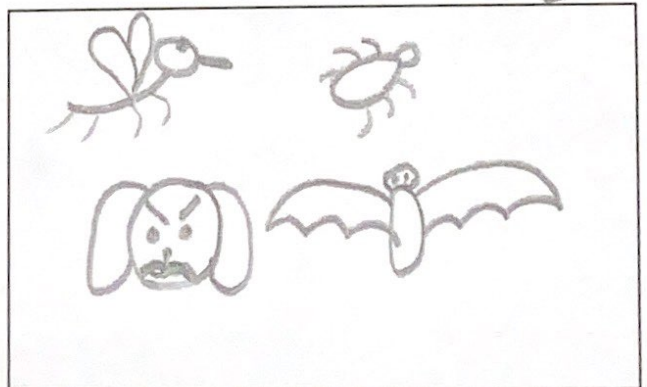
Water

- polluted
- pick up trash



Animals

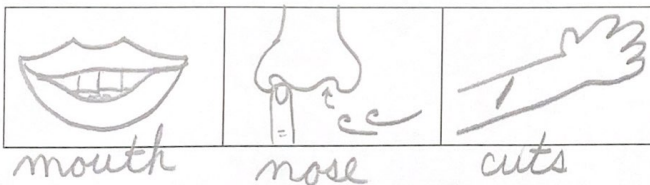
- insect bites
- dog bites



natural ability to fight disease

My Immune System

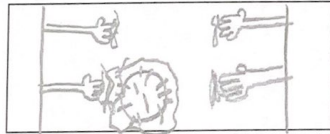
Ways pathogens enter the body



My body's general defenses

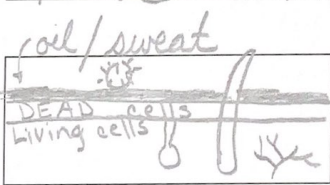
^{Mucus} sticky thing

that traps pathogens

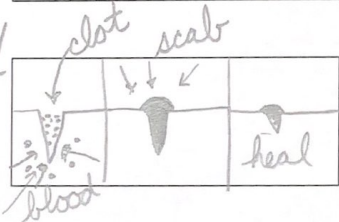


^{Skin} waterproof barrier

• oil/sweat so no germs grow



^{Scabs} natural band-aid

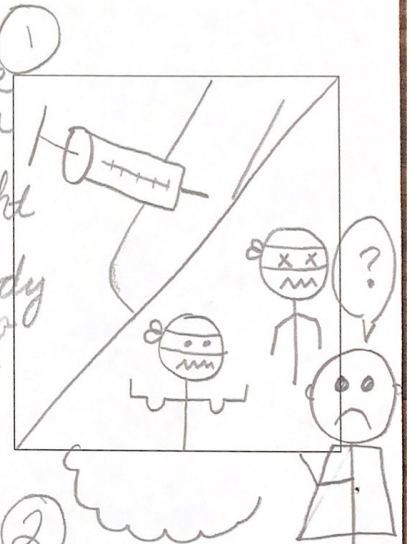


How Vaccines Work

Get a shot

• put in a weak or dead version of what you're trying to fight

• Captain Antibody multiplies and learns to fight



Get sick

• The real strong virus enters the body.

• Captain Antibody recognizes it, and knows how to fight it.



Allergies

Definition:

Your immune system overreacts to something normal in your body. It sends antibodies to fight it.



Results:

swelling, cramps, rashes, itching, coughing, itchy eyes, runny nose