



Dear Educator,

This file offers views of some of the worksheets in our “Disease” thematic unit. The cover for an eWorkbook is shown followed by the preview pages.

The “Disease” unit offers [16 pages](#).

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Disease



Disease

Disease is something which causes a living thing to function in a poor or unhealthy manner.

When people or animals get sick we call it disease or illness.

There are many kinds of diseases.

Some diseases come and are over in a few days.

Other diseases spend years developing.

Some kinds of diseases never go away.

Many people have a disease they do not know about.



Have you ever been sick? yes no

Write about a time when you were sick. How did you feel? What did you do to get well?
How long were you sick? If you have not been sick write about someone you know who was sick at one time.

Disease

Immune System



People are most familiar with the kind of disease that makes them get sick for a few days. After a while they get better because of their immune system. The immune system is part of the body that fights certain types of diseases.

A network of organs, tissues, and cells make up your immune system. There are two types of white blood cells that fight germs. They are called **phagocytes** and **lymphocytes**.

The phagocytes chew up germs. The lymphocytes help the body recognize previous harmful invaders in the body.

The body has a lymphatic system that acts like a filter to remove germs from the body.

Your immune system learns how to stop the bacteria that can make you sick. When it does this, you get well. Once it figures out how to control a disease you usually will not get sick from it again.

Your immune system is able to tell when a foreign substance is in your body. When it senses a foreign substance in your body it tries to make things which will destroy that substance. We call these things antibodies.



Once your immune system figures out how to make antibodies which stop a certain disease it will never forget. This is why so many diseases can affect you only once. The next time you are exposed to the same disease your body reacts very fast to stop it.

Look up the definition for the word **bacteria**. Write it on the lines below.

Disease

There are very good health habits you can do to help yourself stay healthy.

When You Sneeze

When you sneeze or cough the germs spew out into the air.

When you know you are going to sneeze or cough be sure to use a tissue.

Don't sneeze or cough into your hands. This will get germs on your hands.

If you don't have a tissue sneeze or cough into your shoulder or elbow.

Try hard not to let you sneeze or cough send germs into the air or into your hands.



There are some things you should not share.

Some things that you share can spread germs.
Some of your things you need to keep for yourself.

Do not share:

your comb • your hairbrush • your hats • your toothbrush

Anything you have used to eat from, like silverware, cups, glasses, and straws.

Anything you have put in your mouth, like a musical instrument or whistle.

Disease

Criss Cross

Can you fit these words into the criss cross?
Use a pencil so you can erase if you need to.

sleep health hospital doctor
disease medicine infection stress

