

# Lesson Plan

<b>Grade:</b> Four	<b>Subject:</b> Science	<b>Term:</b> 1 <sup>st</sup>	<b>Time:</b> 40min
<b>Teacher's Name:</b> _____		<b>Week:</b> 8	<b>Day:</b> 1
<b>Chap 3:</b> Human Health		<b>Topic:</b> Contagious Diseases	

## Students Learning Outcomes

**At the end of this period, the students will be able to:**

- Differentiate between contagious diseases (hepatitis, tuberculosis, influenza and polio) and non-contagious diseases (cancer and diabetes).

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook

## Warm-up Activities

**5mins**

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: What are contagious diseases? Wait for their responses.

## Teaching and Learning Activities:

**25mins**

- Tell the students today they are going to learn about TB, flu and Covid-19.
- Tell the student about TB or Tuberculosis.
- TB is caused by bacteria and it mainly attacks on the lungs of a human body.
- It can also affect the other organs of the body. TB can be transmitted to others through coughing, sneezing, etc.
- Write down symptoms of tuberculosis on board.
- Symptoms include cough, fever, loss of appetite etc.
- Write down "Influenza" on the board and ask students what they know about it? Tell the students influenza or flu is a contagious disease.
- It is more prevalent in winter and during rainy season. It spreads by tiny droplets which are released during coughing and sneezing.
- Write down 'Covid-19' on board and ask students what they know about it.
- Draw the picture of corona virus on board.
- Tell the students how it can spread from talking, coughing and sneezing.
- The symptoms of corona include cough, fever, loss of taste and smell etc.

## Review:

**3mins**

Explain the students the main points about contagious diseases.

## Evaluation:

**5mins**

To evaluate the understanding of students, ask them:

- (1) What is TB?
- (2) Which part of body is infected due to Hepatitis?
- (3) What are symptoms of Polio?

## Homework:

**2mins**

Ask students to solve given worksheet.

## Worksheet

### 1. Match the columns.

Hepatitis

It is spread by droplets  
Which are released during  
coughing, sneezing and  
while talking of the patient.

Covid 19

It causes paralysis in  
infected persons

Polio

It spreads through blood  
and body fluids.

Influenza

It is caused by virus and  
spreads through coughing  
and sneezing of infected  
person.

### 2. What is the cause of COVID-19?

---

---

---

---

---

---

---

---

# Lesson Plan

Grade: Four

Subject: Science

Term: 1<sup>st</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 8

Day: 2

Chap 3: Human Health

Topic: Non-Contagious Diseases

## Students Learning Outcomes

At the end of this period, the students will be able to:

- Differentiate between contagious diseases (hepatitis, tuberculosis, influenza and polio) and non-contagious diseases (cancer and diabetes).

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook

## Warm-up Activities

5mins

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: What is tuberculosis? What do you know about Covid-19? Wait for their responses. Appreciate them for correct answers.

## Teaching and Learning Activities:

25mins

- Write down the topic name 'non-contagious diseases' on board.
- Tell students today we are going to learn about non-contagious diseases.
- Diseases that cannot be transmitted from one individual to other are called non-contagious diseases. These are also called non-communicable diseases.
- Write down 'Diabetes' on board. Diabetes is caused when the body cannot produce enough insulin. Diabetes is a disease in which the sugar level in blood increases from normal range.
- Tell students the symptoms of this disease. The symptoms include thirst, fatigue, frequent urination etc.
- Write down 'Cancer' on board.
- Tell students "Cancer" is also a non-contagious disease.
- Cancer affects people of all ages. It can attack any part of the body. Like "Liver", "Stomach", "Intestine cancer".
- Cancer is caused by abnormal growth of cells in any organ of human body.

## Review:

3mins

Explain the main points about non-contagious diseases.

## Evaluation:

5mins

To evaluate the understanding of students, ask them:

- What are non-contagious diseases?
- What are the symptoms of diabetes?
- Write any three types of cancer.

## Homework:

2mins

Solve the given worksheet.

## Worksheet

1. Differentiate between contagious and non-contagious diseases.

Contagious Diseases

Non-Contagious Diseases

2. What do you know about diabetes?

---

---

---

---

3. Define non-contagious diseases, name any two.

---

---

---

# Lesson Plan

<b>Grade:</b> Four	<b>Subject:</b> Science	<b>Term:</b> 1 <sup>st</sup>	<b>Time:</b> 40min
<b>Teacher's Name:</b> _____		<b>Week:</b> 8	<b>Day:</b> 3
<b>Chap 3:</b> Human Health		<b>Topic:</b> Transmission of Diseases	

## Students Learning Outcomes

**At the end of this period, the students will be able to:**

- Relate the transmission of common communicable diseases (e.g., touching, sneezing and coughing to human contact.

## Resource Materials:

Chalk/marker, white/blackboard, flash cards, Science Textbook

## Warm-up Activities

**5mins**

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: What do you know about non-contagious diseases? Wait for their responses.

## Teaching and Learning Activities:

**25mins**

- Write down the topic name 'Transmission of diseases' on board. Tell students today we are going to learn how diseases can be transferred.
- Name some diseases and tell students how some diseases can be transferred and some cannot. Mention out the ways through which diseases can be transferred.
- Write 'Coughing and sneezing' on board. Tell students that different diseases can be transferred through coughing and sneezing.
- While coughing and sneezing, the droplets enter the air. Tell them the average cough produces 3000 droplets and a sneeze can produce as many as 40,000 droplets.
- These droplets remain suspended in the air and can cause airborne transmission of diseases.
- When someone breathes in the affected air, He/She can suffer the symptoms of the illness.

## Review:

**3mins**

Explain students the main points about transmission of diseases.

## Evaluation:

**5mins**

To evaluate the understanding of students, ask them:

- How diseases can be transmitted?
- How diseases spread by coughing and sneezing?

## Homework:

**2mins**

Ask students to learn the topic.

# Lesson Plan

Grade: Four

Subject: Science

Term: 1<sup>st</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 8

Day: 4

Chap 3: Human Health

Topic: Transmission of Diseases

## Students Learning Outcomes

At the end of this period, the students will be able to:

- Relate the transmission of common communicable diseases (e.g., touching, sneezing and coughing to human contact.

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook, Worksheet

## Warm-up Activities

5mins

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: What do you know about transmission of diseases? How diseases can be transmitted? Wait for their responses. Appreciate them for correct answer.

## Teaching and Learning Activities:

25mins

- Tell students that some diseases can be directly transferred from one person to other person.
- Write down 'Touching' on board.
- Some diseases can be directly transferred by touching such as shaking hands.
- Another method through which diseases can be transferred is through indirect contact.
- Coughing, sneezing and laughing close personal contact are few examples.
- Sharing the things with other person can transfer diseases.
- sharing towel of infected individual can also cause disease.

## Review:

3mins

Explain students the main points about the transmission of diseases.

## Evaluation:

5mins

To evaluate the understanding of students, ask them:

- What is meant by indirect contact?
- How can disease be transferred by using towel of infected individual?

## Homework:

2mins

Ask students to solve the given worksheet. Write the answer of Q4(ii) of Exercise in their notebooks.



# Worksheet

The pictures below show different ways of transmission of diseases. Explain what each picture describes.



---

---

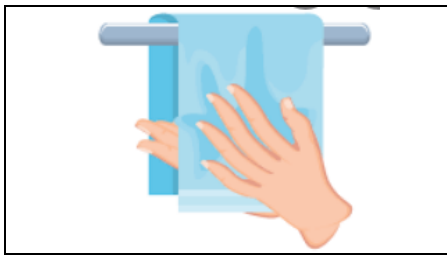
---

---

---

---

---



---

---

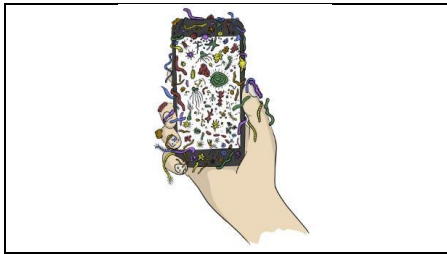
---

---

---

---

---



---

---

---

---

---

---

---



---

---

---

---

---

---

---

# Lesson Plan

<b>Grade:</b> Four	<b>Subject:</b> Science	<b>Term:</b> 1 <sup>st</sup>	<b>Time:</b> 40min
<b>Teacher's Name:</b> _____		<b>Week:</b> 8	<b>Day:</b> 5
<b>Chap 3:</b> Human Health		<b>Topic:</b> Prevention of Contagious Diseases	

## Students Learning Outcomes

**At the end of this period, the students will be able to:**

- Explain some methods of preventing common diseases and their transmission (e.g., vaccination, washing hands, wearing a mask).

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook, worksheet

## Warm-up Activities

**5mins**

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: How diseases are transferred indirectly? Wait for their responses.

## Teaching and Learning Activities:

**25mins**

- Write down the topic name "Prevention of Contagious Diseases" on board.
- Tell the students today they will learn about how can we prevent transmission of diseases?
- Diseases can be prevented by using precautionary measures.
- Tell students that following methods can prevent us against diseases.
- **Washing hands:** Our hands contain many germs. Whenever we touch some objects, germs gather on our hands. Washing our hands can remove these germs
- Tell the students wash your hands properly for at least 20 seconds with soap before and after meals and after using toilet.
- **Wearing mask:** Mask is a simple protective barrier to prevent the transmission of viruses and germs into your nose and mouth from the environment. The germs cannot enter the body through nose and mouth by wearing mask.
- **Vaccination:** We get vaccinated against many diseases such as polio, tuberculosis, hepatitis etc. vaccines help our body to boost our immune system and guard our body to fight against diseases.
- Some vaccines are administered at early age to prevent the kids from getting ill.
- **Polio:** Polio is a dangerous disease which may cause lifelong physical disability. Tell them, Polio vaccine protects children by preparing their bodies to fight the Polio virus. Almost all children who get all the recommended doses of the Polio vaccine will be protected from Polio. Tell the students, it is

also very important to practice good hygienic and wash hands frequently with soap and water.

**Activity:**

- Provide the students with required materials. Ask them to make their own mask using piece of cloth.
- Ask students to list down the important preventive measures given by government to prevent spread of Covid 19. Check their work.

**Review:** **3mins**

Explain the main points to prevent disease transmission.

**Evaluation:** **5mins**

To evaluate the understanding of students, ask them:






- What is advantage of wearing masks?
- Why are vaccines important?
- How washing our hands can prevent disease transmission?

**Homework:** **2mins**

Ask students to learn the topic. And solve the worksheet.

## Worksheet

Determine whether each item would spread or help to prevent contagious diseases.

	Item		Spreads Diseases	Prevents Diseases
1.	Washing hands			
2.	Uncooked raw food			
3.	Sneezing coughing			
4.	Sanitizer			
5.	Doorknob			
6.	Washroom			
7.	Mask wearing	