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Introduction

Health is the subject that will accompany every student each and every day, in and out of school. Very likely, it will be the most vital component of their lives.

The better we educate young students about health, and the lifestyle habits that lead to good health, the more they will realise its benefits in adulthood. *Health and Safety Curriculum* is designed to provide stimulating lessons for primary students. Using simulations, problem-solving vignettes, motivating demonstrations and creative review activities, *Health and Safety Curriculum* offers numerous avenues of learning for students. Its twenty-four lessons engage students with such diverse topics as nutrition, gun safety, substance abuse and disease prevention.

This book attempts to stimulate student interest in a subject area that is often overlooked due to a lack of innovative materials and lesson plans. *Health and Safety Curriculum* is dedicated to the belief that the lessons with the greatest influence on health are those that are internalised through a proactive hands-on approach.

Over-the-Counter Medicine

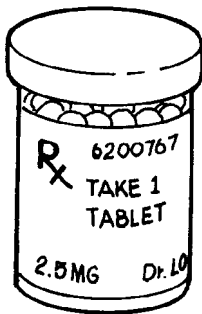
Objective

Given a simulated symptom, students will correctly identify which over-the-counter medicine to take, bearing in mind proper dosages, warnings and expiration dates.

Note: Two methods of presenting this lesson are offered below. For each (A and B), separate Materials, Preparation and Procedures are offered.

Background

Understanding the labelling of over-the-counter medicines seems a rather benign aspect of health education. Everybody can read a label, right? Well, one would hope so. Many children are, fortunately, nurtured by their parents during times of illness.



However, as adolescence approaches, and an innate desire for independence takes hold, it is prudent to advise students of the inherent dangers of taking common medicinal remedies without adult supervision.

Since everyone's chemical nature is unique, creating awareness of label information on over-the-counter drugs will increase their safety. Specific symptoms required for use, dosage amounts, warnings, and expiration dates are all vital components of the package label that need to

be emphasised.

Furthermore, over-the-counter medications should be viewed as temporary means for alleviating symptoms. They are not cure-alls for more serious, prolonged symptoms. Extended symptoms need the expertise of one's doctor.

Materials

Option A

- a set of six plastic pill bottles for each small group in your class (Your pharmacy may have extras of these at no charge.)
- the accompanying copies of over-the-counter medicine labels
- the simulated symptoms worksheet (p. 37)

Option B

- the accompanying sheet of illustrated labelled pill bottles
- the simulated symptoms worksheet

Preparation

Option A

- If necessary, wash the plastic pill bottles.
- Copy and cut out each over-the-counter label and attach one to each pill bottle.
- Make a copy of the simulated symptoms worksheet for each student.
- Divide students into teams of three or four. Each person will select a different symptom.

Option B

- Copies of the two worksheets for each student.

Procedure

Option A

1. Distribute the worksheet to each student.
2. Explain that one group at a time should go to the 'medicine chest' (a corner of the room where you have displayed the various pill bottles). Each student is then to select the correct medicine and dosage for his or her particular symptom. Tell them to carefully read the label for all the necessary information and warnings.
3. After deciding on the correct medicine, students are to fill out the portion of their worksheet that explains what the dosage of a specific medicine should be.
4. When all students have 'taken their medicine', the teacher may evaluate the simulation in a couple of ways. Students may hand in their worksheets for the teacher to check, or students with the same symptom may discuss their choices. Bring closure to the activity with a class discussion as the teacher presents the correct choices for the various maladies. Whichever is chosen, students do need a forum so the logic for the correct choices can be discussed.

Label Smart

Name _____

1. You woke up this morning with a sore throat. You think it will go away on its own, yet after a good breakfast and subsequent gargling with antiseptic mouthwash, the sore throat remains.

I will take _____ tablets/capsules from PILL BOTTLE
_____ to safely relieve my symptoms.

2. You have been suffering with hayfever for the past week. You have itchy, watery eyes and a runny nose. You are about to drive to work this morning and have decided to take something to relieve your symptoms.

I will take _____ tablets/capsules from PILL BOTTLE
_____ to safely relieve my symptoms.

3. You have just finished eating a spicy pepperoni pizza. You also consumed several glasses of a carbonated beverage. Now, your stomach is upset and your intestinal track is full of gas.

I will take _____ tablets/capsules from PILL BOTTLE
_____ to safely relieve my symptoms.

4. You have been hacking away with a nagging cough for the better part of a day. You decide you need to take something for your cough.

I will take _____ tablets/capsules from PILL BOTTLE
_____ to safely relieve my symptoms.

5. You have gradually started to feel achy. You are somewhat feverish and you have a throbbing headache. Your mother says you are getting the flu.

I will take _____ tablets/capsules from PILL BOTTLE
_____ to safely relieve my symptoms.

Label Smart

(Use with page 37.)

A

INDICATIONS: FOR FAST RELIEF OF HEARTBURN, SOUR STOMACH AND THE UPSET STOMACH ASSOCIATED WITH THESE SYMPTOMS.

DIRECTIONS: Chew 1 or 2 tablets as symptoms occur. Repeat hourly if symptoms return, or as directed by a physician.

WARNING: Do not take more than 16 tablets in a 24-hour period or use the maximum dosage of this product for more than two weeks, except under the advice and supervision of a physician.

C

INDICATIONS: Temporarily relieves cough due to minor throat and bronchial irritation as may occur with a cold.

DOSAGE: Adults and children 12 years and over. Dissolve 2-4 in mouth every 4 hours as needed.

Children 6 to under 12 years: Dissolve 1-2 in mouth every 4 hours or as directed by a doctor.

Do not exceed recommended dosage.

Warnings: A persistent cough may be a sign of a serious condition. If cough persists for more than 1 week, tends to recur, or is accompanied by fever, rash, or persistent headache, consult a doctor.

B

INDICATIONS: Provides temporary relief from: simple headache; minor muscular aches; the minor aches and pains associated with bursitis, neuralgia, sprains, overexertion; and from the discomfort of fever due to colds and flu.

DOSAGE: Adults and children (12 years of age and older: 1 to 2 tablets 3 or 4 times daily. Children (6-12), 1/2 to 1 tablet 3 or 4 times daily. Consult a physician for use by children under 6.

D

INDICATIONS: For fast, temporary relief of minor sore throat pain.

DIRECTIONS: Adults and children 12 years of age and older: Allow the lozenge to dissolve slowly in the mouth. May be repeated every 2 hours or as directed by a dentist or physician. Children 6 to under 12 years of age: Allow lozenge to dissolve slowly in the mouth. May be repeated every 2 hours, not to exceed 10 lozenges per day, or as directed by a dentist or physician. Children under 6 years of age: Consult a dentist or physician.

WARNING: If sore throat is severe, persists for more than 2 days, is accompanied or followed by fever, headache, rash, nausea or vomiting, consult a physician promptly.

E

Indications: Temporarily reduces runny nose and relieves sneezing, itching of the nose or throat, and itchy, watery eyes due to hayfever or other upper respiratory allergies.

Directions: Adults and children 12 years of age and over: Take one tablet every 12 hours.

WARNING: May cause drowsiness.