

## Lesson Plan: Staying Healthy

### Word Study

1. Review the words and their definitions

infect	To spread germs or disease
virus	A tiny organism that can cause disease
habit	A regular action or routine
symptom	A sign of something
diagnosis	A doctor's conclusion based on studying symptoms
schedule	To make a plan for when actions will happen
prescription	An order written by a doctor for medicine

2. Ask student to identify whether the words are nouns or verbs.
3. Point out related words such as the noun *infection* for the verb *infect* or the verbs *prescribe* and *diagnose* for the nouns *prescription* and *diagnosis*.
4. Practice saying the words. Discuss where to place emphasis when pronouncing each syllable.
5. Use the above words to complete the sentences below.
  - a. Makiko called her doctor to \_\_\_\_\_ an appointment for next Tuesday.
  - b. Bill showed \_\_\_\_\_ of a common cold: a runny nose, a sore throat, and tiredness.
  - c. Doctors suggest we get in the \_\_\_\_\_ of washing our hands often.
  - d. You cannot see a \_\_\_\_\_ but it can make you sick.
  - e. The doctor heard my symptoms and made a \_\_\_\_\_: I have a sinus infection.
  - f. I went to the pharmacy to fill a \_\_\_\_\_ from the health clinic.
  - g. If you cover your mouth when you cough, you won't \_\_\_\_\_ other people.