

Perfect Match

Health Education

Grade

5

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SAMPLE

 **HODDER**
EDUCATION

AN HACHETTE SINGAPORE COMPANY

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Learning Log

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Physical Health

In this section, you will learn:

- about physical changes during puberty;
- the importance of a healthy diet during puberty;
- more about My Healthy Plate;
- about laws that protect you from harmful substances; and
- about problems affecting teeth and gums.



Name:

Class:

Date:

Lesson 1

Watch Me Grow

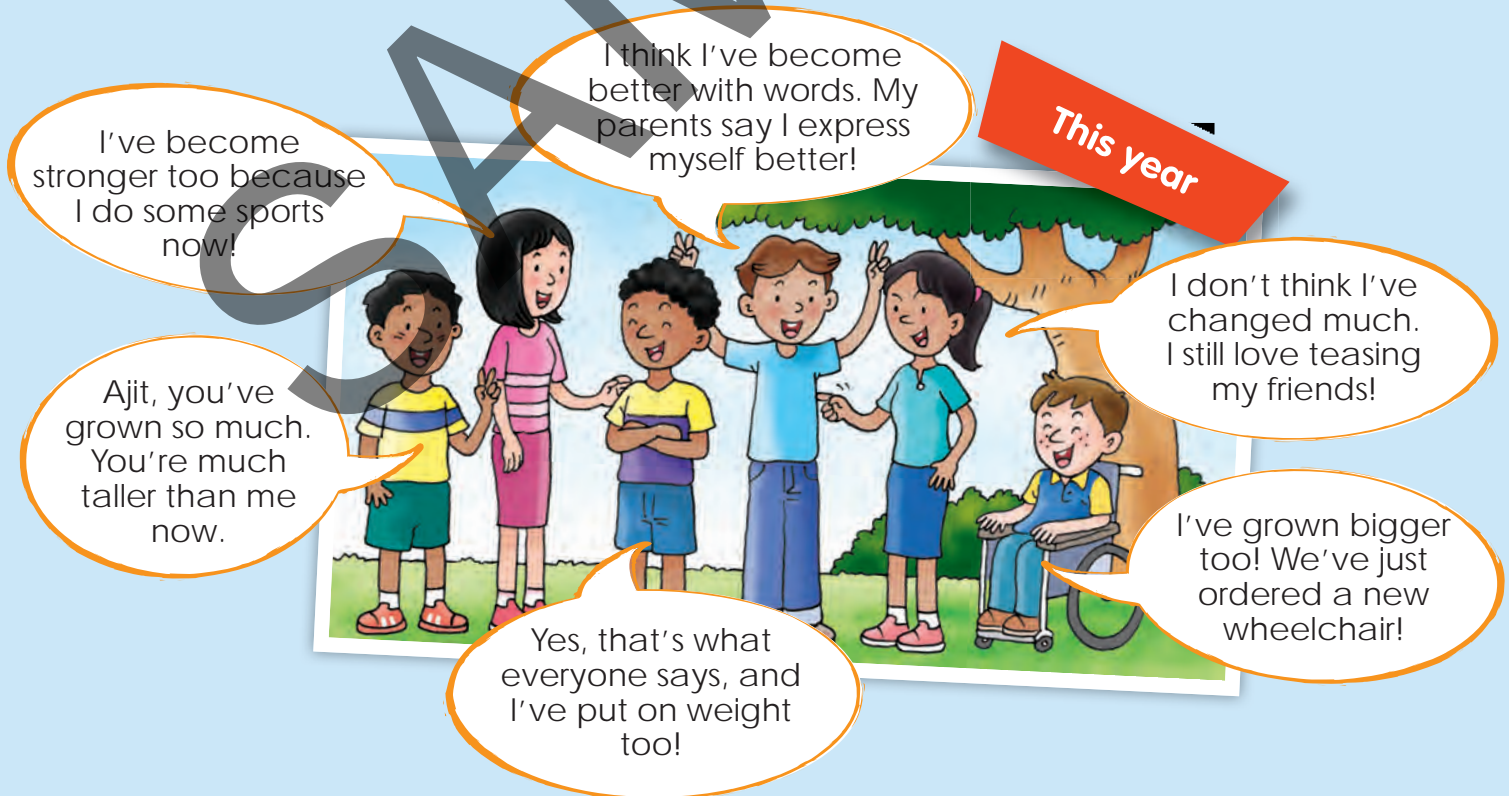


These are photographs of the superfriends taken this year and last year.

- Do you notice any difference/s in each of them?
- Can you identify the changes they have gone through?



Last year



This year

I've become stronger too because I do some sports now!

Ajit, you've grown so much. You're much taller than me now.

I think I've become better with words. My parents say I express myself better!

Yes, that's what everyone says, and I've put on weight too!

I don't think I've changed much. I still love teasing my friends!

I've grown bigger too! We've just ordered a new wheelchair!

Learning Objective: Pupils will be able to recognise the different stages of growth and development of their bodies.

Some of the superfriends have grown taller and heavier because they are going through a growth spurt. A growth spurt is something that happens during puberty.



Are you or your friends going through a growth spurt? Fill up the table below to find out.

Name	Height (m)			Body Mass (kg)		
	Last year	This year	Difference	Last year	This year	Difference

_____ grew the most in height since last year.

He or she grew _____ cm taller. (Note: 1 metre = 100 centimetres.)

_____ gained the most weight since last year.

He or she gained _____ kg.

Though you and your friends may be of the same age, remember that everyone grows at different times and rates. Eventually, you will all end up in the same place—adulthood!

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growth spurt: a period of rapid growth that your body experiences when it goes through puberty.
puberty: a process in which your body changes from that of a child's to a young adult's.

Name:

Class:

Date:

Lessons 2 & 3

Metamorphosis



Puberty brings many changes in your body. These changes can be physical or non-physical and they may not happen at the same time for everybody. The changes you experience are normal and a part of growing up.

Look at the changes in Eileen, Tawan and Ajit. What is happening to them? Fill in the blanks with the correct words. Use the pictures to help you.



1. Eileen has a _____ on her chin.



2. Tawan has _____ growing at her _____.



Oh dear! I didn't use to smell this bad!

3. Ajit has _____.



metamorphosis: a drastic change in appearance.

Learning Objective: Pupils will be able to recognise the different stages of growth and development of their bodies.

Changes during puberty are normal. There are many other changes that the body will experience as it goes through puberty. Some of the changes are sex-specific, which means they will happen either in boys or in girls.



Each box points to the type of changes that a girl will experience. Fill in each box with a description.

Changes in a girl

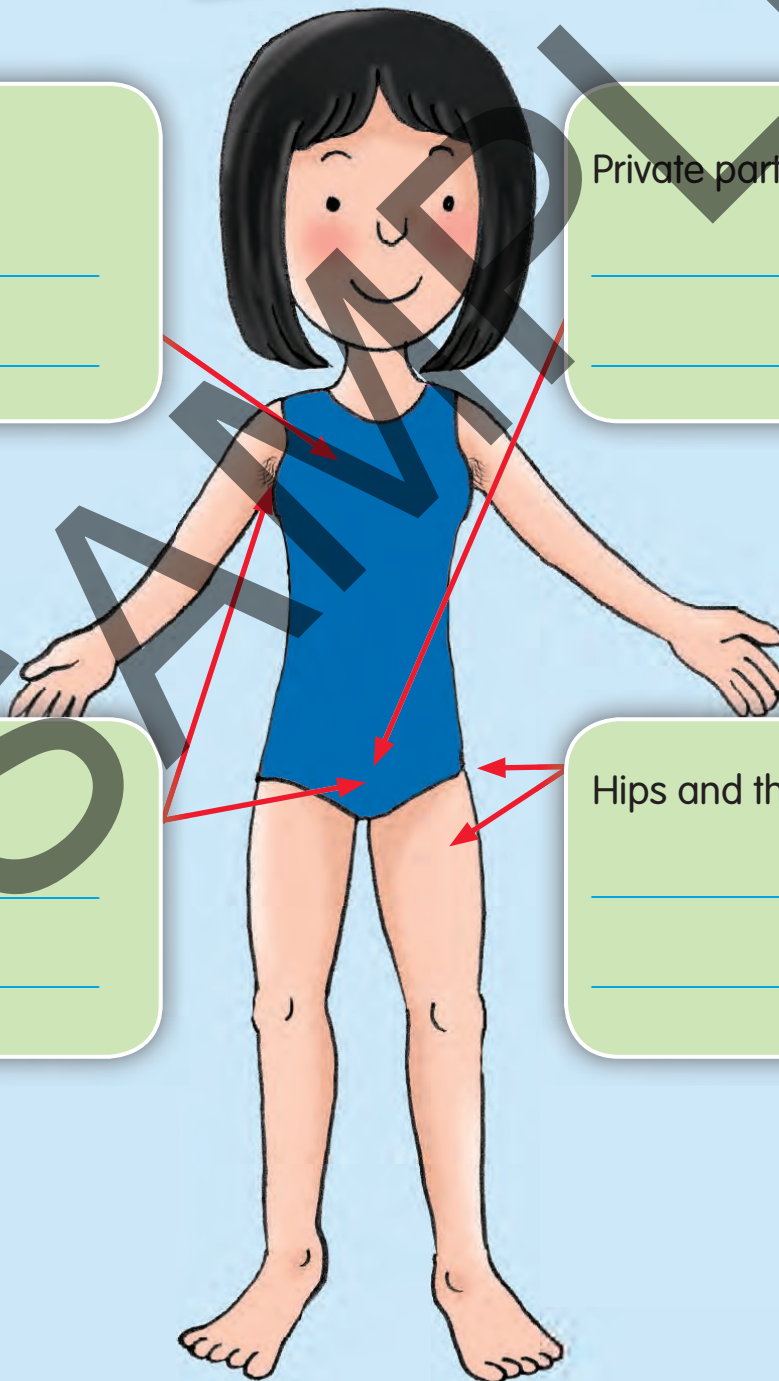
1. Physical changes

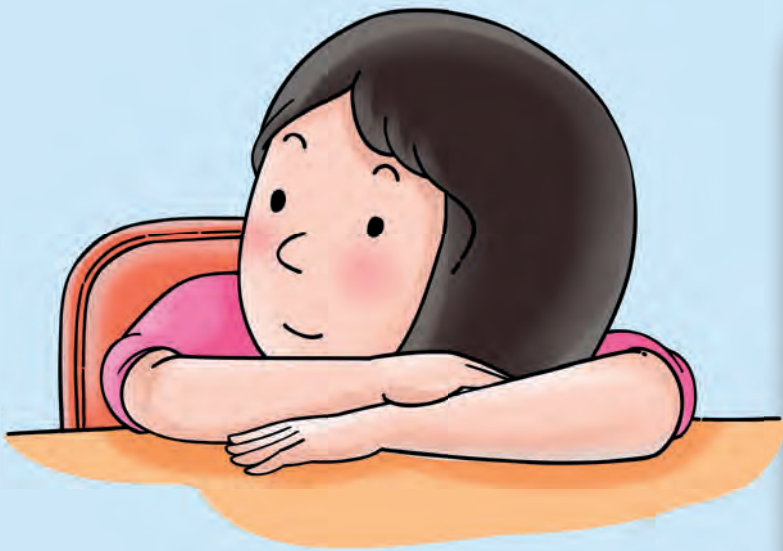
Chest

Private parts

Hair

Hips and thighs





2. Emotional changes

3. Changes in attitude and values



emotional changes: changes in strong feelings like love, hate, anger, happiness.

attitude: the way a person thinks and feels about himself/herself in relation to things and people.

values: things that are important, that help you decide what is right or wrong.



Each box points to the type of changes that a boy will experience. Fill in each box with a description.

Changes in a boy

1. Physical changes

Hair

Voice

Private parts

Muscles

2. Emotional changes



3. Changes in attitude and values



You are not alone!

You may feel overwhelmed that your body is going through so many changes in such a short time. However, you must remind yourself that you are not alone. Few people talk about puberty even though it is a process everyone around you goes through. Your parents, teachers, friends and neighbours went through puberty when they were your age!



The questions below are about puberty. Choose the correct answer to each question and write the corresponding letter in the brackets provided.

1. During puberty, my body will...
A. not change at all.
B. grow to be more like an adult's.
C. shrink. ()
2. Body odour during puberty is caused by...
A. sweat coming into contact with bacteria on the skin.
B. sweat coming into contact with hair on the skin.
C. the presence of bacteria on cool dry skin. ()
3. During a growth spurt, I will experience...
A. a rapid increase in height and weight.
B. aches and pains in my arms and legs.
C. all of the above. ()
4. Hair will grow under the arms and in the pubic area...
A. only for boys.
B. only for girls.
C. for both boys and girls. ()
5. Menstruation begins...
A. around two years after breasts begin to develop.
B. around two years before breasts begin to develop.
C. at the same time that breasts begin to develop. ()
6. Voice 'breaking' happens because...
A. puberty will cause boys to have a sore throat.
B. the voice box is growing larger.
C. the voice box is broken. ()
7. Pimples on the face may appear...
A. because the skin is oilier due to bodily changes during puberty.
B. because you are too tired to wash your face.
C. because bacteria on the face increase during puberty. ()