

Perfect Match

Health Education

Grade

6

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SAMPLE



HODDER
EDUCATION

AN HACHETTE SINGAPORE COMPANY

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Physical Health

In this section, you will learn:

- more about puberty;
- the importance of personal hygiene during puberty;
- the importance of a healthy diet during puberty;
- how to maintain a healthy body;
- about some common eye infections; and
- about getting enough sleep.



Name:

Class:

Date:

Lessons 1 to 4

More About Puberty

In general, girls reach puberty a little earlier than boys do. Puberty usually happens in girls aged 8 to 13 years old, and in boys aged 9 to 14 years old. It does not matter when puberty begins. Everyone goes through these changes once the body is ready.



Can you recall the changes a young person experiences during puberty? Fill in the blanks with a suitable word in the sentences below.



1. To get ready for puberty, a young person should e_____ healthily, e_____ regularly and s_____ well.

2. Height and weight increase rapidly during a g_____
s_____.

3. Pimples form when there is a build-up of excess o_____
and s_____ in the pores of the skin.



4. A severe case of pimples is called a b_____ o_____.

5. Body odour is caused by sweat coming into contact with b_____ on the skin.

6. To prevent or reduce body odour, s_____ regularly, especially on hot days and after exercising.



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

3

7. Hair will grow at the a _____, in the p _____ area between the legs, and on the arms and legs. For boys, hair will also grow on the f _____ and c _____.

8. Around two years after a girl's breasts develop, m _____ s _____ begins.



9. During menstruation, girls may choose s _____ pads or tampons to absorb the menstrual flow. Tampons are useful for girls who swim regularly.



10. A boy's chest, shoulders and limbs will become more m _____.



11. While a boy's voice is changing to become l _____, it may 'squeak' every now and then. This change is known as 'voice breaking'.

12. It is unhealthy to d _____ during puberty because you will be depriving your body of the energy and nutrients that it needs in order to grow well.

During puberty, the reproductive organs get a signal from the brain—this is the time to start maturing. The reproductive organs then produce hormones (chemical substances) and these hormones cause many physical changes in the body.



Label the parts of the male reproductive system with the words in the box.

~~bladder~~

scrotum

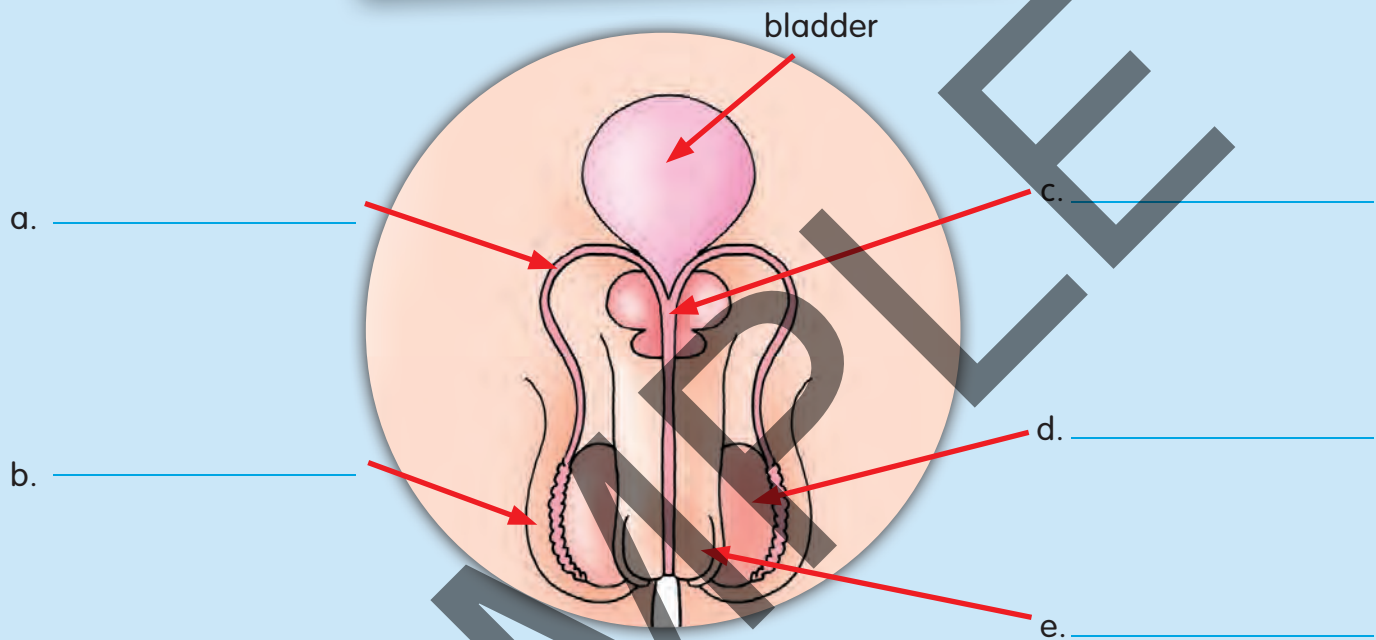
penis

urethra

sperm duct

testicles

The Male Reproductive Organs



Fill in the blanks with the words in the box. (There is an extra word.)

sperm

testicles

urethra

testosterone

When a boy goes through puberty, the 1. _____ produce the hormone 2. _____. This hormone causes changes during puberty in boys. They can have a lower voice, broadening of the chest and shoulders and the development of the penis and testicles. The male sex cells, called 3. _____, are also produced as the reproductive organs mature.



hormones: chemical messengers that give instructions to the different parts of the body to carry out a particular action.

reproductive organs: the part of the body that enables people to have children.

What are 'wet dreams'?

You may have heard of your friends joking and talking about 'wet dreams'. Below are some facts you may want to know:

- Wet dreams are nocturnal erections (penis stiffening) followed by an ejaculation (semen discharge) from the penis during sleep. They are normal for boys experiencing puberty. This could occur during an erotic dream.
- Not everyone will have wet dreams but for those who do, it is a sign of normal functioning of the reproductive organs.
- Not having wet dreams is also normal.

Wet dreams are called that simply because they happen while a boy is asleep and the wetness is due to the night-time discharge of semen. It is important to wash and clean up after a wet dream to prevent infection.

You now know that both having wet dreams or not having them are normal at puberty. There is no need to feel guilty or embarrassed about wet dreams. They are just part of the changes experienced by some boys during puberty.





Label the parts of the female reproductive system with the words in the box.

cervix

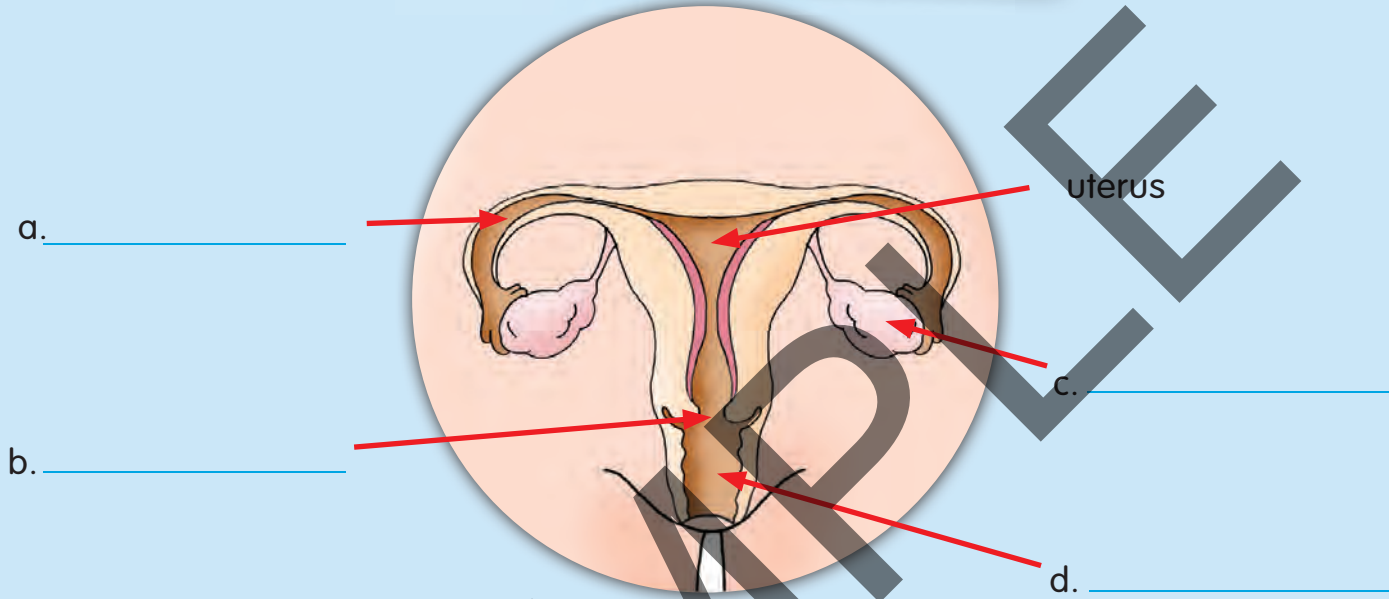
ovary

~~uterus~~

fallopian tube

vagina

The Female Reproductive Organs



Fill in the blanks with the words in the box. (There is an extra word.)

oestrogen

vagina

eggs / ova

ovaries

When a girl goes through puberty, the 1. _____ produce the hormone 2. _____. This hormone then brings about changes during puberty in girls. These include developing breasts and the broadening of the hips and thighs. The female sex cells, called 3. _____, are also produced as the reproductive organs mature. There is also growth of pubic hair. This is also when a girl starts to menstruate.

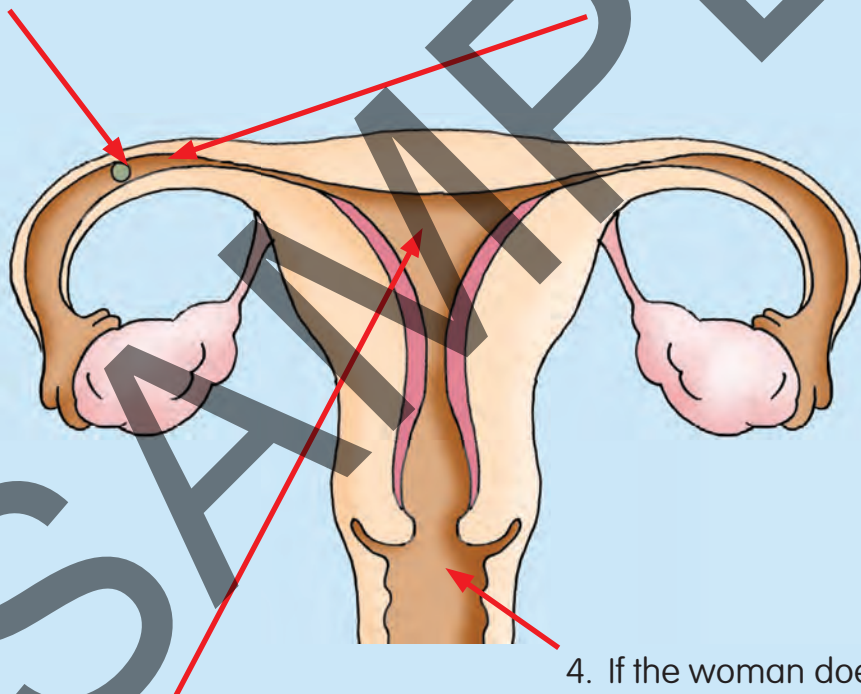
Menstruation begins once the female reproductive organs are fully mature. The first menstruation is called menarche. This is when the girl starts to menstruate or 'have her period'. On average, menstruation happens once every 28 days. However, the cycle is different for every girl, and it can range from 23 to 35 days.



Do you know what happens during the menstrual cycle? Fill in the blanks with a suitable word from the box.

- uterus
- fallopian
- pregnant
- uterus lining
- uterus
- egg
- ovary
- vagina

1. Every month, the _____ releases an _____.
2. The egg then travels down the _____ tube into the _____.



3. The lining of the _____ is thick and rich with blood. It is ready to nourish the egg if a woman becomes _____.
4. If the woman does not become pregnant, the _____ breaks down and, together with the egg, flows out of the _____.

Menstruation tells a girl that her body is healthy and functioning the way it should. During her period, she should stay clean and change tampons or sanitary pads regularly. It is perfectly all right for a girl to carry on with exercise and physical activities. Some girls may experience slight abdominal cramps, headaches and change in moods. Any girl experiencing pain or discomfort during her period may choose to do light exercises. However, if there is heavy bleeding, severe cramps or fainting, she should seek help from a doctor.



March

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



April

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
		4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



During puberty, the body becomes sexually mature. This means you are able to reproduce, or have children. However, even if your body is ready to have a child, it does not mean you are mentally ready or emotionally prepared to be a parent. You must first learn responsibility for yourself before you can be responsible for another person.

Puberty can be a confusing and stressful time. The time before becoming an adult can be made easier if you begin to understand the changes your body is going through.



Think of some of the best and most challenging things about going through puberty and list them down below.

Best things

Most challenging things