

		<p>1. Pour water from bucket to the big bowl 2. Use knife cut the vegetable's root and peel out the rotten leaf 3. Peel each leaf by hand and put down to water bowl. 4. Hold and use thumb sweep on the leaf 5. Re-wash 1-2 times then put into basket take time for relieving water-out. 6. Refill water to the big bowl and put a spoon of salt into water then put vegetable and immerse for 5-10 minutes 7. Take out vegetable and put back to basket and ready for serving.</p> <p>Explaining the meaning of words immerse: Keep into water in a bowl Relief water-out: To remove out of water Question 1. What are there the materials for vegetable washing? 2. What are there for ingredients? 3. How to prepare before vegetable washing? 4. How to do the steps of vegetable washing?</p> <p>Lesson 29th: Avoid alcohol Reading Vanhthong uncle is a person that likes to drink of alcohol and smokes cigarettes for many years ago then it made him is weak and unhealthy. A day he is sick and cough a lot could not sleep. When he is coughing it seems there is a thing punches into his chest. The doctor examines and knows his liver and lung are oedema because too much of alcohol drinking and smoking. Doctor keeps him in the hospital and heals him for sometimes till his condition will be recovered, and the doctor tells him that: "Completely stop smoking and drinking then the health won't be worse again"</p> <p>Explaining the meaning of words Heal: To cure for recovering Oedema: Puffiness Weakness: Feeble Question 1. Why Vanhthong uncle was kept in the hospital? 2. Why the liver and lung of Vanhthong uncle was oedema? 3. How did the doctor tell to Vanhthong uncle?</p> <p>Lesson 47th: Mosquitos prevention Reading Mosquito is an insect lives in the forest and town. It likes to stay in dark place and untidy such as house corners, under cupboard, under bed, clothes hang on the wall and dirty canal. But for <i>Aedes</i> mosquito lives in clear and clean water such as: Water jar and other water container without of lid, coconut shell, cans and vase which contains water. Therefore, we have to keep clean environment where we are staying, keep belonging and clothes in place every time, water container must covers with lid and keep dry in everywhere to avoid the mosquito to lay the egg. Before sleep must prepare mosquito net for mosquito protection, because it will suck blood then transfers dengue fever disease, <i>typhoid fever</i> and other disease into human body. Question 1. Where does the mosquito like to stay? 2. How do we protection from mosquito's bite? 3. What will the mosquito transfer to our body after bit?</p>
Language	3	<p>Lesson 13th: Washing cups (utensils) Materials Water jar/ small bowl/ big bowl Cup/ plate Liquid detergent/ Scotch-Brite + sponge or other local material Preparing and steps of washing 1. Put water into big bowl 2. Put on liquid detergent into small bowl then add small volume of water, mix and consider to number of cups will be washed. 3. Use Scotch-Brite + sponge steep into mixed detergent and water then sweep into each cup for inside and outside 4. Take the cups steep into big bowl which contains water and re-do for 2 to 3 times. 5. Take all the cups just washed then continue to dry up by turn over bottom up on a plate.</p> <p>Questions 1. What are there for material that use to clean cups? 2. What are there the steps of cleaning cups? 3. What will we use instead of if there was not Scotch-Brite + sponge?</p> <p>Lesson 19th: Keeping teeth clean Reading Every morning after waking up Ms. Khamphien hurries to brush her teeth and wash face. At night after reading book she must brushes her teeth before bed. Ms. Khamphien well keeps her teeth. She never bites any hard food. Also too sweet candy she never has because she is afraid of caries. When she smiles every body agreed to say that her teeth is look nice. Many her friends are patient of and pain of caries but Ms. Khamphien is never. Many friends and other adult tell to her that when pain of caries <i>the tooth base is swollen</i>, abnormal cheek is as swollen, painful, could not eat food, could not sleep at night, feel pain so much and pain more than happen of other outside wound. Therefore, to avoid of pain by tooth decay we must be to seriously keep the teeth as clean the same as Ms. Khamphien. Explain the meaning of words Chew: Bite</p>

		<p><i>Tooth base</i> : <i>Tooth root</i></p> <p>Questions</p> <ol style="list-style-type: none"> 1. How did Ms. Khampien keep clean her teeth? 2. Why Ms. Khampien there is not caries? 3. How did the tooth decay patients feel? 4. How do you keep your teeth? <p>Lesson 62nd. Diseases in rainy season</p> <p>Reading</p> <p>When the rainy season starts, in our country, there are many diseases will be infected to our body. Most of diseases are influenza, pneumonia and etc..., these diseases occurred due to we don't take care enough of our body and let the too hot or too cold affects directly to our body. Therefore, when we sleep at night don't strip the body and after soak of raining don't let body wet for long time. In addition, many children infect of dengue fever which came from <i>Aedes</i> mosquito. This mosquito likes to lay eggs in rainy season and in clear and clean water such as water jar and other water container, water channel and etc..., therefore, the water container in the house must be cover and don't leave any remain source water in the house such as cans, coconut shell even though the water in vase, always, have to change, because it could be a place of fertilization of <i>Aedes</i> mosquito.</p> <p>If get a fever must be hurry go to hospital and take medicine as doctor's prescription.</p> <p>Question</p> <ol style="list-style-type: none"> 1. What the diseases, occurred in rainy season? 2. What the disease, comes from <i>Aedes</i> mosquito? 3. Where the <i>Aedes</i> mosquito like to lay its eggs? <p>Lesson 63rd. Washing clothes</p> <p>Materials</p> <p>Water jar/ big bowl/ powder detergent</p> <p>Brush/ basket</p> <p>Shirt/ skirt/ trousers</p> <p>Steps of washing</p> <ol style="list-style-type: none"> 1. Separate of thick, thin, easy lost color clothes in difference. 2. Put in water into big bowl, put in powder detergent into and swirl to mix water and powder detergent (Water and powder detergent volumes must be balance with clothes) 3. Put clothes into mix water and powder detergent but first is thin clothes, and for thick clothes use brush to brush such as collar, cuffs, pocket and shoulder part then knead with hand for other part, for lost color clothes wash after others. 4. Fill water into big bowl and put in clothes re-knead and wash 2-3 times then squeeze after that expose under sunshine. (If use stream water just kneads and washes into that water) <p>Question</p> <ol style="list-style-type: none"> 1. What are there the materials that use for clothes washing? 2. How many steps are there for clothes washing? 3. How many times re-knead and wash the clothes?
Language	4	<p>Lesson 3rd. hygiene</p> <p>Reading</p> <p>A day, in Lao language class on topic hygiene, the teacher discusses to students for hygiene issue. The teacher asks student that where do we have to focus for hygiene?</p> <p>Mr. Vanthong is voluntary with raises his hand and responds the question that the hygiene must be start from keeping clean ourselves, clothes, eating and living place including other public place.</p> <p>The teacher asks that you are students then how will you keep class room clean?</p> <p>Ms. Chantha answers that we have to sweep the floor, ceiling, tables, chairs, black board and don't trash any paper, plastic bag even banana leaf into the class room as well as the ground of school.</p> <p>The teacher asks more at home, how could you help parents for keeping clean?</p> <p>Ms. Sengchan answers at home we always help our parents to replace stuff in place, sweep the house and home playground.</p> <p>The teacher close the discussion that you know, always, to keep yourselves clean, clothes, class room and house, therefore it will let you to be good health, without diseases.</p> <p>Question</p> <ol style="list-style-type: none"> 1. How did Mr. Vanthong respond to the teacher? 2. How did Ms. Chantha respond to the teacher? 3. Who did respond to the teacher that at home helped parents for cleaning? 4. How should we do hygiene to avoid diseases? <p>Lesson 20th. Three hygiene</p> <p>Reading (a traditional poem)</p> <p>- We are never lazy for cleaning the house as well as washing the utensils sweep the house base, clean the water channel same as same cut the grass</p> <p>- First when we cook food, fish or meet we protect far away from fly the remained food we trash away when it was rotten</p> <p>- Before drinking water from water jar as well as water from well, from pond, from stream must be boil before drinking</p>

		<p>to avoid harmful health and sick</p> <ul style="list-style-type: none"> - Second, third, the place where we are living such as hut or house <p>keep the bed room clean and fresh air also clean hair then there is no louse clothes-shirt or trousers even utensils there is no dust</p> <ul style="list-style-type: none"> - Must keeping clean three hygiene as teacher has taught <p>then there won't be get sick and bad time the body is strong same as same mentality when many people meet they will be praised that we know well in duty</p> <p>Question</p> <ol style="list-style-type: none"> 1. What is three hygiene? 2. What will be happen if we follow three hygiene? 3. What the second and third mention about? <p>Lesson 22nd: Good hygiene student</p> <p>Reading</p> <p>Ms. Khamphaeng, she is always keeping clean. Her face, arm and all her body is clean. Her clothes and school uniform there is no any smudge. As well as her books are covered by cover paper then all-time they are look nice and new.</p> <p>After her class she quickly changes her uniform to home clothes and keeps her uniform in place. If her uniform wets then she quickly washes it and dry up. She washes the clothes by herself in the day school off or on holiday. Ms. Khamphaeng does not play dirty place, always her hand with short nail. After did the house work always she goes to take shower, washing head and comb her hair. Therefore, her hair is without of louse.</p> <p>Ms. Khamphaeng is not only a clean student for outside look but every time of eating she always washes her hand, and be careful of eating too. She never eats undercook food, and unsafely food such as: there are ants and flies and never directly drink water from stream. Ms. Khamphaeng is a work hard student and always helps her mother on house work-cleaning house and washing utensils for keeping clean. Hence, Ms. Khamphaeng likes to keep cleaning then she is a healthy student. Good in character and no diseases. Her teacher, other friends and even her parents always praise that Ms. Khamphaeng is a work hard with good hygiene student.</p> <p>Question</p> <ol style="list-style-type: none"> 1. How did Ms. Khamphaeng keep clean? 2. How did Ms. Khamphaeng look after her clothes? 3. How did Ms. Khamphaeng eat food? 4. Why did Ms. Khamphaeng receive the praising? <p>Lesson 56th: Eating</p> <p>Reading (a traditional poem)</p> <ul style="list-style-type: none"> - The food, there are many types <p>depend on what we could find but we have to consider that which food is health harmful just avoid of eating</p> <ul style="list-style-type: none"> - Such as alcohol and even though the opium <p>which after consumed that without benefit and harmful there are many people with short in life with could not find out any happy, therefore we have to consider</p> <ul style="list-style-type: none"> - More a thing for eating, we should eat for sufficient <p>but not over of eating almost the food if we have sufficient they are worth but if we have over dose they will be worse</p> <ul style="list-style-type: none"> - Please have in sufficient <p>the health will be good as we dream please take vegetable same as the fruits, egg, milk those, they are tonic for staying long life</p> <ul style="list-style-type: none"> - But before eating, there are many important thing <p>as the hand need to wash if meat- beef, pork and crab, fish or chicken we should well cook as boil or grill before have it</p> <ul style="list-style-type: none"> - The rare KOY-LAB (Lao meat salad) <p>fermented or salty food, please be careful these food were good taste for tongue but they will be trouble for stomach, really!</p> <p>Question</p> <ol style="list-style-type: none"> 1. What are there the food that not worth for health? 2. How shall we have the food? 3. What shall we do before eating? 4. What kind of food that we must be avoid of eating? And why?
Moral	2	<p>Lessons 8th: Courage (Bravery)</p> <p>(Pict. 1)</p> <p>Subject: Moral (on the board)</p> <p>What should the student do if you could collected or find out a pencil of others? (on the board)</p> <p>(Pict. 2)</p> <p>Sir: Mr. Kai is grabbing a bag of other fellow</p> <p>(Pict. 3)</p> <p>Who was responsible for classroom cleaning for today?</p> <p>Dear Sir, we are, and it's our responsibility</p>

		<p>(Pict. 4) Hey! Is there anyone enough in courage than me? No! No! It's dangerous! (Pict. 5) Please daddy stop smoking. We're feeling bad smell. (Pict. 6) Subject: Lao language/ Reading (on the board) Dear Sir, I found out a ruler (Pict. 7) Do not play a fire (Pict. 8) Oh! Scary! Bravery is the right of every body but keep in control</p> <p>Lessons 12th: Respect for community rules (Pict. 1 & 2) Throw a way of rubbish is damage environment (Pict. 3) Help to each other for keeping clean public place (Pict. 4) Do not trash rubbish a way (Pict. 5) <i>No text but maybe want to teach</i> "Do not play in the road" (Pict. 6) <i>No text but maybe want to teach</i> "Queue up for bus ticket buying" (Pict. 7) Please help! Please help! There is a burglar. (Pict. 8) Why did you take my chair without any permission? (Pict. 9) Do not smoking (Pict. 10) Do not argue Do not argue (Pict. 11) Race ahead. Do not speed up of riding (Pict. 12) Uncle! There is an unknown person get in our village Community is a public place. We have to respect for rules and keep cleanliness.</p>
Moral	4	<p>Lesson 12th: Following the traffic rules</p> <p>Traffic rule means a decree which everybody in society must be followed when travel by cars, boat and airplane. Everyone have to respect for traffic rules. If we stickily respect for traffic rules the safety, happiness in family and even though secured society will be followed.</p> <p>1. General principle of traffic rules.</p> <ul style="list-style-type: none"> - Always walk on the extreme right hand side of the roads. - Do not ride the bike in a group. - Do not play on the road. - Cross only at Zebra crossings or the place where was provided. - Do not queue-jump to each other to get in or get off the vehicles. - For safety everyone must follow seriously for traffic rules. <p>2. Traffic signs that everyone has to know</p> <ul style="list-style-type: none"> - Traffic light system - Most traffic light like to be set up at a main conjunction where cross road such as three junctions, four junctions - Traffic light system is a controller of traffic which the road and vehicle users must be seriously followed of the rules, if who breaks may be is able happening of an accident. <p>Question:</p> <ol style="list-style-type: none"> 1. What is the meaning of traffic rules? 2. Why do we have to respect on traffic rules? 3. How should we do to promote safety traffic? <p>Lesson:</p> <p>Following the traffic rules is responsibility of everybody, for safety us and others, as well as safety traffic.</p> <p>Exercises</p> <ol style="list-style-type: none"> 1. Please, students do an observation on figures 2-8, which we have to follow and which do not? (on pages 37-41) 2. Please, students fill down correct words and meaning on blank spaces of each following sentences <ol style="list-style-type: none"> a. When we are walking along the road, we have to walk b. Do not c. When crossing the road, we have to cross d. Get in and get off the bus e. Do not drive the car when and we have to

		<p>f. Do not</p> <p>g. When turn right or left or stop we have to</p> <p>h. For safety, everybody has to seriously</p> <p>3. Please, students try to forecast that what will be happened on following situations</p> <p>a. There is a group of student was playing soccer on the road.</p> <p>b. There are cattle were crossing the road</p> <p>c. There is a girl-student was playing a jumping-game on the road.</p> <p>d. The traffic rules should use only in main city (Big town).</p> <p>e. A passenger call to fellow by his head is outside of windows.</p> <p>f. Students walk in a group on the road.</p> <p>g. A coach (bus) overload of passengers.</p> <p>h. There was a group of student ride the bikes ignore of the red light.</p> <p>Pictures: <i>All there is no text but maybe want to teach:</i></p> <p>(Pict. 2) Do not ride the bike in a group on the road</p> <p>(Pict. 3) Stop and wait at red sign of traffic light</p> <p>(Pict. 4) Do not queue-jump for a bus get in</p> <p>(Pict. 5) Do not let the cattle walk along on the road</p> <p>(Pict. 6) Everybody is crossing the road at Zebra crossing</p> <p>(Pict. 7) Everybody is waiting for crossing road at Zebra crossing</p> <p>(Pict. 8) A boy is riding a bike on his left side of the road</p>
Moral	1	<p>Lesson 10th: Keep cleanliness in school</p> <p>(Pict. 1/ Pict. 2) Classroom and school are clean</p> <p>(Pict. 3) Trash rubbish in the bin</p> <p>(Pict. 4) Clean classroom</p> <p>(Pict. 5) Clean school ground</p> <p>(Pict. 6) Do not trash rubbish away</p> <p>Lesson 11th: Correctly walk along the road</p> <p>(Pict. 1) Cross the road at Zebra crossing</p> <p>(Pict. 2) Walk along the right side</p> <p>(Pict. 3) Do not rush or run on the road</p> <p>(Pict. 4) Walk on the extreme right hand side of the roads</p> <p>(Pict. 5) Cross the road on green light signal</p> <p>(Pict. 6) Do not play and walk in the road</p> <p>(Pict. 7) Walk on the extreme right hand side of the roads</p> <p>(Pict. 8) Walk along the Zebra crossing</p> <p>(Pict. 9) Do not trash rubbish on the road</p> <p>(Pict. 10) Do not ride the bike in a group</p> <p>(Pict. 11) Do not queue-jump for a bus get in</p> <p>(Pict. 12) Keep the rules for a bus get in and get off</p> <p>(Pict. 13) Do not play soccer on the road</p> <p>(Pict. 14) With helmet for motorbike riding</p> <p>(Pict. 15) Stop and wait on red signal light</p> <p>(Pict. 16)</p>

		Red traffic light, green traffic light
Science	8	<p>Part I: The human body Lesson 1st: The integumentary system</p> <p>Where the student think that the germs and diseases which infected to skin are come from? How many types and what are they? Please tell the symptoms of those diseases.</p> <p>Ordinary, the skin disease cause from it's not enough of taking care skin, let the skin dirty and affect directly to toxic pollution. Moreover we have known that some of skin diseases cause from genetic issue.</p> <p>Part IV: The human body growth and quality of life Lesson 25th: The female and male body growth</p> <p>1. The strength of female and male body Activity: An experiment of the arm muscle and hand strength</p> <ol style="list-style-type: none"> 1. Divide into groups of student for pull plastic rope, each group comprised of 3 females and 3 males, with the same of age average, then record the pulled result of each person. 2. When the student pull the plastic rope, must be spending full power and standing correct position beside of the source of plastic rope was hooked, this reason is for increase the power of muscle and hand. <p>Pict: Pulling of plastic rope.</p> <p>The result assumes that males could pull out the plastic rope longer and also the muscle stronger than females. Below students will see the figures data of health condition of female and male students of age between 10-18 years old</p> <p>- What those figures help us to understand? Pict: 93 the graph shows of seat up and down recording between 30 seconds/ Pict: 94 the graph show of long jump.</p> <p>By the graph of seat up and down recorded between 30 seconds. The females students, 13 years old, they could seat up and down for 13 times and from the graph of long jump showed that female students and male students they could jump longer in different distances with different of ages: The female student could jump long in age of 15 years old and male 18 years old.</p> <p>From the graphs male students could seat up and down more many time than female student in 10-18 years old as well as long jump. Therefore, could conclude that during the age of 10-18 years old male students much stronger more than female students.</p> <p>2. The growth of height and weight May we could see the growth of human is increasing of height and weight but it might be not proportion. Female and male are growing in different way such as female when age between 12-13 years old there are weight and height quickly increase than male but when 14-15 it's opposite. In general, when the age of 20 years old female and male will be grow in the same ratio for weight and height a little increase. The growth which has mention above is a growth that we could observe outside, and then do the students think or not those organs inside also grown? Students have to study from the following figure.</p> <p>Pict: 95 the graph showed the growth human body with heart and brain in different time of ages</p> <p>By the graph how the students think on human body growth, heart and brain or how are they different? By study of scientist found that when human body was growing other organs inside they will be different time of growth depend on age such heart will be full grow when 20 years old and brain will fully stop of growing at 5 years old, it means the brain cells will be grow after birth and stop at 5 years old but over 5 years old the brain cells won't be grow only will be increase the size. Even though the body was grown but still there are some cells could continuously grow such as skin cells and nerves.</p> <p>Question</p> <ol style="list-style-type: none"> 1. Please do a comparison between female and male body. 2. How different the body growing between female and male at the same age on height and weight? - How the body, heart and brain grow? 3. Which organ of human body that will be grow after 20 years old of age? Why? <p>Lesson 26th: Reproductive system (Genital system)</p> <p>1. Male reproductive system - Please observes the following picture on male genital system that how does it compose?</p> <p>Pict 96: Male genital organs</p> <p>The male reproductive system is composed of scrotum, testis, vas deferens, prostate gland, seminal vesicle, epididymis, seminiferous tubule and urethra and they have different in function. The function of the testis is to produce sperm and to produce male hormone. Inside of the testis there are many seminiferous tubules, here the sperms were produced then will be stalled in epididymis which is based in upper part of testis and connect to vas deferens then the sperms will be transferred to seminal vesicle through vas deferens. The sperms come with lack of nutrition, therefore, the seminal vesicle produces seminal fluid for sperms and made balance condition for sperms.</p> <p>Pict97: A diagraph of the testis in vertical position. Pict98: Sperm</p> <p>Semen and sperms will be ejaculated through urethra of male genital organ. More over the prostate gland, it's gland that base at the beginning of urethra of male genital organ also secretes a fluid which will be mixed with semen to adjust suitable condition for sperms. In generally the male body</p>

	<p>will be produced sperm when his age becomes 12 or 13 years old then continuously produce whole his live. The food of sperm is different of many other cells not glucose but its fructose.</p> <p>2. Female reproductive system</p> <p>- Please observes the following picture on female genital system that how does it compose?</p> <p>Pict 99: Female genital organs</p> <p>the female reproductive system is composed of ovary, fallopian tube, uterus, vagina, vulva and all they are different in function. There is 2 varies, both, they are beside of uterus. The function of ovaries to produce ova and ova are female reproductive cells.</p> <p>In general, one ovum will be released in ovulation time during of menstrual cycle. The ovum moves into fallopian tube. This time if a sperm meets with ovum there will be occurred a combination for fertilizing then ovum will be moves into uterus. This time uterus will be adapted for receiving ovum which will develop and grow in here.</p> <p>Ordinary, the uterus has wall which will produce mucous membrane uterus, increase with thick and there are blood vessels for feeding a lot. If no fertilization occurs, the ovum will degenerate after ovulation and before reaching in uterus. For internal mucous membrane uterus and blood vessels will be degenerated then blood will be drained out through vagina and called that ovulation. Female during 12 years old of age there will be ovulation in every 21-35 days and ovulation it's not the same for every time. Female's ovulation will be stopped at 50 years old of their age. The ovum is bigger than sperm and could observe by naked eyes but sperm could not only by microscope.</p> <p>Pict 100: The ovum which was fertilized and move through oviduct to uterus</p> <p>During menses of female in 3-6 days the blood drained out for 60-90 cm³, therefore, female need Fe and protein to replace which was lost. The reasons of abnormal menses or ovulation of female might be due to stress and trouble issues which effect of hormone producing from cerebrum then affect to hypothalamus gland to transfer hormone.</p> <p>Question</p> <ol style="list-style-type: none"> 1. What are there in male and female reproductive system? What are their function? 2. Where is happen of fertilization of reproductive cell of human body and where is developed and grown of ovum after fertilization? <p>Lesson 27th: Pregnant, bearing and family planning</p> <p>1. Pregnant and bearing</p> <p>During menses and middle time of ovulation if there is a copulation and sperms will be fertilized with ovum in area of fallopian tube. One sperm will combine with one ovum. After fertilized the ovum's wall will be increased as thick to protect from other sperms to combine during 10-12 hours the nucleus of sperm and ovum will combine together. After 30-37 hours the fertilized ovum will be divided from 1 cell to 2 cells and from 2 cells to 4 cells, continuously increase cell until reach a group of cell. The group of cell will be move to uterus and fix itself on uterus wall then the group of cell called embryo.</p> <p>Pict 101: Fertilization Pict 102: Cell divided after fertilization Pict 103: Fertilization between ovum and sperm's nucleus</p> <p>Embryo will be always developed the shape until 8th week and embryo become human shape, the body cartilage will be developed to hard bone. Please, students observe the following picture:</p> <p>Pict 104: The organs</p> <p>- How will students summarize on developing of embryo?</p> <p>At 3 weeks of fetus, heart will be developed, as well as brain and spinal cord. Eyes could determine at 4 weeks also legs and arms spot, ears at 6 weeks, palate and from 8 weeks could determine gender organ then there is development of many organs as well as external and also internal.</p> <p>Pict 105: Fetus during of pregnant</p> <p>During the fetus is developing, will be received nutrition, <i>air</i> and draining waste product through placenta which is attached to the inside of the uterus of a pregnant woman and it is attached to the fetus through the umbilical cord of fetus.</p> <p>Reaches of bearing time (9 months or 290 days, take to account from the first day of menses till 9 months) the hypothalamus gland will be secreted a hormone to stimulate spas of uterus and muscle for opening the vagina for pushing baby out.</p> <p>After birth, the first milk of the mother is sticking and yellow color and calls colostrum. The colostrum there is no fat, there is only substance for treating diseases with high quality, therefore is benefit for new born. The mother milk will be enough and good quality when mother has enough food which full of nutrition.</p> <p>2. How does pregnant woman to take care the health?</p> <ul style="list-style-type: none"> - Should eat the food that plenty of nutrition each meal such as meat, fish, egg, platy, vegetable and fruit. - Should take rest much as much possible and always keeping the body clean - Should do an exercise but gentle. - Keeping the teeth clean to prevention tooth decay. - Concentrate, avoid stress with don't worry of bearing situation: go for a pre-pregnancy health check is necessary. - Avoid addiction such alcohol, cigarettes, tea, coffee because will be harmful for fetus. In case of drugs using should be instructed from physicians and seriously follow. <p>3. Family planning</p> <p>To make warm family, plentiful and to make motherhood good health then new modern family should has family planning. As ordinary know the family planning is couple plans to have children as they would like to have which significant with time frame, to make sure that children have enough take care of food supplying and good health.</p> <p>Pict 106: No family planning Pict 107: Family planning</p>
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	<p>When a couple there are children as demand or already had a child before planning to have other children more, should keeping time frame as demand, the could must be agreed together in a way to protect fertilization of male 's sperms and female's ovum which called prevention of pregnancy or birth control such as:</p> <ol style="list-style-type: none"> 1. Use condom 2. Use chemical substance to kill sperms or stop the movement of sperm. 3. Peal to prevention of ovulation 4. Intra-Uterine Device (IUD) to prevent ovum develop in uterus as embryo. 5. Make infertile male and female, this method use for the couple already have enough children. <p>Pict 108: Infertile male Pict 109: Infertile female</p> <p>There are many way for birth control, each method also has strong point and weak point. Therefore, before making decision of birth control the couple must be consult together which way of birth control will be used as well as do consultation with physician who is responsibility for appropriate way.</p> <p>Family planning is a way that helps to well increase capacity of population, especially for mother who plans to have more children in the future could have more time of relaxing and also has time for more working. Therefore, family planning (planning for having children) should take to considerate of mother's health and family income.</p> <p>4. Artificial fertilization.</p> <p>At the present, by using high modern technology in medical issue and could help who demands to get pregnancy but does not want to do sexual activity as natural as ordinary other people then there are some methods to help this such as carry sperms by syringe, test tube baby and etc...</p> <ul style="list-style-type: none"> - Carry sperms by syringe: to carry sperms into vagina to help female to be pregnancy and has child - Test tube baby: This case was carried in case of fallopian tube was clogged then the sperms could not pass for fertilization with ovum. Therefore, a test tube baby method is a method that takes the ovum from ovary to combine with sperms at outside till it was fertilized then replace the ovum back into and develops in uterus. The first world of test tube baby method is a girl named Luis brown is an American, was born in 1978. <p>Pict 110: First child in Thailand by method test tube baby</p> <p>Question</p> <ol style="list-style-type: none"> 1. What is fertilization? How the process of embryo developing and shape changing till bearing time? 2. How does pregnant woman care her health? 3. How is the birth control? How the student's opinion if there is not birth control? 4. What is the artificial fertilization? Please explain for method of carry sperms by syringe and test tube baby. <p>Lesson 28th: Health promotion</p> <ol style="list-style-type: none"> 1. The meaning of physical health and mental health promotion <ol style="list-style-type: none"> 1) Physical health <p>Good physical health means that perfect, strong, growth, systems in function, there is good capacity and well protect diseases.</p> 2) Mental health <p>Good mental health means that is good in emotion and is able to control, able to adapt in society and environment changing, able to face with different problem by no any conflicts in internal thinking.</p> <ol style="list-style-type: none"> 2. The guide of health promotion <ol style="list-style-type: none"> 1) Health fitness <p>in daily life students have seen people used power on work or played sports and usual most of them are strong, not sick. There are many ways of physical exercise such as jogging, swimming, cycling, soccer and etc... as in following pictures</p> <p>- how do the student think of physical exercise related to health?</p> <p>Pict 111: Health fitnesses</p> <p>Activities:</p> <p>Please student do an exercises as arm circles and elbow circles, seat up and down, skipping rope, Stand and split legs or arms and etc...</p> <p>Physical exercise is our body used power and tired even though play sport, health fitness or working.</p> <p>The benefit of health fitness are as following:</p> <ol style="list-style-type: none"> a. It helps body perfectly grows, protect disease b. It helps to have good character, good body shape, and free movement c. It helps the heart works well in function, good blood circles as we could see when we are doing exercise the breath is a bit fast, the beating heart is fast d. It helps the sweat gland works well in function by excreting waste thing to outside f. It helps as good sleeping g. It helps good mental, enjoy, intelligent, happy, good emotion, moreover some of works are health fitness and relax such as plant tree, shower tree and feed animal. <ol style="list-style-type: none"> 2) Food and health <p>how does the food useful for human body?</p> <p>As we have learned that food is useful for body it helps the body grows, strong and helps to replace some lost parts as wound, eruption on skin. Moreover it also provided power for body.</p> <p>In daily eating must be balance of demanding of body. Do not eat only what we like to have and also do not eat small food because it will lead to be malnutrition disease and in opposite do not eat a lot too because it will lead to be obesity, over cholesterol which develops for hi-blood pressure effect to heart's function.</p> <p>Who eat the food which contain of so much fat might be risky of heart disease and cancer.</p> <ol style="list-style-type: none"> 3) Emotion and health <p>Emotion and health are very important. Therefore, we should keep our emotion in normal condition by following ways:</p> <ol style="list-style-type: none"> a. Accept in our present condition such body shape, visage, ability, life, it will be reduced anxiousness and could be with other easily. b. Do always enjoy with having a good attitude, and know that how to make happiness
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	<p>c. Dream with hope that appropriate with yourself situation such ability, power, money and etc...</p> <p>d. Attempt to make yourself could be with other such to be a gentle person, sacrificed, help other people, polite.</p> <p>e. To be quiet and calm</p> <p>f. If being of sick must have willpower and believe the sick will be recovered therefore, we are assuming that the health promotion is a physical and mental maintaining, always to be perfect and strong.</p> <p>Hence, we are in school life or teenage must be known that how to adapt yourself for good mental health and could be live with other friends, people, society and gender recognition because the body of teenage quickly developed.</p> <p>Pict 112: Relation of physical, mental and emotion</p> <p>from studying of physical health and mental health, recognize that they are related together by expressing throughout emotion. Who has perfect and strong health and good mental health is able to solve the problem and control him/her to be as quiet life and without illness which quality of life as many people demand. Therefore, we must be always kept good condition of physical health and mental health.</p> <p>4) Health promotion method.</p> <ol style="list-style-type: none"> Take enough and good food as body needs Always keep doing the health fitness Relax and take enough sleeping Always keep doing personal hygiene Receive vaccination in season Avoid drinking alcohol and additive drug Always make funny life <p>Question</p> <ol style="list-style-type: none"> Please tell the meaning of physical health promotion and mental health promotion How does the health fitness effects to physical health and mental health? <ul style="list-style-type: none"> - How does the relationship of physical health and mental health? How is the food important for health? How do students do health promotion for you? By writing a short message in a page about how to adapt yourself to be with other people, then the teacher select the impressive sentence to share with students and use to be as a guideline. <p>Lesson 29th: Health and narcotic drug (addictive thing)</p> <p>Narcotic drug is a chemical substance or a material which might be is a natural produce or artificial, when people re-received many times by eating, breath, smoke of injection or even of any way it will be harm for physical health and mental health and demand more and more.</p> <p>How many types of narcotic drug do the students know?</p> <ol style="list-style-type: none"> Narcotic drugs <p>Activities: 1) Let students tell the name of narcotic drugs that they know.</p> <p>2) Tell the sources of narcotic drugs by student's understanding.</p> <p>From the activities students will know that narcotic drugs there are many types such as opium, heroin, alcohol, marihuana, inhalants etc...</p> <p>The narcotic drugs some are from natural product and some are from artificial.</p> <p>From the narcotic drugs which were mentioned above but still there are many remained which they are hidden under form of snacks, tonic drinking, even though the medicine what we use in daily life, most of them could be become as narcotic thing if we use as no limit or not correct time, they are also harm for health and leads our body are additive of those medicine or tolerance. Therefore, should be careful of using all medicines must be follow the prescription or do a consultation with physicians when get sick.</p> <p>2. Harmful of narcotic drug.</p> <p>The narcotic drug is harmful to yourself, family and society:</p> <ol style="list-style-type: none"> For yourself, it makes your body is deteriorated, yellowness, dark skin and lost memory. For family, loss of family head leader such reduce work in family, argument, divorce, run amok to members in family For society, there are increasing of criminal thing such thief, use violence to other people, moreover leads to dead and loss of asset such road accident, fire harm to people in family, and more who is adhesive narcotic drugs also makes problem for society. For nation, who is additive of narcotic drugs also make problem for nation such loss budget for security works and treatment, but main issue is not enough quality human resource, loss labors, loss the hope of the nation. <p>Question</p> <ol style="list-style-type: none"> Please tell the name of narcotic drugs which the students know Please tell the harmful of each narcotic drugs? Please mark tick symbol for correct answer. <ul style="list-style-type: none"> - What is the following character tells they are narcotic drugs? <ol style="list-style-type: none"> Aromatic smell In powder Use to heal After use body needs more and more <p>Lesson 30th: Health and infectious diseases</p> <p>infected diseases</p> <p>infectious diseases is a disease which is from a germ, when infected to a person then continue directly infect to other person or indirect cause for people get disease if it spread out quickly in wide range from a village to other villages, from a district to other province, from province to region, to country or to other countries called infectious disease.</p> <p>infectious disease there are many types please students try to remind about diseases which usually occurred in our daily life that there are how many diseases? What is cause? How is the symptom? And how to prevent?</p> <p>The result showed that the students found that there are many diseases such common cold, diarrhea, dysentery, typhoid and etc...each disease might has symptom, cause, and infected way is different. For more details students will be learned some of those like to happened to people as the following</p> <ol style="list-style-type: none"> Common cold <p>The common cold is an inflammatory disease cause of virus, it makes inflammation of mucous of nasal, throat and larynx.</p>
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	<p>Symptom: Who is sick of common cold will be running nose, sneeze, and sore throat some time get fever and joint pained. The common cold if is a common cold is not acute and not so long of occurring. But if influenza is more acute and harm, fast of spread out and wide range.</p> <p>Infection: The common cold is easily infected by receive from a sick person through respiration.</p> <p>Prevention: To avoid from this disease must be enough relax, eat good food, take more fruit which contains a lot vitamin C, always make body warm, stay far away of infected person, when coughing or sneezing should be protect mount by clothe sheet.</p> <p>Curing: This disease there is no any drug to heal. Therefore, do not use or buy antibiotic to pill yourself if there is no any exam or advise from physicians. Should make body always warm and relax a lot with take much more water than normal condition and take food which good for health.</p> <p>2. Diarrhea</p> <p>Diarrhea cause by a germ, who is infected of this disease always go to toilet, the stool become as liquid, this disease occurred in both children and adults, but more harmful is in children</p> <p>- How do the students think, what is the cause of diarrhea?</p> <p>Cause: Because not enough of personal hygiene consumed dirty food, environment and use and drink water not clean.</p> <p>The harmful of this disease, leads the body lose water if in children could be died as quickly because the lost water pools out the mineral from the body.</p> <p>Infection: Diarrhea infected to people by food consuming or drinking which contaminated of germs to body.</p> <p>Prevention: To avoid for infection of this disease, we should do as following:</p> <ul style="list-style-type: none"> - Wash hand before of food eating, cooking, baby feeding and after using toilet. - Eat hygiene food, cook and cover to protect from fly - Drink clean water or already boiled. - Drain out water from channel to void the fly grows. - Must be set up and use latrine <p>3. Malaria</p> <p>Malaria fever was called in different names such forest fever, shake fever, spleen fever.</p> <p>This disease well known since long time (archaic time), there is a mosquito with its bottom is up, and was a vector, especially the tropical countries, will find this type of mosquito much more than other region in the world. In Laos there are many people were recorded as infected of malaria.</p> <p>Pict 113: Common mosquito and mosquito with its bottom is up</p> <p>The malaria occurred by 4 germ types as:</p> <ul style="list-style-type: none"> - Plasmodium Falciparum - Plasmodium Ovale - Plasmodium Vivax - Plasmodium Malaria <p>In Laos could find only Plasmodium Falciparum and Plasmodium Vivax. This disease infected from a person who was infected of malaria to other person by mosquitos with its bottom is up to be as vector.</p> <p>Symptom and curing</p> <p>The symptom started from 7 to 15 days after received malaria by mosquitos bited. At the earlier time there is a fever with not so high temperature and continuously till increasing of disease with signs such high fever, feel cold, after that sweat. This sign was occurred because the red blood cells were destroyed.</p> <p>Moreover, there are more other sign such headache, abdominal pain or vomit.</p> <p>If not cure as correct way it might be developed to be a chronic disease or fever with high temperature and shock with dangerous condition. Therefore, after found who are suffering on these signs should tell them to go to see doctor that will be received correctly cure.</p> <p>Prevention</p> <ol style="list-style-type: none"> 1. Using mosquito net when sleep. 2. Use mosquito protected soap. 3. Use mosquito coil 4. Pill protected medicine if necessary 5. Clean up place where will be source for mosquitos' fertilization 6. Keeping clean of home ground 7. Pour oil into covers surface still water source <p>Pict 114: Protection of malaria disease</p> <p>4. Dengue</p> <p>Dengue fever disease is an inflammatory disease; cause by a virus due to was bit by mosquito "YOONG LAY (Aedes mosquito)". Mostly spread out during rainy season.</p> <p>Symptoms: There are 2 classes: Classic class and hemorrhagic class</p> <p>a. Classic class.</p> <p>The symptom was occurred within 3-5 days after that the patient who received virus will be headache, pain in body, but most symptoms are as following:</p> <ul style="list-style-type: none"> - Fever (high temperature 40 c degree) - Pain at joining, small joining, pain at eyes area - After 3-4 days the patient's condition will be recovered to ordinary if the curing was correct. <p>b. Hemorrhagic class</p> <p>In early the totally symptoms are the same classic class, but during 3 or 4 days the acute sign is suddenly occurred, there are many red small spots or spread out on the skin and bleeding from nose, bleeding in urinary, black stool or bleeding vomit, the patient will be loss life signal because bleeding a lot, if could cure on time might be leaded to die.</p> <p>Infection and prevention</p> <p>Dengue fever disease spread out by mosquitos "YOUNGLAY" that holding the virus. They fertilize in water source such as water jar, vase, can... they like to lay eggs in clear water.</p> <p>This mosquitos like to bite in the day time and evening (after sunset). Therefore, to protect from this disease we have to let children sleep in the mosquito net and clear up the sources where will be place of fertilizing of mosquitos "YOUNGLAY" by cover or always change water to avoid laying eggs of mosquitos. The important if there are patients during the spread out this disease, should go to hospital for curing.</p> <p>5. Tuberculosis</p> <p>Tuberculosis disease is caused by a bacteria. This disease is a transmitted disease which occurred in respiratory system; it will be spread out and flows</p>
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	<p>in the dust along the air and foul thing</p> <p>The tuberculosis occurred with many organs in body such lung, intestinal, bone, kidney, lymph gland, and other etc... but most found and could transmit is lung (lung tuberculosis)</p> <p>Symptom: The first time of infection the sign in patient is not clear, only feel tire, loss of appetite and loss weigh, there is a fever in after noon and sweat a lot at night time.</p> <p>Pict 115: Three organs of body are infected of tuberculosis. a. back bone b. kidney c. lung</p> <p>if infection of tuberculosis the patient will be cough or no cough. If there is cough continue as long there will be sputum and in some cases the sputum is mixed with blood. Patient's skin is yellowness, if receive the wrong curing could lead to die.</p> <p>Other signs in other organs most are similar with lung tuberculosis. Instance for, abdominal tuberculosis there is a sign of inflammation in peritonea or there is a wound in intestinal, may diarrhea occurred, or the intestinal could clog.</p> <p>Transmission: from a person to other there are 3 ways as following: a. Nose: People breathe and receive the salivary spray or sputum of tuberculosis b. Lung: People eat food or drink water which contaminated of mycobacterium tuberculosis such as milk from cow, buffalo that infected of tuberculosis c. Skin: Through wound on skin by touching of tuberculosis</p> <p>Pict 116: Mycobacterium tuberculosis through microscope</p> <p>Prevention: - This disease likes to strike only weak person. Hence, should take enough of food, live at fresh air, Children and students should receive vaccine for tuberculosis protection. - Sunshine could kill mycobacterium tuberculosis therefore, should often expose the clothes and bedding suit under sunshine. Must breathe through the nose because the nose there are hairs works as filter to protect germs. - Should do health checking in every year.</p> <p>Question 1. What is the infectious diseases? 2. What do the students know about infectious diseases? Symptoms? Causes? Transmission and prevention? 3. Please do a comparison that how the malaria and dengue fever are different to each other? 4. What organs that most infected of tuberculosis in human body? Symptoms and transmission? How do we prevent from this disease?</p>
World around us	<p>1</p> <p>Lessons 3rd: Eyes and ears 1. What is the function of eyes? 2. How do we protect the eyes? Eyes are very important organs use to view other things, therefore, we should well look after the eyes. 3. What is the purpose of using ears? 4. How do we protect the ears? Ears are very important organs use to view other things, therefore, we should well look after the ears and always keep cleaning.</p> <p>Lessons 4th: Mouth and nose 1. What is the purpose of using mouth and teeth? 2. How do we protect mouth and teeth for always are clean? Mouth and teeth use to chew the food then pass to stomach, therefore, we have to keep them to be always clean to avoid of germs passing to our body. 3. What is the purpose of using nose? 4. How should we protect nose? Nose is an organ use to breeze and smell therefore, we have to keep them to be always clean to avoid of germs passing to our body.</p> <p>Lessons 5th: Personal hygiene 1. How should we clean our body? 2. How should we clean skin? 3. When do the students take a bath? 4. Cleaning instruments Wash hand after touched the pets 5. Correct step of hand washing. 1) Use clean water wet the hands then soap, lather and scrub. 2) Use palmar rub on dorsal and among the fingers. 3) Use dorsal rub on palmar. 4) Use palmar rub on palmar and among the fingers. 5) Use palmar rub on around the thumb. 6) Use the end of right fingers rub on palmar. 7) Scrub around the wrist.</p> <p>Lessons 7th: Disposal of feces 1. Please tell, what is the type of latrine that students are using now? 2. How do we use correctly of latrine? Wet the latrine Excrete feces Clean bottom, wipe to the back Flush the latrine 3. How do we clean the latrine? Wipe up the latrine Use antiseptic liquid disinfectant</p>

		<p>Lesson 20th: Look after and hygiene in school</p> <ol style="list-style-type: none"> 1. Please tell to the other friends: What are the students doing in below picture? 2. What did you do for keeping your school and classrooms are clean?
World around us	2	<p>Lessons 1st: Mouth, teeth and tongue.</p> <ol style="list-style-type: none"> 1. Please the name and function of following organs. <p>Characteristic of each tooth</p> <ul style="list-style-type: none"> - Mouth use to talk, eat food. - Teeth use to chew food, for beauty. - Tongue use to mix food, taste and pronunciation. <ol style="list-style-type: none"> 2. What are they doing in bellowing picture? 3. How to protect the mouth and teeth? <ul style="list-style-type: none"> - Should not take candy and too much cool drinking - Brush the teeth before bed, after bed, after had food must rinse the mouth or brush the teeth. - Correctly brush the teeth. <p>> Please practice of teeth brushing.</p> <p>Lessons 4th: Common infectious diseases in children.</p> <ol style="list-style-type: none"> 1. What disease are they suffering from in the following pictures? <p>Infectious disease is a disease that transmits from a person to another person></p> <p>Infectious disease there many diseases such as: Diarrhea, common cold, chicken pox, ringworm, malaria, parasites, dengue fever.</p> <ol style="list-style-type: none"> 2. How do the students to prevent of infectious diseases? <p>Everyone has to clean yourself body, clean the house and living place to prevent disease.....</p> <p>> Please observe the dirty place then clean in area of yourself house</p> <p>Lessons 5th: Common local diseases</p> <ol style="list-style-type: none"> 1. Please tell the disease name which likely happen in local area. 2. How do the students to avoid of common local disease? <p>All we have to eat, drink, stay, and clean wearing then will be healthy.</p> <p>> Please write down a slogan or sentence to prevent the disease which common happen in your area.</p> <p>Lessons 6th: Common accident involving children</p> <ol style="list-style-type: none"> 1. Please the accident which may happen and how to avoid? <p>Many accidents accidentally happen in daily live; therefore, we have to be careful to avoid of dangerous.</p> <ol style="list-style-type: none"> 2. How does each picture dangerous? <p>> Please write down warning word to avoid of a dangerous!</p>
World around us	3	<p>Lessons 3rd: Malnutrition</p> <ol style="list-style-type: none"> 1. Please tell the name of food that students like to have. <p>Ms. Noy always eats enough group of food then she is healthy</p> <p>Mr. Sy always eats food as he likes then he is not healthy</p> <ol style="list-style-type: none"> 2. Causes of malnutrition are: Like to have only a type of food, select only the food menu which prefer and in intestinal there are parasites which also use nutrition. 3. What do the students find out in following picture? <p>Blood bleeding from gum</p> <p>Paraplegia and atrophy legs</p> <p>Goiter</p> <p>Blur of seeing</p> <ol style="list-style-type: none"> 4. How should students do to avoid of malnutrition. <ul style="list-style-type: none"> + Everytime of meal must have enough group of food. + Do not select food as yourself like. + Eat clean food. <p>Lessons 4th: Intestinal parasites</p> <ol style="list-style-type: none"> 1. Please observe the pictures then tell the name and characteristic of each intestinal parasite <p>Pinworm (<i>Enterobius</i>)/ ascaris/ hookworm/ taenia</p> <p>Intestinal parasite there are many types such as: Pinworm (<i>Enterobius</i>), ascaris, hookworm, taenia, etc...</p> <ol style="list-style-type: none"> 2. Please observe the pictures what is the infected cause of intestinal parasite? <p>Pict. Transmitted cycle of ascaris/ who was infected of ascaris may occur clogged of intestinal, malnutrition, development of body includes the brain is slow.</p> <p>Pict. Transmitted cycle of taenia/ who infected of taenia may occur of drowsy and lost weight.</p> <p>Pict. Transmitted cycle of hookworm/ the hookworm take our human blood then we are feel as tired, no power; development of body includes the brain is slow.</p> <p>Pict. Transmitted cycle of pinworm/ hang them in area of rectum.</p> <ol style="list-style-type: none"> 2. Prevented method of intestinal parasites <p>(Picts.)</p> <p>To avoid of intestinal parasite we have to excrete feces in latrine, when touched of dirty, before food and after toilet we have to wash hand, if will have fresh vegetable must well wash and soak in salty water, do not eat insufficient food such pork, beef, raw fish and any meat that contaminated of parasites, when walk on the ground or muddy always have to put on the shoes</p> <p>> How the students will protect yourself from parasites?</p> <p>Lessons 5th: Eat correctly food</p> <ol style="list-style-type: none"> 1. How many type students have food in a day, and what should students have?

		<p>In a day we have to take food for 3 times such breakfast, lunch and dinner and on time, in free time also we have to have a light meal such fruits, snack, tea or other.</p> <p>2. What is eating correctly? Must have cook food and cleaned cook. Always, drink clean water after food. Wash hand before and after have food. Well chew the food to reduce digestion of stomach. When having food, do not play to each other, to avoid an accident of food struck in the throat. When having food with other must use separately shared spoon for taking meal, to prevent of spreading out of disease. > How to have food that could say eat correctly food?</p> <p>Lessons 6th: 3 hygiene</p> <p>1. What is consisting of 3 hygiene? Do not eat food becomes putrid or flies fly over Drink clean water Take care body with keeping clean Put on appropriate clothes of each season Keeping clean of living place Everyone have to follow the 3 hygiene such eat/ drink clean food and water, put on clean and appropriate clothes, and live in clean place. Moreover, we have to make fresh in mental, take enough relax and live in fresh air which will help for healthy without disease.</p> <p>2. What picture do the students like after observation? And why? Sleeping in mosquito net Enjoy of nature Work in computer room Studying Fighting > Why must have to follow 3 hygiene?</p>
World around us	4	<p>Lessons 1st: Respiration organ</p> <p>1. What are there of respiration organs? Respiration organs consist of: Nose, trachea and lung. Nose consists of cartilage cavity which covers by mucus that plays role for air filter and warm before transfer to lung. In lung consist of bronchiole and alveoli. Pict. Respiration organ</p> <p>2. Structure of lung. Lung is in and covers 4/5 of thorax. Located in two cavities on left-right side of thorax; between thorax and abdominal which separated by diaphragm. Lung consists of 2 parts, the right side there is 3 lobes when the left side there is 2 lobes. Outside surface of lung covered by 2 layers membrane, inside of lung there are many of alveoli, with blood vessels and nerves. Pict. Structure of lung</p> <p>3. Function and working of lung. How does the lung work? When muscles between of ribs shrink, ribs were lift and diaphragm was released then the thorax will be wide. Now thorax there is low of air compression then the thorax will carry air from outside to inside call Respiration-in. When muscles between of rib release, ribs were released and diaphragm was lift then the thorax will be narrow, the air compression is high then push out the air to outside call Respiration-out. Respiration-in and respiration-out call Rhythm of breath. The rhythm of breath of children is faster than adult, in summer also faster than winter and when doing exercise is faster than normal. (Pict.) Respiration-in (Pict.) Respiration-out (Pict.) Ribs on respiration-in and respiration-out What is the function of lung? Lung has function for exchanging air. Lung received gas carbon dioxide used blood then carry oxygen from outside to replace which consist red blood cell. After that the blood with red blood cell will flow to heart then pass to feed other organs of body, the process of air exchanging of blood call <i>Blood washing</i>. Therefore, respiration is important. Respiration is air (gas) exchanging at lung likely receive oxygen and remove carbon dioxide.</p> <p>4. Common diseases of respiratory system. Common diseases like to occur with respiratory system are: coughing, pertussis, common cold, sore throat, pneumonia, pulmonary congestion/edema, asthma, tuberculosis and etc... *Tuberculosis a. Transmission Tuberculosis is a transmitted disease which dangerous and a lot of spreading out. This disease easily transmit to other people who stay closely such are seating together in occasion of drinking, using daily clothes together, infected from sputum, saliva, feces, breathing that face to face of tuberculosis patient. ... b. Symptom This disease in small rod-shape and well endure from environment. When it passed in our body, it will incubate until our body is weak or have fever, lost appetite, sleepless, work hard then this disease will be active. Tuberculosis disease symptom is more than 3 weeks of coughing, sometimes is bleeding when coughing, pain chest, fast breathing, tire, lost appetite, lost weight, get fever in evening and sweat at night time. *Pneumonia Pneumonia disease is cause from a type of bacteria. This disease happen with coughing with sputum, fast breathing, pain chest and pain backbone when breathing. Sometimes pneumonia disease happen by patient was suffered of other disease before such common cold, pertussis, asthma.</p>

	<p>5. Methods of prevention and take care respiratory organs</p> <p>Respiratory organs is very important of living thing. For human if stopping of breathing 2-3 minutes maybe risk of dead. Therefore, to prevent and takes care respiratory organs is also important to protect disease.</p> <p>Thing should do</p> <ul style="list-style-type: none"> - Breathing through the nose, it's not mouth - When clean up house, class room must have mask to protect nose and mouth. - Must breathing for fresh air, if in place where there is not fresh air must use a mask. - Protect body from too cold or too hot weather. - Always keeping of exercise. - Enough take rest. - Have food which has plenty of nutrition for strong body. - Complete of vaccination. - When happen of disease of respiratory organs have to go to see doctor for health checking and curing. <p>Thing should not do</p> <ul style="list-style-type: none"> - Live at narrow place, dusty and bad smell. - Smoking or stay closely with smoking person. - Too fit of clothes may it cause of difficult breathing. - Staying closely or talking straightly with person who is suffering of respiratory disease such as common cold, coughing, pneumonia, tuberculosis... - Drinking too cold water (water with ice) because could be cause of pain throat. <p>Questions.</p> <ol style="list-style-type: none"> 1. What is the function of lung? 2. What the diseases likely happen to respiratory system and how do the students to protect those diseases? <p>Lessons 2nd: Heart and blood circulation</p> <p>1. Structure of heart</p> <p>Heart is located in thorax among 3rd-6th of ribs (if also take aorta to account is among 2nd -6th of ribs) is between of left and right side lung but reline to left side a little.</p> <p>Heart is a type of muscle which in side consists of cavities call heart chambers. Outside of heart covers by pericardium. Heart consists of 4 chambers. 2 small chambers are in upper part (right-left atrium) and 2 wide chambers are in lower part of the heart (right-left ventricle). Between upper and lower chambers protect by muscle which is able to open and close or call open-close valve. 2 right chambers are receiving and sending blood used blood (right atrium and right ventricle). 2 left chambers are receiving and sending blood with red blood cell (left atrium and left ventricle).</p> <p>(Pict.) Heart and blood vessel (Pict) Heart structure</p> <p>2. The function of heart</p> <p>The used blood from other part of body flow into right received chamber (right atrium) then pass open-close vale to right sending chamber (right ventricle) then transfer through pulmonary artery and flow to lung for <i>blood washing</i>. At the same time the blood with red blood cell from lung will flow into left received chamber (left atrium) pass open-close vale to left sending chamber (left ventricle) then transfer to aorta for circulation.</p> <p>Heart always works to support blood in circulation. The heart rhythm in children 70-80 times per minute, adult 60 times per minute; heart rhythm is fast in summer, in movement of body, exciting or illness.</p> <p>3. Blood circulation.</p> <p>In body there is artery, vein, and other blood vessel. Heart is important for blood circulation in body. When the heart beats (shrink is sending blood-release is receiving blood) each time is sending and receiving blood in and out of heart.</p> <p>Blood circulation there is 2 cycles: small and big</p> <p>a. Small cycle.</p> <p>The used blood comes into right atrium pass to right ventricle then transfers to pulmonary artery. At lung will exchange carbon dioxide and oxygen by sending out carbon dioxide then receiving oxygen, in place. The blood which contains of oxygen will be red then transfer to left atrium.</p> <p>Schema of small cycle of blood circulation. Right atrium -----> lung -----> left atrium</p> <p>b. Big cycle.</p> <p>Blood in left atrium will be transferred to left ventricle. When left ventricle shrinks blood will be flowed along the aorta and distribute to other blood vessel to organs of body. At organs level also there is gas exchanges by receiving oxygen then releasing carbon dioxide to blood then become used blood. Then pass into blood vessel then to superior vena cava to right atrium of heart.</p> <p>Schema of big cycle of blood circulation. Left ventricle -----> organs -----> right atrium</p> <p>4. Common disease of heart and blood vessels</p> <p>The common disease likely happen with heart are heart valve problem (abnormal or weak of open-close valve), Cholesterol (fatty substance present in the blood), fat around the heart, high or low blood pressure, dengue fever, malaria (mosquito is a vector), anemia, blood pressure in brain and other diseases.</p> <p>* High blood pressure</p> <p>Most of blood pressure it means pressure in arterial blood. Blood pressure in human is different by age, sex, body size, have food behavior, emotion and exercise. Human blood pressure demonstrates in 2 values such 110/70 mmhg. Number 110 is pressure of blood which distribute over the body, for 70 is pressure of blood which come back to heart. Hight blood pressure is meaning a pressure higher than ordinary.</p> <p>a. Cause of high blood pressure</p> <p>High blood pressure is cause from narrow of blood vessel (fatty in blood vessel or suffer from other disease) it increases more pressure from heart to send blood then if the blood vessel is thin may it tears (blood vessel broken). High blood pressure likely happens to high age, with who has irritable</p>
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	<p>behavior and high fat in blood.</p> <p>b. Symptoms</p> <p>Mostly found headache in who is high blood pressure, strong heartbeat, short breathing, weak, dizzy, likely happens of fainting, likely pain of left shoulder and heard breathing.</p> <p>5. Prevention, take care of heart and blood vessels</p> <ul style="list-style-type: none"> - Living in clean environment, drinking and eating save meal. - Avoid of strong hit at breast. - Do not use any addictive thing (tobacco, liquor...) - Avoid of eating fat meal. - Always do exercise. - Take enough rest. <p>Who suffer from high blood pressure should be careful of eating fatty food, take exercise, do not smoking and avoid of over weigh.</p> <p>Questions.</p> <ol style="list-style-type: none"> 1. How does the heart construct? 2. What is important function of the heart? 3. Please the common diseases which likely happen with the heart, blood vessels and prevention methods? <p>Lessons 3rd: Dengue fever</p> <p>1. Meaning</p> <p>Dengue fever is a transmitted disease which is cause from a virus (dengue virus).</p> <p>2. Cause</p> <p>Dengue fever transmitted from a person to other person by an Aedes mosquito which has virus.</p> <p>3. Symptoms of dengue fever</p> <ul style="list-style-type: none"> - High temperature fever for 2-3 days - Headache, pain on body, pain on eyes cavity areas - Red rash on skin - Hemorrhagic on skin or internal organs - If acute may occurred of shocking and cause of death <p>4. Character, fertility and living place</p> <p>The Aedes mosquito is in black color, with white spot color along of body, legs and wing, there is 2 white lines or a line on back side.</p> <ul style="list-style-type: none"> - The Aedes mosquito also lives in house and outside home under the tree and near water source: <p>Inside house: Dark place and cool, under or back side of cupboard, hanging clothes, in cupboard, toilet and bathroom.</p> <p>Outside house: Bush and untidily around the house.</p> <ul style="list-style-type: none"> - Area of Aedes mosquito from 50 to 200 m. It bites people in day time or at night time where there is enough light. - Fertility place is inside and outside house. <p>Inside house: Source of fertility inside house (jar, reservoir, water tank, vest, water container which supports legs of cupboard.</p> <p>(Pict.)</p> <p>Outside house: Source of fertility outside house (tank, Jar, coconut shell, can, old car tire, house rain collector, rain water jar, bamboo, vest, fountain, banana tree cover.</p> <p>(Pict.)</p> <ul style="list-style-type: none"> - Please students observe the life cycle of Aedes mosquito <p>(Pict.) Life cycle of Aedes mosquito</p> <ul style="list-style-type: none"> - After Aedes mosquito bit and suck blood then lays eggs on water surface in water source for incubation then become to be larva and chrysalis in 8-11 days, after that will be mosquito which ready for fertility in 2-3 days later - Aedes mosquito develops through 4 stages such egg, larva, chrysalis and mosquito. <p>(Pict.) The transmission of dengue fever</p> <ul style="list-style-type: none"> - How the Aedes mosquito transfers disease to human? <p>When female Aedes mosquito sucks our blood it will release saliva to prevent blood coagulation and also release virus which cause of dengue fever at same time.</p> <p>Virus will be distributed into blood circulation by suitable time until fever happens but when other mosquito without virus bites and sucks the blood of patient it will infect of virus and it will develop within 8-10 days. The female mosquito which holding virus, it could transfer virus for whole its life.</p> <p>5. Dangerous of dengue fever</p> <p>Dengue fever is a dangerous transmitted disease if no correct curing and on time will be cause of death.</p> <p>6. Prevention and curing</p> <p>Prevention of dengue fever have to focus of 2 important methods such protect from mosquito bites, destroy Aedes mosquito and source of breed.</p> <p>+ Protect from mosquito bites</p> <ul style="list-style-type: none"> - Use mosquito net when sleep - Use steel net at the door (if possible) - Use mosquito spray, mosquito protected soap, mosquito coil and wide mosquito spray. <p>+ destroy Aedes mosquito and source of breed</p> <ul style="list-style-type: none"> - Often change water of vest, water container which supports legs of cupboard, waste water container of water cooler and etc... - Wash and clean used water containers. - Close water jar. - Clean up or destroy of coconut shell, can, old car tire, bamboo and etc... <p>+ Destroy mosquito larva</p> <ul style="list-style-type: none"> - Feed the fish in water jar, water bowl for lotus cultivation, water tank and reservoir. <p>Guide for curing</p> <p>If occurred of fever and headache do not try to pill medicine by yourself, must hurry to see doctor if late not more than 24 hours.</p> <p>Question</p>
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	<p>1. What is a dengue fever? 2. How does the dengue fever transmit? 3. Where does the Aedes mosquito like to live? And when does it bite human? 4. Where does the Aedes mosquito like to lay the eggs? 5. What are the symptoms of dengue fever? 6. How do we avoid of dengue fever? 7. How shall we do if suffer of fever?</p> <p>Lessons 4th: Malaria</p> <p>1. Meaning Malaria is a transmitted disease which is cause from <i>a germ named anopheles</i> which a buttocks standing mosquito is vector.</p> <p>2. Cause and transmission of malaria It cause from female mosquito that bites a malaria patient; then malaria will transmit from a person to others when that mosquito bites those people and malaria will be circulated on blood circulation of people were bitten as the malaria transmitted cycle shown. (Pict.) Malaria transmitted cycle</p> <p>3. Symptoms Malaria patient is occurred of fever and feel cool, fever with every other day, fever in time cycle and get headache, sweat and sweat a lot after recover from fever.</p> <p>4. Character, living place and fertilization of mosquitos * Please observe the mosquitos character and what do student find of differences? (Pict.) Characteristic of normal mosquito (Pict.) Characteristic of mosquito which there is toxic, buttocks standing Character of larva of buttocks standing mosquito and normal mosquito, live in water and become mosquito, how are they different? (Pict.) Larva of normal mosquito (Pict.) Chrysalis of normal mosquito (Pict.) Larva of toxic mosquito (Pict.) Chrysalis of toxic mosquito</p> <p>Mosquitos like to live in untidy place, grass, deep forest and dark place at home, the buttocks standing mosquito like to lay eggs at still water source such stream, pond, channel, wetland, wooden hole and etc... the eggs will be incubated and become larva then mosquito in late time.</p> <p>5. Dangerous of malaria Malaria disease is also dangerous same as same dengue fever, if occurred of high temperature fever the patient will convulse, without life signal and death.</p> <p>6. Prevention and curing To prevent from malaria: Protect of mosquito bites and eradicate where the mosquito use to be fertility place, do as method use to prevent of dengue fever.</p> <p>+ Protect of mosquito bites - Avoid of mosquito bites and use bed net if much better use Insecticide-treated nets. - Use mosquito oil, mosquito soap. - Use mosquito coil or mosquito spray + Eradicate mosquito and place for lay eggs or larva of mosquito - Clean up coconut shell, can, old car tire. - Pour the kerosene into water channel to eradicate mosquito larva - Put the salt or oil into vest, water container which supports legs of cupboard. - Kill mosquito by spraying and often change water of vest - Close water reservoir to protect of mosquito egg laying. - Close well water jar or water bowl, wash the jar or other water containers, keeping clean of home and environment. - If feel as suffer of this disease, have to go to hospital for receiving of blood checking and correct curing, avoid of yourself healing by taking pill.</p> <p>Question</p> <p>1. What is malaria disease? How is transmission? 2. How the symptom of malaria patient? 3. How do we avoid of malaria?</p> <p>Lessons 5th: Addictive thing</p> <p>1. What is the meaning of addictive thing? Addictive thing means substances or drug which is harmful when people re-use or received into body in many times then body and mental of people are influence of addictive thing.</p> <p>2. How many type of addictive thing? The addictive things there are many types and could classify in many groups depend on differences rule. Examples: + If depend on law could classify in 2 groups: legal and illegal. - Legal: Tobacco, alcohol, inhalant, coughing medicine, diazepam. - Illegal: Opium, morphine, heroin, amphetamine, E drug, marihuana, etc... + If depend on source also law could classify in 2 groups: from nature and artificial. - Addictive things from nature are tobacco, marihuana, opium, etc... - Addictive things from artificial production are alcohol, coffee, heroin, amphetamine, inhalant, etc...</p> <p>3. What is the adhesive case of addictive things? There are many cases for adhesive of addictive things such: - Persuasion. - Trying. - Illness. - Addictive thing problem in society.</p> <p>4. What is the effect for adhesive of addictive things?</p>
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		<p>* Effect for yourself After took of addictive things into body most they are harmful for physical and mental health such nerve system and also other system. Lead our health to be as weak, unhealthy, loss of memory, cause of digestion disease, pulmonary disease, liver disease and etc...more over cause of hopeless for future life, cause of poor, dislike from society, etc...</p> <p>* Effect for family When member in family adhesive of addictive things may : - Waste of money. - Thief asset of family. - Inharmonic family. - happening of argument in family.</p> <p>* Effect of society and nation Who was adhesive of addictive things makes chaos in society such as thief, rob, violence, road accident and etc...</p> <p>- Lost budget for security, subjugation and detaining</p> <p>5. How to protect for adhesive of addictive things? - Do not try addictive things. - Deny of other persuasion. - Do not buy, do not sell, do not have and make relation with who was adhesive of addictive things. - Eat good food and drink. - Use free time for good activity. - Have relationship with good friends. - Do not buy medicine by yourself without of doctor's prescription.</p> <p>Question 1. How many type of addictive things? Which are illegal? 2. How do we have method to protect ourselves from addictive things? Why?</p>
World around us	5	<p>Lessons 4th: Influenza</p> <p>1. Cause Influenza is a common transmit disease which often happened. This disease is cause from a virus, it gets into human body when human body has low resisting or weakness. (Pict.) Influenza that see through microscope</p> <p>2. Symptom The patient is more serious symptom than common cold; patient suddenly has high temperature fever, may sometimes feel cool, headache, pain along the body, no appetite, dry coughing, sore throat, nasal block and there is mucus from the nose; someone has red face and eyes.</p> <p>3. How does the influenza transmit? This disease transmits by directly touch face to face with patient through coughing or breath-in from the air and infected indirectly by using daily thing, clothes and etc... together with patient.</p> <p>4. How do the students do to prevent this disease? Take care yourselves avoid cool weather, when you are feeling cold should warm the foot and hand as well as the body, to protect you from this disease. - If you are suffering of influenza should go to see doctor for healing. - Should rest in warm place and drink only warm water.</p> <p>Question 1. How is influenza occurred? And how does patient have symptoms? 2. How does influenza transmit? 3. How to prevent and cure of influenza?</p> <p>Lessons 5th: Pneumonia</p> <p>1. Cause Pneumonia is cause from bacteria named staphylococcus and streptococcus. Moreover, the cause of this disease also from other diseases such as common cold, pertussis, bronchitis, asthmas, measles and malnutrition.</p> <p>2. Symptom What are the symptoms of pneumonia in person is suffering? - Coughing with yellow sputum - Fast breathing, nose will be moved in every time of breathing. - Pain chest and backside, especially when is breathing. (Pict.) Pneumonia patient</p> <p>3. How does the pneumonia transmit? - Infected from sputum and saliva of pneumonia patient - Infected by closed staying with pneumonia patient - Infected by breathing of dusty which consists of bacteria - Infected by using daily thing and clothes of pneumonia patient</p> <p>4. Prevention and curing To avoid this disease we should do prevention and curing as the following: - Must eat food which there is plenty of nutrition for strong body - Avoid suddenly change of temperature as from hot weather to cold weather. - Do not let the body at cold weather for long time. - Do not put on the clothes that soak of water. - If suffering from other respiratory system should completely heal. - If feel that is suffering of this disease should go to see doctor for curing, if don't go it may leads of death.</p> <p>Question 1. Please tell the cause of pneumonia disease 2. What are the symptoms of pneumonia in person is suffering? 3. How does the pneumonia transmit?</p>

4. How should we do for prevention and healing of this disease?

Lessons 6th: Tuberculosis disease

1. Cause

Tuberculosis is a dangerous transmitted disease may it's cause of death. Even though tuberculosis disease is able to completely cure but quite spend for long time. This disease in small rod-shape and well endure from environment; when it passed in our body, it will incubate until our body is weak or have fever, lost appetite, sleepless, work hard then this disease will be active.

The tuberculosis like to attack in lung, bone and etc... but mostly found in lung.

2. Symptom

Tuberculosis patient will be appear such following symptoms:

- Emaciated, tire.
- Coughing, chronic coughing
- No appetite, sleepless.
- Lost weight.
- At evening maybe have fever with 38 C degree.
- Sweat at night time.

(Pic.) Tuberculosis see through a microscope

3. How does the tuberculosis transmit?

- Infected from sputum and saliva of tuberculosis patient
- Infected from feces of tuberculosis patient
- Infected through milk or meat from beef which was infected of tuberculosis
- Infected by breathing as face to face with tuberculosis patient.
- Infected by eating food which there is fly besets over or cover of dusty which consists of tuberculosis.
- Infected by using daily thing and clothes of tuberculosis patient

4. How should we do for prevention and avoid of this disease?

The prominent of this disease like to be happened with unhealthy person then must to do:

- Eat enough food.
- Living in where there is fresh air.
- Always dry the clothes and bed suit under the sun shine.
- Should breathe through the nose because it has hair to protect disease.
- Do not talk as face to face with tuberculosis patient or with whom that suspects of tuberculosis infection
- Separate who is suffering of tuberculosis from the others
- Should receive of vaccination
- If feel that is suffering of this disease should go to see doctor and cure

Question

1. How does the tuberculosis happen and what symptom is occurred?
2. Please tell the harmful of tuberculosis disease and transmission of it.
3. How to prevent and heal of this disease?

Lessons 7th: Heart

1. Location and trait of heart

Heart is located in thorax among 2nd-5th of ribs, it's between of left and right side lung but reline to left side a little. Outside of heart covers by pericardium.

Human heart consists of 4 chambers. 2 chambers are in upper part (right-left atrium), 2 chambers are in lower part (right-left ventricle). The channel between atriums and ventricles there is a muscle protects which is able open-close; right atrium and ventricle the used blood flows through for sending to lung; left atrium and ventricle the red blood cell flows through for sending to other organs of body.

(Pic.) Outer heart

(Pic.) Inner heart

2. What is the function of heart?

Blood which circulates to feed our body is red blood cell but which was used is used blood. *Used blood will wash by lung to become red blood cell.* Our heart there is function to receive red blood cell from lung and send to other part of body then receive used blood from other part of body send to lung for blood washing to become red blood cell.

The heart works in all time, for normal of blood circulation.

3. How do we have method to prevent and takes care heart?

- Always do exercise.
- Rest enough.
- Avoid of strong hit at breast.
- Do not drink tea, coffee or alcohol.
- Should use vegetable oil instead of animal oil

Question

1. Please students tell for location and trait of heart
2. Please explain the function of heart
3. How to take care the heart?

Lessons 8th: Digested organs and food digestion

Every living thing not only human, animal or tree all they are demand food to be alive. Human has food for to be alive; to make body could movement and growing. The meal which we have must pass digested organs and food digestion.

1. Digested organs

Digested organs consist of mouth, pharynx, esophagus, stomach, duodenum, colon till rectum.

By movement of digested organs the food will be digested to become of nutrition for body.

(Pic.) Digested organs.

- Mouth: in mouth there are teeth and tongue, moreover also there is saliva gland.

	<p>- Pharynx: It connect from mouth and separate to esophagus and larynx.</p> <p>- Esophagus: long about 25cm and direct connect from pharynx; it ends by connecting with stomach.</p> <p>- Stomach: It's a part that is able increasing size than the other; it looks like a sack which lay in abdominal.</p> <p>- Duodenum is tube long about 8m, first part connects with stomach.</p> <p>- Colon is long about 1-1.5m, from the beginning part there is a small sack call appendix, end of colon call rectum.</p> <p>Moreover, the organs that were raise, body still there is saliva gland, bile gland, spleen gland, digested gland in stomach and duodenum.</p> <p>2. Food digestion</p> <p>The food will be digested by mouth. In mouth, food will be bit by teeth with helping from tongue that all time push food to teeth, the food was digested and mixed with saliva.</p> <p>When to food passed into stomach, the food will be stored and mix with stomach fluid then to duodenum, here, the food will be mixed with the bile from liver, spleen fluid, duodenum fluid. The digested food will be slowly absorb at duodenum into blood circulation to distribute for whole body; the part that could not completely digest will send into colon and send out of body as feces.</p> <p>3. How to protect and takes care stomach?</p> <ul style="list-style-type: none"> - Should take food on time. - Do not eat spicy food, salty and too sour. - Eat clean food and well cook. - Before swallow the food should well chew first. - For protect and takes care intestinal, should follow the same to protect and takes care stomach. <p>Question</p> <ol style="list-style-type: none"> 1. What are there of digested organs? 2. What are the glands that help in food digestion? 3. Please explain steps of food digestion. 4. How to protect and takes care stomach and intestinal? <p>Lessons 9th: Diarrhea</p> <p>Diarrhea disease is a dangerous disease and many people were suffered or have experience of this disease. Diarrhea disease is an important cause of children dead, this disease if could receive correctly cure from the beginning it will be reduced dead of children.</p> <p>1. Cause</p> <p>The cause of diarrhea disease is from eating-drinking that not enough of hygiene eat rotten food or fly over of insect. The hot weather and dirty environment also could be suitable of diarrhea disease occurs.</p> <p>2. Symptom</p> <p>In a day, the diarrhea patient will go to toilet many times at less 5-10 times or perhaps 50 times per day; sometimes excrete only fluid in yellow or brown color instead of normal feces or sometimes is blood was excreted. Patient may get fever, lost water in body which leads body is weak, if could not cure on time may be patient will be shock or die.</p> <p>We could observe the symptom of diarrhea patient as following:</p> <p>(Pict.1) Acute lost water condition in children</p> <p>3. Primary curing</p> <p>Dangerous of diarrhea is lost water condition of body, therefore, the primary healing is need and important. The curing is emphasis to replace water which lost and should suddenly cure if happen of diarrhea, especially in children, we should looking for oral rehydration salt (ORS) mix in water for drinking. If could not find out we could mix it as following method:</p> <p>(Pict.2) Method to mix easy electrolyte</p> <p>(Pict.3) Method to replace lost water condition in children</p> <p>4. Prevention</p> <ul style="list-style-type: none"> - Before having food must wash hand. - Do not eat dirty food, rotten food etc. . . , drink boiled water, use clean water. - Do not excrete feces in open environment. - Always keeping clean of environment. <p>Question</p> <ol style="list-style-type: none"> 1. How does the symptom of diarrhea disease? What is the cause of diarrhea disease? 2. How to do to prevention of diarrhea disease? <p>Lessons 10th: Dysentery</p> <p>Dysentery is a disease that causes by ameba and it's a disease that quickly spread out. Dysenteric disease is dangerous, human infected it by no hygiene food consuming, the food which was beset by fly.</p> <p>1. Symptom</p> <p>Dysenteric patient will be occurred of abdominal pain often goes to toilet many times within 24 hours. May be the dysenteric patient will go to toilet from 10-50 times, only little of feces excreted and after excreting the patient will be faced of colicky. This disease suddenly happened, patient also get high temperature fever. The feces condition of dysenteric patient is look like egg and pus or mixed with blood or look like sputum, if in acute condition patient may die in 48 hours, if in light case also have to cure for a week for completed recovering.</p> <p>Dysentery there are 2 types such as acute and chronic</p> <ul style="list-style-type: none"> + Acute dysentery: Happened of excreting feces as mucus if correctly cure the symptom will be quickly recover as normal if incorrectly cure the disease will be re-happened again then become of chronic and it may cause of dead. + Chronic dysentery: Chronic dysenteric patient there will be feces as liquid or hard, or mucus with blood mixed, if the heal not on time the patient will be emaciated, may be risk of inflammatory intestinal, ulcer of intestinal. <p>2. Prevention</p> <p>To prevent of this disease we should not eat raw food, insufficient food, rotten food, meet of animal which infected of infectious disease and do not drink not clean water. For children must keeping hygiene of food, if happen of symptom as mentioned should go to see doctor or go to hospital.</p> <p>Question</p> <ol style="list-style-type: none"> 1. What is the cause and symptom of dysentery? 2. How many type of dysentery is there? 3. How to prevent to avoid of dysentery?
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	<p>Lessons 11th: Cholera</p> <p>Cholera disease is dangerous diarrhea disease: it occurred with children and adults, its prevalence is in summer.</p> <p>1. Cause and transmission</p> <p>Cholera cause from <i>briion cholera</i> which could find in feces of cholera patient; if the patient excrete feces at open area or in water when other people drink or use water or eat food which was beset of fly that contaminated of cholera then it will be cause of cholera disease.</p> <p>(Pict. 1) Openly excrete of feces</p> <p>2. Symptom</p> <p>Who is suffering of cholera which not serious may it's similarly the same of ordinary diarrhea, if in case of serious the feces is become white liquid look like rice milk, when is excreting there will be a lot of feces and flush that could not curb, may also occurs of vomit and acute of lost water condition.</p> <p>3. Prevention and curing</p> <ul style="list-style-type: none"> - Primary healing let the patient have a lot of oral rehydration salt (ORS) water for replacing of lost water and send patient to hospital. - Eat and drink of clean food and water. - Children must have mother milk to avoid of cholera disease. - Do not openly excrete feces; do not excrete into water because it's a way of spread out of disease to other. - Wash hand in every time after used toilet. <p>(Pict. 2) Prevention of cholera disease</p> <p>Question</p> <ol style="list-style-type: none"> 1. What is the cause and symptom of cholera disease? 2. How should we do to avoid of cholera disease? <p>Lessons 12th: Addictive thing</p> <p>1. Addictive things</p> <p>Addictive thing there are many kinds such opium, morphine, heroin, marihuana, amphetamine, inhalant, tobacco, alcohol and etc...</p> <p>1.1 Opium: It made adhesive person become emaciating with yellowish of face and body, there are many black small spot on skin surface.</p> <p>1.2 Morphine: If we use over dose than prescription of doctor, it will be lead for loss of memory, brain system damage.</p> <p>1.3 Heroin: It will be lead for loss of memory, giddy, stupefy, pain muscle, abdominal pain, diarrhea or constipation.</p> <p>1.4: Marihuana: It made adhesive person become as mental disorder, stop body growing, cause of speaking tremble, absent-minded, could not control him/herself.</p> <p>1.5 Amphetamine: It's a drug that stimulates of nerve system, after take it won't sleep, could work for long time but it's against human body system that need to take rest then it cause of dozing, lost concentration, high blood pressure and stress may leads of psychosis.</p> <p>1.6 Inhalant: Plastic glue, thinner, cleaning nail liquid, etc...those things destroy system of other organs function of body such as respiratory system, digested system, blood circulated system, nerve system, and etc... that made our human yellowish and may happen of paralysis.</p> <p>1.7 Tobacco: Cause of heart blood vessel clogging, lung cancer, larynx cancer, etc...</p> <p>1.8 Alcohol: Damage brain system; changed the character of drinker, lost control, could not work.</p> <p>2. The cause of adhesive</p> <p>There many causes of adhesive of addictive thing but we could spate in 4 cases as following:</p> <ol style="list-style-type: none"> 1 From Persuasion. 2 From trying. 3 From demand of body. 4 From private problem such family problem, environment problem and etc... <p>3. Avoiding of addictive thing</p> <ul style="list-style-type: none"> - Do not easily believe - Stay far away from who is adhesive of addictive thing - Take food or drinking which without containing of addictive thing. - Know to use free time for benefit - Meet with good friend - Do not prescript drug by yourself. <p>Question</p> <ol style="list-style-type: none"> 1. What are there in addictive things? <ul style="list-style-type: none"> - How do the alcohol, marihuana, and tobacco effect to human body? 2. Please student select the best answer <ol style="list-style-type: none"> 2.1 Which one is important cause of addictive thing? <ol style="list-style-type: none"> a. Try b. Persuasion of friends c. Environment and family d. Demand of body 2.2 How to do to protect yourself from addictive thing? <ol style="list-style-type: none"> a. Do not play with friends that are obstinate b. Consult friends after feel that you are adhesive addictive thing. c. Know to use free time for benefit. d. Do not use drug by yourself. 2.3 How to do that could say we are already could avoid from addictive thing? <ol style="list-style-type: none"> a. Be careful of drinking. b. Do not play with friends that adhesive of addictive thing. c. Be careful of food selection d. Do not believe of advertisement and persuasion of anyone. <p>Lessons 13th: AIDS</p> <p>1. What is AIDS?</p> <p>Ordinary our human body there is immune system to protect body from infectious disease and other. AIDS is much illness which happens from deficiency of immune system. And the deficiency is come from virus HIV that destroyed human immune system.</p>
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