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|  | Lesson Plan |
| | Germ and Disease (Level 1, PreK-2) |
| | Reading Is Fundamental |
| | Books Supported: <p style="text-align: center;"><i>Germ and Make Me Sick</i> by Melvin Berger</p> |

INTRODUCTION

Contagious diseases are a part of life, and children are especially vulnerable to catching them. Learning about how germs such as viruses and bacteria make us sick can help children to practice good hygiene habits that may reduce the number of illnesses they catch.

Here are some examples of classroom activities to support students' learning:

- Create a word wall of vocabulary from the unit. For pre-readers, include pictures that can be easily detached from and reattached to the wall. As you review vocabulary, ask students to help you match the pictures with the words.
- Set up a "Germ and Disease" literacy center in your classroom. Include books from this collection, other books about germs and disease, and handouts and posters about germs and disease from your local pediatrician or school nurse.
- Use the handouts and posters to talk about symptoms of various common illnesses, such as how to distinguish between a cold and the flu.
- Invite a healthcare expert or scientist to talk to your class about germs, how germs are spread, and how we can stay well.
- Make a list of good health and hygiene rules for your class.

Materials List

- sentence strips
- handouts and posters about germs and disease

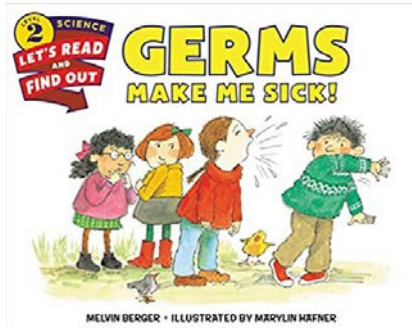
General Objectives for Germ and Disease Lessons

Students will:

- understand key vocabulary from the Germ and Disease unit
- compare and contrast the characteristics of viruses and bacteria
- describe how germs are passed from one person to another

BOOK-SPECIFIC LESSON PLAN

Using *Germs Make Me Sick* by Melvin Berger with the Germs and Disease Level I Lesson Plan



Germs Make Me Sick by Melvin Berger (Harper, 1985) is a Level 2 Let's Read and Find Out book designed for children in the primary grades. It discusses how germs, such as viruses and bacteria, get into our bodies, how they make us sick, and what we can do to get better.

Objectives

Students will:

- understand key vocabulary.
- explain how germs make us sick.
- explain the differences and similarities between viruses and bacteria.
- explain what we can do to recover from illness.
- identify the main topic of the book.
- identify the author's purpose for writing

CCSS Alignment

RI.1.1 Ask and answer questions about key details in a text.

RI.1.2 Identify the main topic and retell key details of a text.

RI.1.3 Describe the connection between two individuals, events, ideas, or pieces of information in a text.

RI.1.4 Ask and answer questions to help determine or clarify the meaning of words and phrases in a text.

RI.1.10 With prompting and support, read informational texts appropriately complex for grade 1.

RI.2.1 Ask and answer such questions as *who*, *what*, *where*, *when*, *why* and *how* to demonstrate understanding of key details in a text.

RI.2.2 Identify the main topic of a multiparagraph text as well as the focus of specific paragraphs within the text.

RI.2.3 Describe the connection between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text.

RI.2.4 Determine the meaning of words or phrases in a text relevant to a *grade 2 topic or subject area*.

RI.2.6 Identify the main purpose of a text, including what the author wants to answer, explain, or describe.

RI.2.10 By the end of the year, read and comprehend informational texts, including history/social studies, science, and technical texts in the grades 2-3 text complexity band proficiently, with scaffolding as needed at the high end of the range.

NGSS Alignment

1-LS1-2. Read texts and use media to determine patterns in behavior of parents and offspring that help offspring survive.

Pre-Reading Activities: Introduce the book by reading the title and showing the front cover. As a class, make a list of what students already know about germs. Connect the topic to any other relevant projects or topics your class has studied.

Reading: Read the book aloud to students, pausing to reinforce the information covered in the list of questions below.

Provide students with a list of questions to think about as you read.

What two types of germs usually make you sick? (bacteria and viruses)

Where can germs be found? (Everywhere!)

How does your body keep germs from getting in? (Your skin blocks many germs. The wetness of your mouth, nose, and throat stops many germs, too.)

How can germs get into your body? (You might breathe them in or get them from putting your mouth on something. Germs can also get in through a scrape or other broken skin.)

What parts of your blood fight germs? (white blood cells and antibodies)

How do bacteria make you sick? (They multiply and give off poisonous waste products that kill cells.)

How do viruses make you sick? (One virus breaks into a cell, new viruses form inside the cell, and then hundreds of new viruses break out of the cell. Each virus then invades a new cell.)

How can a doctor help you feel better? (A doctor tries to find out what kind of germ is making you sick. The doctor may send a swab of your throat or a few drops of blood to a lab. The lab tells the doctor which germ is making you sick so that the doctor knows how to treat you.)

What can you do to help yourself get better? (Take any medicine the doctor prescribes, rest, and eat and drink healthy foods and drinks.)

Post-Reading:

Post-reading Comprehension Questions:

What is the main topic of this book? (germs)

What is the author's purpose for writing? (to explain how germs make us sick)

Class Activity: Using the list on page 31 as a guide, make a list of rules for avoiding germs to stay well and for recovering when you are sick. Add any specific hygiene rules your class or school has.

Make the book available for students to read in your literacy center.

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| ABOUT THIS TITLE |
| Lexile: 530L |
| Interest Level: 4-8 years |
| Reading Level: PreK-3 |
| Themes Informational Text, Germs and Disease, Viruses, Bacteria, Antibodies, Illness, Doctors, Healthcare, Self-Care |

Word List:**Category Vocabulary:**

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|-------------|---|
| Chicken pox | An itchy rash caused by a virus |
| Germs | Tiny organisms that can make you sick |
| Bacteria | A type of germ that makes you sick by multiplying inside your body and poisoning your cells |
| Virus | A type of germ that makes you sick by invading your cells and multiplying inside them |
| Lab | A place where scientists identify germs |

Book-Specific Vocabulary

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|-------------------|---|
| Microscope | A tool scientists use to see very tiny organisms like germs |
| White blood cells | Cells in your blood that chase and kill germs in your body |
| Antibodies | Special proteins in your blood that attack germs |
| Poisons | Harmful substances that come from bacteria and kill cells |
| Medicine | A substance that helps you feel better when you are sick |



Germs Make Me Sick!: Word Search

Look for vocabulary words from Germs Make Me Sick!. Circle or click on words across, down, or diagonally. You can print the puzzle or use the interactive version on your tablet, phone, or computer.

U B A P B C S M B A
D A D J I T N E L N
G C O P G U E C O T
C T C F E V E R O I
V E T K R G Z T D B
L R O Y M E E S C O
V I R U S E S K E D
C A V I T I E S L I
W W A S H I N G L E
T V G T E J L E S S

Word Bank

GERMS

FEVER

BACTERIA

VIRUSES

SNEEZES

BLOOD CELLS

ANTIBODIES

CAVITIES

DOCTOR

WASHING

Answer Key

B S B A
A D N L N
C O G E O T
T C F E V E R O I
E T R Z D B
R O M E C O
V I R U S E S E D
C A V I T I E S L I
W A S H I N G L E
S S