



## HOME LEARNING

**Subject:** Science: The Heart. **Learning Objective:** Understanding Non Communicable Disease

Diseases can be classified into two types

- 1) Diseases that you can catch. These are called communicable diseases
- 2) Diseases which you can't catch. These are called non communicable disease

Q1: Which of the diseases listed below can you catch from another person? Circle three:

Diabetes      Cancer      Covid      Chicken Pox      Heart Disease      A cold

Common non communicable diseases include genetic conditions, heart disease, diabetes and cancer

Watch the following clip on Non communicable diseases:

<https://www.youtube.com/watch?v=Td1itX2IMss>

Q2: Smoking is a risk factors for some non communicable diseases. Name 4 more risk factors discussed in the clip.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_



If lots of people in a country develop communicable diseases it is bad for the country. The country has to spend money on treating the ill people and the ill people can not work so do not contribute to the economy.

Watch the following clip about how countries can help people make the right choices to stay healthy.

[https://www.youtube.com/watch?v=fK1\\_SH3X2ek](https://www.youtube.com/watch?v=fK1_SH3X2ek)

Q3: What three reasons are given in the clip to explain why people:

*(hint: listen again at 0:39 seconds in)*

- 1) Choose unhealthy foods: \_\_\_\_\_
- 2) Do not exercise: \_\_\_\_\_
- 3) Struggle to give up smoking: \_\_\_\_\_

Q4: The clip gives examples of more than a dozen things that governments can do to help people make healthy choices and reduce disease. Name 5 of these (*hint listen again from 1:10, you may need to stop and start the clip as you write them down*)

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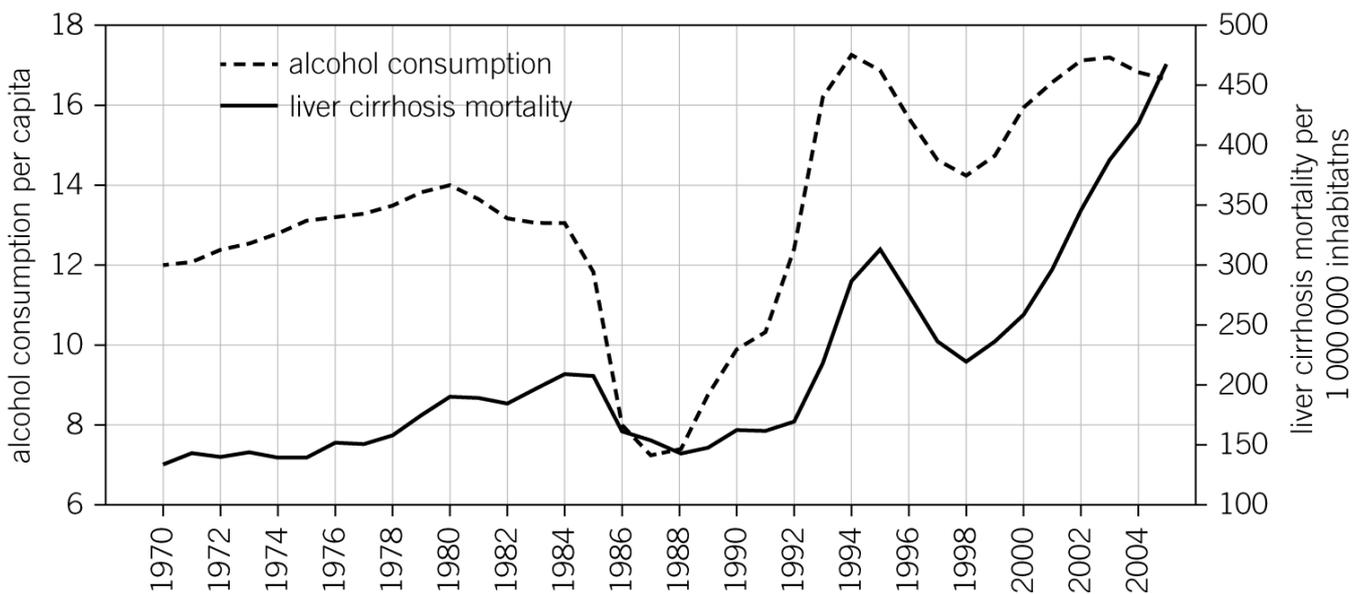
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**Extension activity: Mrs Latchem, Mr Larrive and Mrs Bakers Group**

Look at the graph below which shows both alcohol consumption and liver disease in Russia over 35 years.



What does the graph show? Is this correlation or causation? Explain your answer (*hint: think back to first clip*)

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**FOR PUPILS WITHOUT INTERNET ACCESS**

If you can not access the clips please do the following to answer the questions

- 1: Think of what else apart from smoking can make someone unhealthy.
2. Think why people might find it difficult to make the right food choices, exercise or give up smoking
3. Think what laws you could make, if you were in charge for the day, to help people lead healthier lifestyles.

**Save your work:**

**If you are using a computer, open a blank document to do your work. Don't forget to SAVE it with your name, the lesson you are doing and the date. For example: T.Smith Maths 8 April**

**Please email your work to [llatchem@glebe.bromley.sch.uk](mailto:llatchem@glebe.bromley.sch.uk)**