



## Grade 7 Sample Lesson Plan: Unit 4– Allergies/Asthma

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

The next page includes a handout for the lesson.

# Allergies and Asthma

7.1. f Describe ways to prevent weather- or climate-related physical conditions such as allergies, asthma, sunburn, dehydration, heatstroke, heat exhaustion, and hypothermia.

Note: Student may complete the learning activity on paper or electronically.

 What are allergies and asthma?	<b>Link</b>
	<p>Some schools have an area in the cafeteria that is “peanut -free” due to student allergies. You may have allergies or know someone that has allergies. In the box, list things that people may be allergic to:</p> <div style="border: 1px solid black; height: 30px; width: 100%;"></div> <p>Allergies are a major cause of illness in the United States. About 50 million people (one in five people) have allergies. Asthma is a leading cause of school and work absences. There are an estimated 26 million Americans that have asthma symptoms. Not everyone who has asthma are allergic to something and there are people with allergies who do not have asthma. What is the difference between allergies and asthma and what do they have in common? In this lesson, you will have an opportunity to learn more about allergies and asthma.</p>

	<b>Explore</b>
	<p><b><u>ALLERGY</u></b> Read information from the American College of Allergy, Asthma &amp; Immunology, Allergy Symptoms <a href="http://acaai.org/allergies/symptoms">http://acaai.org/allergies/symptoms</a> or access Britannica School <a href="http://school.eb.com/levels">http://school.eb.com/levels</a> in the library databases (access Middle level and then use keyword – Allergy) to answer the questions in the boxes provided.</p> <p>Why do allergy symptoms occur?</p> <div style="border: 1px solid black; height: 30px; width: 100%;"></div> <p>Explain different types of allergies/allergens:</p> <div style="border: 1px solid black; height: 30px; width: 100%;"></div> <p>Describe allergy symptoms:</p> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>

Choose one type of allergy to learn about from the list on the American College of Allergy, Asthma & Immunology article: Allergy Symptoms page at <http://acaai.org/allergies/symptoms>. List the type of allergy and briefly describe the symptoms of that allergy and the management and treatment of that allergy.

Allergy type:	
Symptoms:	
Management and Treatment:	

### ASTHMA

Read information from the American College of Allergy, Asthma & Immunology, Who has Asthma and Why <http://acaai.org/asthma/who-has-asthma> and answer the questions.

What is asthma?

What are the common triggers/causes for asthma?

How is asthma prevented and/or treated?

## Explain



People with asthma or allergies may need to see an allergist. Read information from the American College of Allergy, Asthma & Immunology, When to See an Allergist <http://acaai.org/allergies/treatment/when-to-see-allergist> and briefly explain what an allergist is and what they do.

## Apply



Many students may be dealing with issues related to asthma or allergies, but there are students who may not understand these two conditions. How would you help your peers understand allergies and asthma? What do you think is important for them to know? Choose allergies or asthma and create a poster or infographic. that will help peers with important information. Poster or infographic may be completed on paper or electronically. If completed electronically in Google Docs or Adobe Spark, remember to share it with your teacher.

Note: According to dictionary.com, an infographic is, “a visual presentation of information in the form of a chart, graph, or other image accompanied by minimal text, intended to give an easily understood overview, often of a complex subject.” Infographics are usually one page of information that uses more graphics (pictures and charts) than words to share information. See an example from the Fairfax County Youth Survey:

<https://www.fairfaxcounty.gov/health-humanservices/sites/health-humanservices/files/assets/documents/youth%20survey/ys%20fact%20sheets/fcys%20fact%20sheet%20-%20nutrition%20and%20pa%20-%202018%20final.pdf>



## Reflect

Both allergies and asthma may be triggered by weather -related events. List one way that each may be affected by weather.

How allergies can be affected by weather -

How asthma may be affected by weather -