Ahealthy environment and Personal Health*

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1 LIFE ORIENTATION

2 Grade 4

3 GOOD HEALTH

4 Module 3

5 A HEALTHY ENVIRONMENT AND PERSONAL HEALTH

Discuss three ways in which nature influences personal, physical and emotional health.

5.1 Be sensible in the sun

Figure 1

We live in a country that is known for its wonderful sunshine. The sun can help you to feel very healthy and it can help your body to produce important vitamins. People also make use of the sun to dry fruit such as peaches, and vegetables such as tomatoes, and in this way these products can be preserved. Scientists use the rays of the sun to generate power that can be used as a substitute for electricity. We call it solar power.

The sun can also cause damage. When people suntan a lot on the beach in the midday heat - say at 12:00 - the skin becomes so badly damaged that they might develop serious skin problems, such as skin cancer. Also, if you exercise very strenuously in the heat of the sun without drinking water, you would run the risk of dehydrating. Dehydration occurs when the body loses too much moisture, and you feel nauseous and ill. Most plants shrivel up in the hot sun if there isn't enough water.

*Version 1.1: Jun 13, 2009 7:44 am -0500
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Figure 2

5.2 Activity 1

5.3 To design a tourist pamphlet [LO 1.2]

Group work. You have to design a pamphlet for a travel agency in which you tempt foreigners to come to South Africa for a holiday in the sun.

5.4 Activity 2

5.5 To compile a list of precautions against the sun [LO 1.2]

Make a list of at least five golden rules to which tourists should adhere when they are on holiday in our sunny country in summer.

5.5.1

6 Assessment

LEARNING OUTCOME 1: HEALTH PROMOTION

The learner will be able to make informed decisions regarding personal, community and environmental health.

Assessment Standard

We know this when the learner

1.2 explores and reports on links between a healthy environment and personal health.