

Hay fever

Curriculum Outcome Links: Health and Physical Education

20/11/07

Subject: The Body - Hay fever

Background

Hay fever is just a little snuffle - right? Wrong. A report says allergies cost Australia more than 7 billion dollars a year and hay fever is one of the most common. Catherine Ellis looks at what hay fever is and what causes it.

Indicators:

Students will learn to:

- Develop knowledge and understandings about what causes hay fever.
- Recognise the effects of hay fever on the human body.
- Identify symptoms of hay fever and methods for treating it.
- Recognise what can trigger hay fever.
- Consider some practical things to prevent it.

Focus Questions

1. What is hay fever?
2. What causes hay fever?
3. What can be done to reduce it?
4. How can it be treated?
5. Predict what might happen if you did not have hair in your nose?
6. What is an antibody?
7. How can a person work out what has caused their hay fever?
8. Hay fever can't be cured. True or false? Explain.
9. How can you make your school hay fever friendly?
10. How can you make your home hay fever friendly?

Teaching and Learning Follow-up Suggestions

VERBAL/ LINGUISTIC

Give a short talk describing hay fever from the point of view of an allergen such as dust, pollen, weeds or grass.

LOGICAL AND MATHEMATICAL

Complete the work sheet below in words and pictures.

VISUAL/ SPATIAL

During the 'fight' against something you breathe in some cells get damaged, and they release a chemical called histamine, which causes swelling of the lining of the nose, itchy and running eyes, rashes and wheezing. Draw a cartoon to show how histamine works in the human body.

BODILY/KINAESTHETIC

In small groups role-play the passage of an allergen such as dust or grass into a person's body. Show how it affects the body. For example some students can form the shape of the nose and others take on the role of nasal hair etc.

MUSICAL / RHYTHMICAL

Create a jingle to advertise a new hay fever treatment.

INTRAPERSONAL

Do you get hay fever? How does it affect you? Write a diary entry about how it makes you feel and what you do to reduce the symptoms.

INTERPERSONAL

Working in small groups write a policy for your school to be hay fever friendly. Draft a letter to your principal and student representative group outlining some practical things you can do in your school.

NATURALIST

Drying washing outside is environmentally friendly but it can attract pollens and grasses on clothing. Discuss with your parent/s how you can dry clothes without using electricity

Related Research Links

Causes and what you can do

<http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1724>

Symptoms, tests & treatment

http://raisingchildren.net.au/articles/hay_fever.html

Treatments

<http://www.mydr.com.au/default.asp?article=2939>

Asthma Friendly Schools

<http://www.asthmasa.org.au/index.php/selectedContent/1451053390>

After watching Behind the News answer the following questions in your own words or pictures.



1. What causes hay fever?
2. What are the symptoms?
3. How can you tell if it is hay fever and not a cold?
4. How is hay fever treated?
5. List some tips to prevent it.