



Science

Quarter 1 – Module 2: Week 2 Prevention, Detection, and Treatment of Diseases Affecting the Circulatory and Respiratory Systems



Science- Grade 9

Alternative Delivery Mode

Quarter 1 – Module 2: Prevention, Detection, and Treatment of Diseases Affecting the Circulatory and Respiratory Systems

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Science

Quarter 1 – Module 2: Week 2
Prevention, Detection, and
Treatment of Diseases Affecting the
Circulatory and Respiratory
Systems



Aiming at the Target

This module was designed and written with you in mind. Hopefully, this will help you master the **Prevention, Detection, and Treatment of Diseases Affecting the Circulatory and Respiratory Systems (S9LT-Ic-27)**. The scope of this module allows you to use it in varied learning situations. The language used recognizes your diverse vocabulary level. The activities presented are simplified and doable that you can perform them at home. The lessons are arranged in accordance with the standard sequence of the course and the learner's module that you are now using.

The module is divided into two lessons, namely:

- Lesson 1 – Effects of Cigarette Smoking on the Circulatory and Respiratory Systems
- Lesson 2 – Detecting, Preventing and Treating Diseases of the Circulatory and Respiratory Systems

After going through this module, you are expected to:

1. explain how harmful substances affect the respiratory and circulatory systems;
2. explain how lifestyle affects the functioning of the respiratory and circulatory systems; and
3. Make a chart showing the diseases that can affect the respiratory and circulatory systems and their prevention, detection and treatment.



Notes to the Learners

You are reminded to follow instructions/ procedures in answering the different activities.

Write all your answers on a separate answer sheet.



Trying the Challenge

Let's see what you already know. Fill in the blanks with a word or words from the box.

chronic bronchitis
emphysema
illnesses
blood pressure
nicotine

lung cancer
tuberculosis
atherosclerosis
pneumonia
cough

1. One of the many toxic chemicals in tobacco smoke is called _____ which is also used as an insecticide.
2. Cigarette smoking harms nearly every organ in the body that causes one of the many _____.
3. When the air sacs or alveoli are damaged it causes oxygen deficiency in the blood. This chronic obstructive pulmonary disease is one form of _____.
4. The negative effects of smoking in the circulatory system includes increased heart rate and _____.
5. A lung condition where tiny hairs (cilia) are destroyed causing the airways of the lungs to become narrow is called _____.
6. When arteries become narrow and hard due to a build-up of plaque around the artery wall, the condition is called _____.
7. An infection in the upper respiratory tract where the air sacs are inflamed due to bacteria, viruses or fungi is known as _____.
8. A/an _____ is a voluntary or involuntary act where air and other foreign particles, microbes, irritants, fluids, and mucus are rapidly expelled from the lungs.
9. An infectious disease that usually affects the lungs, _____ is acquired by a person from bacteria contaminated droplets in the air.
10. Cigarette smoking also results to uncontrolled growth of abnormal cells in one or both lungs. This condition is called _____.

Lesson
1

Effects of Cigarette Smoking on the Respiratory and Circulatory System

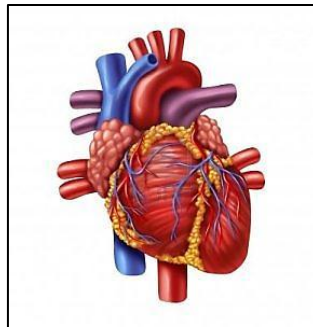
The leading causes of death around the world are diseases affecting the respiratory and circulatory systems. One of which is **cigarette smoking** that harms nearly every organ in the human body causing many illnesses and affecting health in general. This is another risk factor that severely increases heart rate and decreases the amount of oxygen in the blood.

Broaden your learning about this topic by answering the tasks in each part of this module.



Connecting to the Past

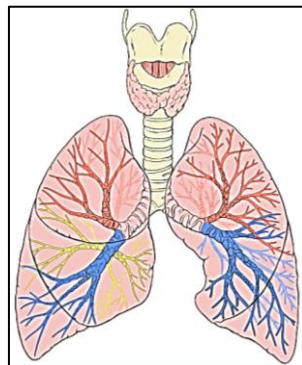
Study the pictures below, then write a short story linking all that you have learned about them. Be sure to mention the pictures in your story.



The heart

Photo credits: <https://kendalllacey.wordpress.com/2013/02/14/nameless-endless/>

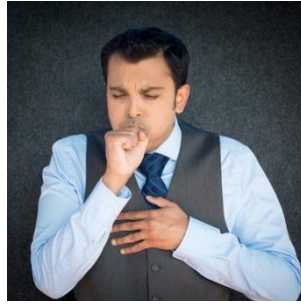
1. _____



The lungs

Photo credits: Patrick J. Lynch, medical illustrator,
https://en.wikipedia.org/wiki/File:Lungs_diagram_detailed.svg#/media/File:Lungs_diagram_detailed.svg

2. _____



A man who cough

Photo credits: https://www.pngitem.com/middle/bwRJoJ_cough-sneeze-sneezing-coughing-clipart-hd-png-download/

3. _____



A man who feels pain in the chest.

Photo credits: <https://www.thehealthsite.com/diseases-conditions/heart-attack/heart-attacks-in-elderly-people-heres-what-you-should-know-x0318-559016/>

4. _____



A man who smoke .

Photo credits: <https://www.quora.com/If-someone-quits-smoking-will-the-lungs-eventually-go-back-to-their-pre-smoking-state>

5. _____



Notes to the Teacher

Students may cite the pictures in any order as long as a story is created out of them. This will link the current lesson with the previous one.



Gearing Up to Start

Activity 1. A picture of a smoker's body is presented below. Can you identify some illnesses that might develop due to cigarette smoking? Write your answer using the meta plan strategy. Refer to the example given below the picture.



Figure 1. The smoker's body

Photo credit: : <https://dochub.com/eveliasadullo/1XEpyxzwNWe6NARQZGd38A/circulatory-system-activities?pg=4>

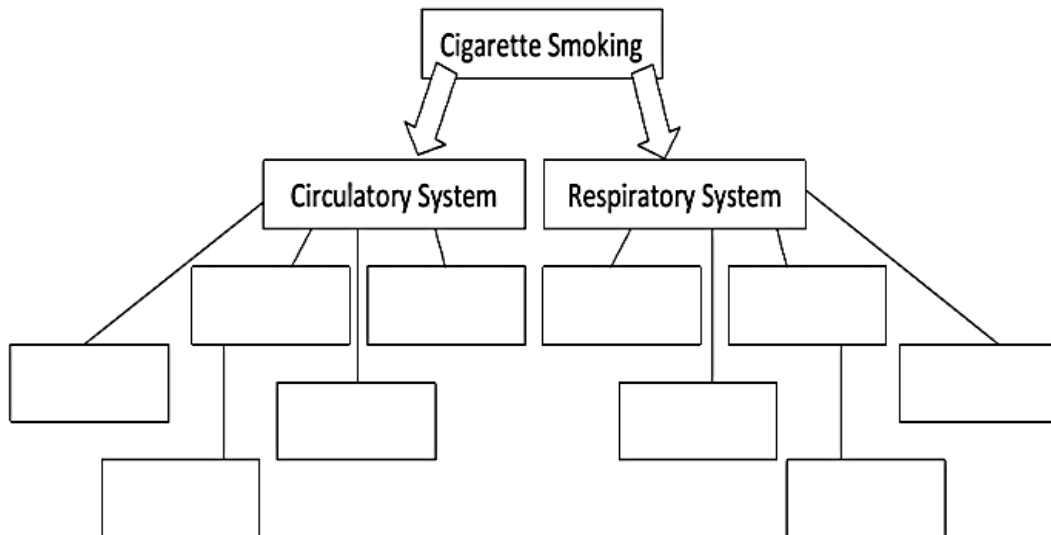


Figure 2. Effects of Cigarette Smoking on the Circulatory and Respiratory Systems

Photo Credit: : <https://dochub.com/eveliasadullo/1XEpyxzwNWe6NARQZGd38A/circulatory-system-activities?pg=4>

Activity 2.

Direction: Describe an anti-smoking editorial cartoon below.

Do you agree with what the picture intends to tell you? Why or Why not?



Figure 3: anti-smoking editorial cartoon

Photo credit:

<https://www.philstar.com/opinion/2016/10/17/1634276/editorial-smoke-free-philippines>



Hitting the Target

“Cigarette smoking is dangerous to your health”. We often hear these words from a radio or television after an advertisement. Do you know why?

Cigarette is a roll of finely cut tobacco wrapped in paper for smoking purposes. When you inhale or exhale the fumes of a burning plant material, you are smoking! Cigarettes contain many chemicals that are known to cause cancer and many of them are toxic. The list includes acetone, acetic acid, ammonia, arsenic, benzene, butane, cadmium, carbon monoxide, formaldehyde, hexamine, lead, naphthalene, methanol, nicotine, tar, toluene and many others. When carbon monoxide enters the bloodstream, it replaces the oxygen carried by the blood. Nicotine makes the heart beat faster and increases blood pressure.



Figure 4. The chemicals in cigarette

Photo credit: <https://positivetrueunews.com/2016/10/18/cigarette-made-chemicals-ingredient-list-confirm-dangerous-smoking-really/>

Cigarette smoking brings many negative effects to the body specifically to the respiratory and circulatory systems. Illnesses of the respiratory system caused by

smoking cigarettes are asthma, cough, colds, tuberculosis, lung cancer, pneumonia, other respiratory infections and chronic obstructive pulmonary disease (COPD) which include chronic bronchitis and emphysema. The circulatory diseases brought by smoking cigarettes are increased heart rate and blood pressure, coronary heart disease, arteriosclerosis and vascular diseases.

Below are the list of diseases and their description.

- **Asthma** – a common, chronic lung condition that causes breathing difficulty due to swelling of the airways (bronchial tubes). A person with asthma may experience dry cough, wheezing, tightness of chest and shortness of breath.
- **Cough** – is a voluntary or involuntary action that allows the throat and breathing passages to be cleared from foreign particles, microbes, irritants, fluids and mucus. Air is rapidly expelled from the lungs when one coughs.
- **Colds** – an infectious disease caused by virus that infects the upper respiratory system. Symptoms include dry throat, sore throat, cough, mild fever, sneezing, hoarse voice, blocked nose and mild headache.
- **Tuberculosis** – is an infectious disease affecting the lungs or any other organ in the body. It can be spread by bacteria contaminated droplets in the air. A persistent cough lasting at least 3 weeks and phlegm that contains blood are some of its early warning signs.
- **Lung cancer** – a condition where cells in the lungs divide uncontrollably causing the growth of abnormal cells or tumor.
- **Pneumonia** – is an infection in the upper respiratory tract that inflames the air sacs in one or both lungs due to fluid or pus caused by bacteria, viruses or fungi. Some of its signs and symptoms are pain in the chest when breathing or coughing, cough with phlegm, fatigue, fever with sweating and shaking chills
- **Chronic Obstructive Pulmonary Disease (COPD)** – a collective term for several respiratory illnesses that cause shortness of breath. One of its form is chronic bronchitis, a condition of the lungs where tiny hairs called cilia are destroyed in the airways of the lungs. A person suffering from this illness finds it difficult to breath, feels chest pain or discomfort. Emphysema is another form of COPD. In this, the air sacs or alveoli are damaged resulting to oxygen deficiency in the blood. Symptoms of this disease include wheezing, rapid breathing, increased heart rate, fatigue and also shortness of breath.
- **Coronary Heart Disease** – is a condition where the coronary arteries that supply oxygenated blood to the heart is blocked or become narrow due to build-up of fatty substances.
- **Arteriosclerosis** – also called atherosclerosis is the hardening of the arteries of the body causing it to narrow. When arteriosclerosis affects the arteries that carry blood to the heart, the condition becomes coronary heart disease.
- **Stroke** – is the layman's term for cardio vascular disease that occurs when the supply of blood going to the brain is blocked or when a blood vessel in the brain bursts, causing damage to the brain.

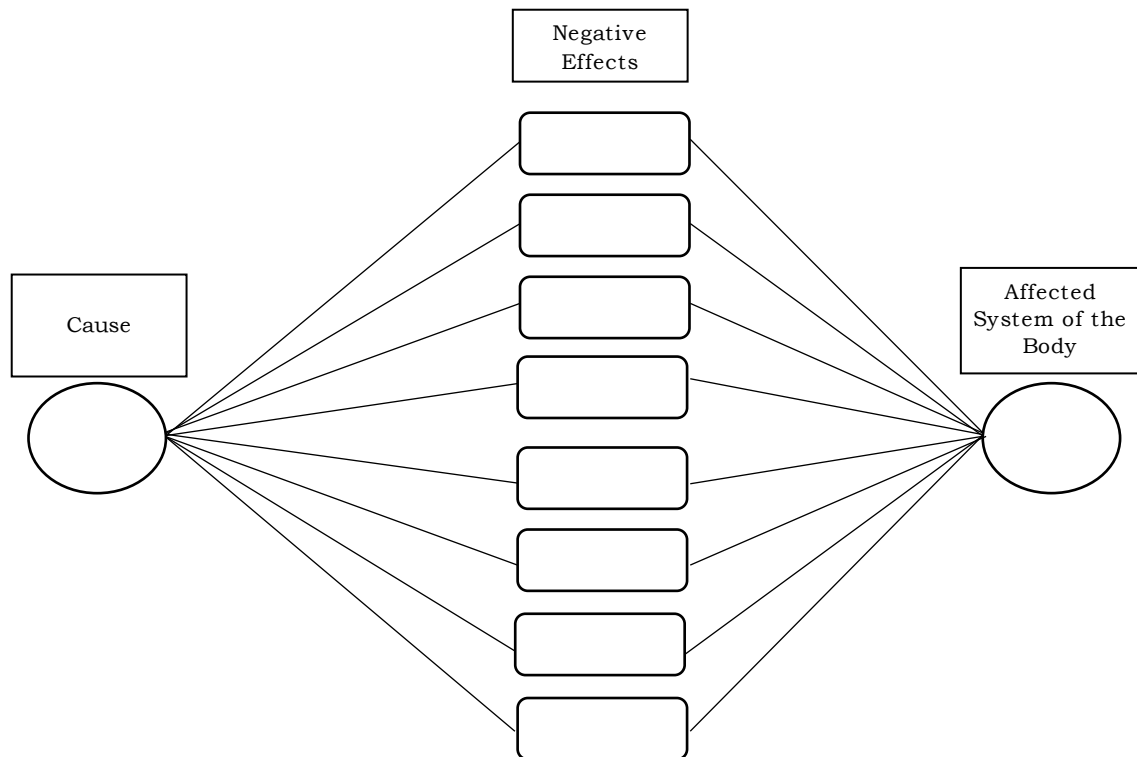


Strengthening the Grasp

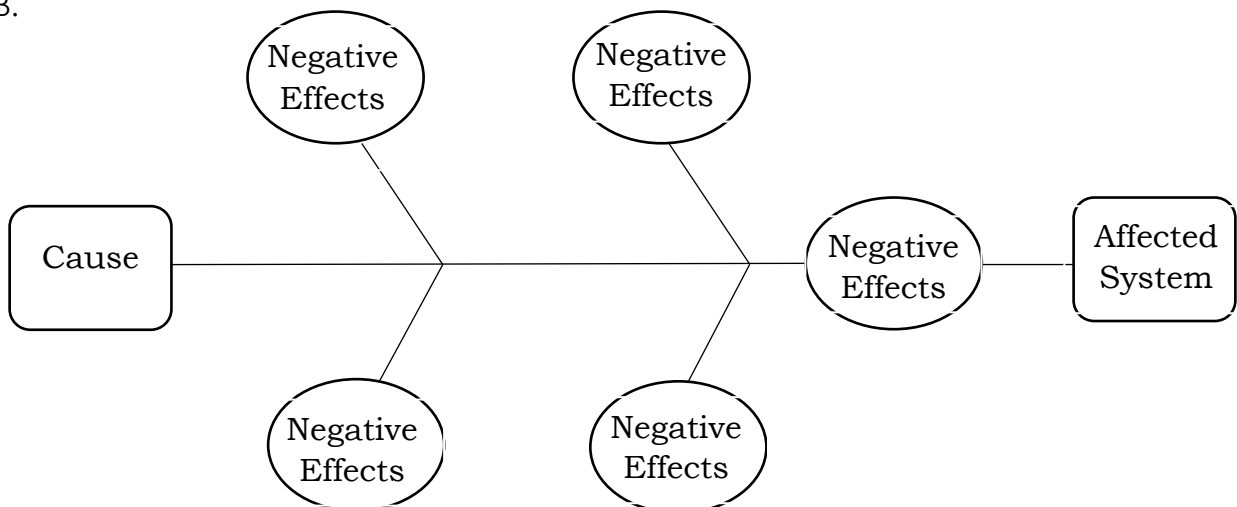
Activity 1. Practice Exercises

Fill in the **cause and effect worksheets** below with the correct information about the effect of cigarette smoking to the respiratory and circulatory system.

A.

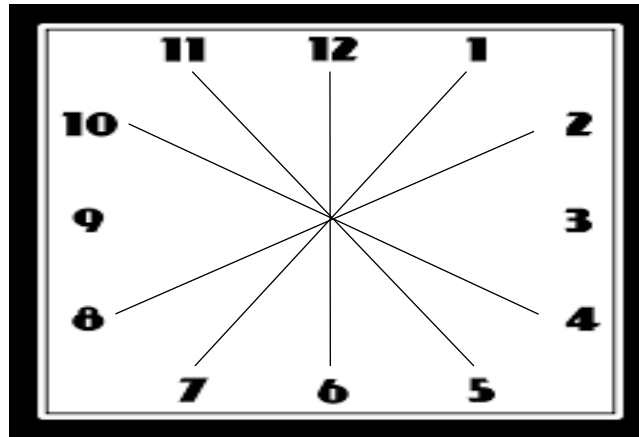


B.



Activity 2. Round- the- Clock Learning Notes

Explain how the respiratory and circulatory systems are affected by harmful substances such as cigarette. Choose 4 compartments of the clock where you may write your answer in complete sentence.



Wrapping Up to Go

Sentence Completion. Answer the sentence with your own words or phrases to make the thought complete.

I learned that.....

Cigarette is a substance that will make you _____(1)_____. It contains chemicals that are _____(2)_____. A person who smokes____(3)___ and ____ (4)___ the fumes of the burning substance. Cigarette smoking primarily affects the _____(5)_____ and _____(6)_____ systems. It badly increases our chance of _____(7)_____. It may also cause many illnesses in the respiratory system such as _____(8)_____, ____ (9)_____, and ____ (10)_____. _____(11)_____ and _____(12)_____ are just two of the many diseases caused by cigarette smoking in the circulatory system. Harmful substances in a cigarette can lead to two forms of chronic obstructive pulmonary diseases namely _____(13)_____ and ____ (14)_____. The respiratory and circulatory systems can be affected by _____(15)_____.

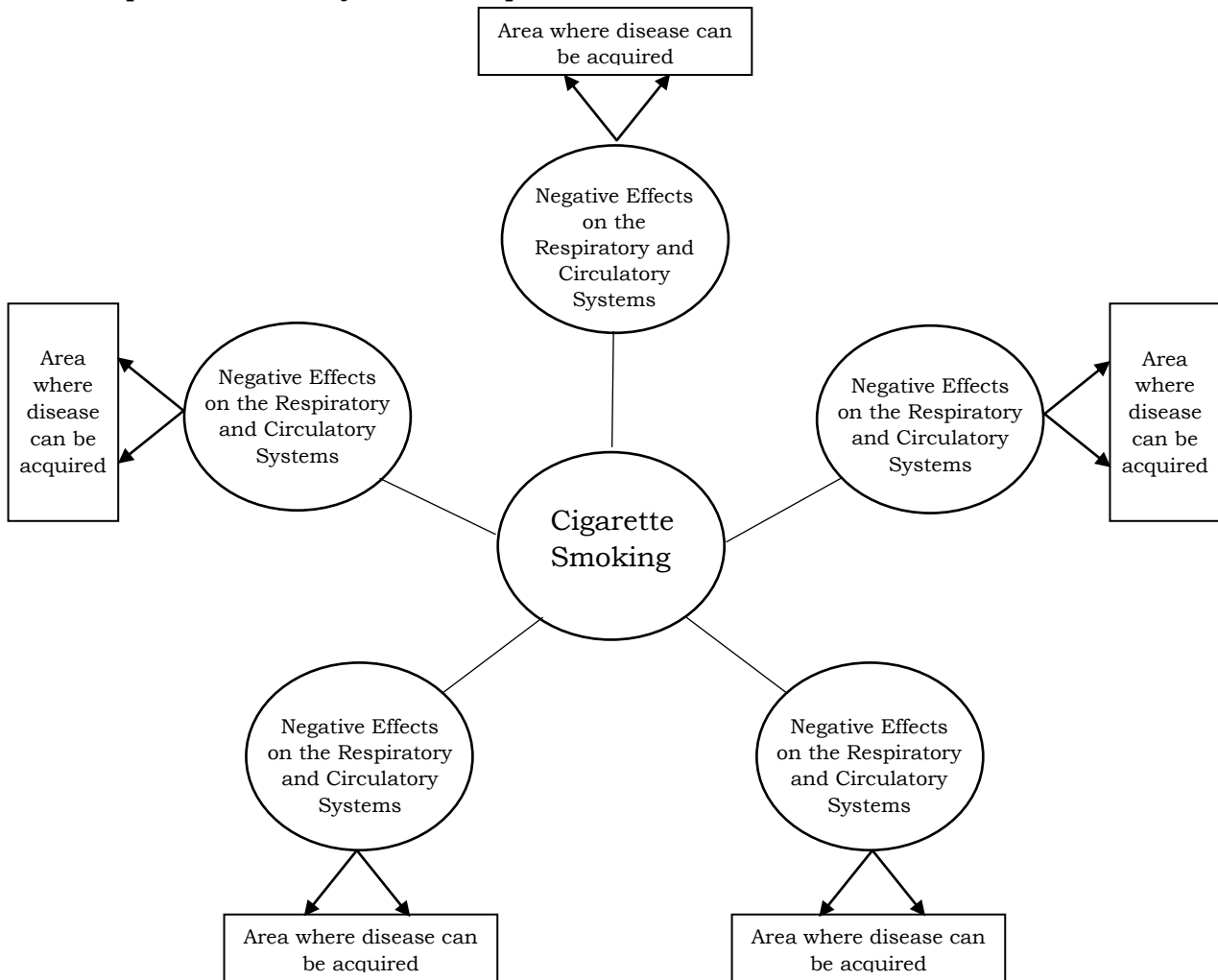


Relating to Real Life

Observe your environment. Do you see how cigarette smoking affects people around you? In your barangay? In your town? Let's see how observant you are.

Direction: Copy the Facstorming Web diagram below on a separate sheet of paper.

1. Fill in this **Facstorming Web** with the negative effects of cigarette smoking and the place where they can be acquired.



2. After knowing the harmful chemicals and diseases that people can get from inhaling cigarettes, do you think it is important for people who don't smoke to stand up for their rights? Why?
3. The world today is facing a pandemic brought by corona virus 2019. How will you motivate your parents or friend to stop smoking?



Checking the Target

Multiple Choice. Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. Which of the following is a harmful substance found in cigarette?
 - a. Glycol
 - b. triclosan
 - c. acetaldehyde
 - d. arsenic

2. Carbon monoxide is one of the harmful substances in cigarette. What does carbon monoxide do to our body?
 - a. It poisons the body by replacing oxygen carried by the blood in the bloodstream
 - b. It mixes with carbon dioxide in the arteries and is released as waste.
 - c. It inhibits the coagulation of blood plasma and hastens blood flow.
 - d. It controls build-up of plaque in blood arteries.
3. Why is cigarette smoking harmful to us?
 - a. It makes us sleepy and hungry.
 - b. It affects our sense of smell and excretory activities.
 - c. It increases our chance of having cardiovascular diseases.
 - d. It decreases our anxiety and restlessness.
4. How does smoking cigarette affect our respiratory system?
 - a. Cigarette butts clogged our respiratory system.
 - b. Cigarette smoking decreases the strength of the lower esophageal sphincter.
 - c. Smoking cigarette decreases the number of small blood vessels that carry oxygen.
 - d. Smoke contains carcinogens which causes cancer of the lungs.
5. Which of these are long term diseases that a person could get from smoking?
 - a. Increase heart rate and bad breath
 - b. Asthma and emphysema
 - c. Cough and increased blood pressure
 - d. Stroke and heart attack
6. How does cigarette smoking endanger the circulatory system?
 - a. The chemicals in cigarette damage the function of the heart and blood vessels.
 - b. The carcinogens that a cigarette contain increase the flow of blood in the arteries.
 - c. The nicotine and carbon monoxide in cigarettes enlarge the blood vessels allowing blood to flow freely.
 - d. The harmful substances in cigarette destroys brain cells resulting to heart attack.
7. Which disease involving the respiratory system can a person acquire if he is addicted to smoking cigarette?
 - a. Atherosclerosis and stroke
 - b. Increased heart rate and blood pressure
 - c. Chronic bronchitis and lung cancer
 - d. Cardiovascular disease and heart failure
8. Cigarette smoking is one of the leading causes of death in the world today. Which circulatory disease below is attributed to it?
 - a. Chronic Obstructive Pulmonary Diseases
 - b. Stroke and Atherosclerosis
 - c. Pneumonia and Asthma
 - d. Corona Virus 2019 (Covid-19) and Severe Acute Respiratory Syndrome (SARS)

9. Pneumonia is a common respiratory disease in our community that often leads to a person's death if medical attention is not immediately applied. How does cigarette smoking trigger the development of this disease?
 - a. Its chemical content infects and invades the blood vessels, decreasing oxygen in the body that results to pneumonia.
 - b. It destroys the airways of the lungs allowing pus to form that leads to pneumonia.
 - c. It damages the bronchial tubes causing them to swell and develop microbes that triggers pneumonia.
 - d. It weakens the body's immune system making it susceptible to bacteria and viruses that cause pneumonia.
10. Cigarette is known to contain chemicals that are toxic and carcinogenic. Inhaling it increases the risk of getting lung cancer and other respiratory and circulatory illnesses. A person who simply could not stop smoking has a high risk of contracting which group of diseases?
 - a. Covid-19, SARS, coronary heart disease and tuberculosis
 - b. stroke, chicken pox, HIV and chronic bronchitis
 - c. emphysema, arteriosclerosis, increased blood pressure and asthma
 - d. measles, AIDS, mumps and cardiovascular diseases



Enriching the Skill

Have you heard somebody say “Health is wealth?”. Do you agree with this saying? Share us your thoughts by answering this **Decision Chart**. Enumerate reasons why you agree or disagree with the issue cited in the box.

Smoking is Dangerous to Our Health	
Agree	Disagree



Trying the Challenge

Direction: Put a (✓) mark before the statement that describes ways to prevent diseases and an (x) mark before those that show otherwise.

- _____ 1. Mark likes to watch movies and sleep late at night.
- _____ 2. Assay visits her doctor regularly.
- _____ 3. May works so hard and has no time for fun and recreational activities.
- _____ 4. Agnes exercises every morning to remain fit.
- _____ 5. Keith loves to eat noodles and potato chips.
- _____ 6. Christopher drinks 6-8 glasses of water every day.
- _____ 7. Emie enjoys eating vegetables and fruits.
- _____ 8. Tin takes a bath every day.
- _____ 9. Clyd brushes his teeth after eating.
- _____ 10. Donnie smokes cigarettes and indulges in drinking spree.
- _____ 11. Mary regularly trims her nails.
- _____ 12. Robert takes drugs and alcohol.
- _____ 13. Marlo covers his mouth every time he sneezes.
- _____ 14. Dionne changes her bed sheets and pillow cases once a month.
- _____ 15. Elinore burns garbage frequently to dispose them.



Detecting, Preventing and Treating Diseases of the Respiratory and Circulatory Systems

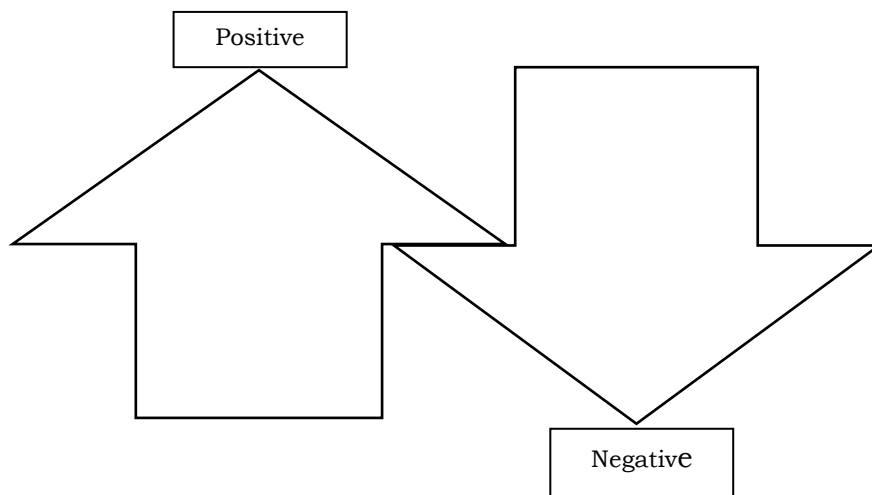
Have you been sick lately? What were the signs and symptoms of your illness? Why did you get sick? Did you forget to practice good health habits?

The leading causes of death around the world are diseases affecting the respiratory and circulatory systems. However, they can be prevented by living a healthy lifestyle. Circulatory and respiratory diseases begin to develop with unhealthy living. Symptoms of these illnesses must be given immediate attention and proper treatment. Learn more about this topic by carrying the next task.



Connecting to the Past

Direction: Let's see what you learned from your previous lesson. Here is a **Positive-Negative Chart**. Fill this in with the right words or phrases from the box below it.



- | | |
|-------------------------|----------------------------|
| 1. Smoking cigarette | 6. Eating iron-rich foods |
| 2. COPD | 7. Burning plastics |
| 3. Brushing teeth | 8. Drinking liquors |
| 4. Sleeping 8 hours/day | 9. Taking prohibited drugs |
| 5. Wearing mask | 10. Daily morning jog |



Gearing Up to Start

Here are pictures for you to start this lesson. Describe each picture and tell whether it is a positive or negative life habit.



1. A girl drinking water.

Answer: _____

Photo credit: <https://www.wellwithinbeauty.com/blogs/volume-8/positive-practices-for-a-healthy-lifestyle>



2. Lady in a beach.

Answer: _____

Photo credit: <http://www.housefellowship.org/tips-for-a-positive-lifestyle/>



3. Man eating burger and fries.

Answer: _____

Photo credit: <https://www.health24.com/News/Public-Health/Medical-practitioners-make-unhealthy-lifestyle-choices-20151026>



4. A man who smokes and drinks beer.

Answer: _____

Photo credit: <https://www.medicaldaily.com/unhealthy-lifestyle-may-not-affect-sperm-count-240800>



5. A man who eats variety of foods.

Answer: _____

Photo credit: <https://www.eehealth.org/blog/2020/02/healthaware-risk-assessments/#>



Hitting the Target

Several lifestyle choices can affect a person's risk for developing respiratory and circulatory diseases. Negative lifestyle weakens the immune system and can cause various diseases while healthy lifestyle leads to complete wellness.

The best way to prevent diseases of the two body systems is to have a healthy lifestyle. This includes balanced diet, regular exercise, adequate rest, proper hygiene and avoiding stressful environments and vices such as cigarette smoking and alcohol drinking.

The diseases of the respiratory and circulatory systems can be detected easily with regular visits to a doctor and physical screening.



Strengthening the Gap

Activity 1. Let's play this “**Four-pics - One Word**” game.

Direction: Use your analytical thinking in answering each set of puzzles. All four pictures in each given set depict negative ways of living. They are connected by one common word that indicates the effect of one's lifestyle on the functioning of the respiratory and circulatory systems. The expected answers are illnesses that are brought about by the negative lifestyles.

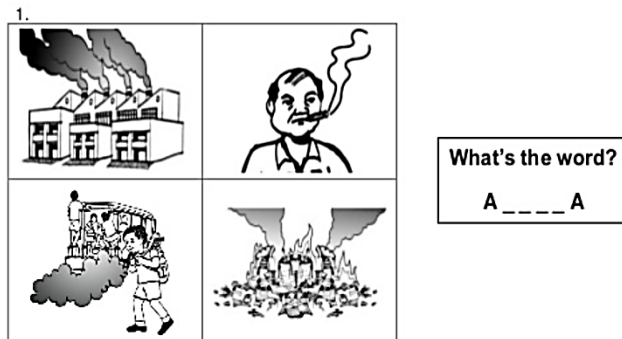


Photo credit: <https://www.slideshare.net/mmchiann/sci9-u1-m1-lm-v10-36918635>



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Photo credit: <https://www.slideshare.net/mmchiann/sci9-u1-m1-lm-v10-36918635>

Activity 2. Brainstorming

Direction: Think of healthy lifestyles that would lead to the desired word in the box which are related to the respiratory and circulatory systems.

1. _____



Covid free

2. _____



Cancer free
lungs

3. _____



Healthy heart

Think of unhealthy lifestyles that would cause the following diseases to occur.

4. _____



Tuberculosis

5. _____



Coronary Heart
Disease



Wrapping Up to Go

Supply the missing words in the sentence.

I learned that respiratory and circulatory diseases are developed when one has an _____ lifestyle. _____ lifestyle weakens the immune system causing respiratory and circulatory diseases.

The best way to prevent diseases of the respiratory and circulatory system is to have a _____ lifestyle. One way of living a healthy lifestyle is to eat a _____. Diseases of the respiratory and circulatory systems can be detected by having a regular _____.



Relating to Real Life

Reflection Box. Think about your own health. Are there negative lifestyles that you do? How will you change them? Give 2 answers by writing it on a separate sheet of paper.

My Unhealthy Lifestyle	→	What I will Do to Change and Avoid Diseases
------------------------	---	---



Checking the Target

Multiple Choice. Choose the letter of the best answer. Write your answer on a separate sheet of paper.

1. Which one is the best way to prevent diseases of the respiratory and circulatory systems?
 - a. Staying at home whole day
 - b. Having a healthy lifestyle
 - c. Watching tiktok 24/7
 - d. Wearing mask all the time

2. Health habits contribute to good health. Which one is considered a good health habit?
 - a. Drinking water from the faucet using hands
 - b. Recycling water for bathroom use
 - c. Consulting a doctor only when necessary
 - d. Washing hands before and after eating

3. Which of these is a negative lifestyle that should be avoided to prevent respiratory and circulatory diseases?
 - a. Seeing a doctor regularly
 - b. Taking a bath after doing strenuous activities
 - c. Wearing mask when going to public places
 - d. Avoiding vices and polluted environment
4. Which statement best explains how lifestyle can affect the functioning of the respiratory and circulatory systems?
 - a. Negative lifestyle can strengthen the respiratory and circulatory systems.
 - b. Healthy lifestyle can weaken the respiratory and circulatory systems.
 - c. A person's lifestyle can either strengthen or weaken the respiratory and circulatory systems.
 - d. Unhealthy lifestyle can change the functioning of the respiratory and circulatory systems.
5. How can circulatory and respiratory diseases be detected easily?
 - a. By close observation and monitoring of the patient
 - b. By physical examination of the patient's parent
 - c. By physical screening and regular check-up of a doctor
 - d. By mere observation of a patient's friend
6. What might happen if a person goes on with his unhealthy lifestyle?
 - a. His respiratory and circulatory systems are not affected
 - b. Various diseases affecting the respiratory and circulatory systems might begin to develop
 - c. The person will be very happy and satisfied with his unhealthy lifestyle
 - d. He will live longer and become healthier.
7. To have a healthy lifestyle and be free from respiratory and circulatory diseases, which of these should you avoid?
 - a. Eating unhealthy foods
 - b. Getting enough rest and relaxation
 - c. stress free environment
 - d. practicing personal hygiene
8. Asthma is a common respiratory disease in our country. Which unhealthy habit can cause it to occur?
 - a. Drinking alcohol and liquors
 - b. Eating hamburgers and junk foods
 - c. Smoking cigarette
 - d. Sleeping late at night
9. Increase in blood pressure happens when one does not practice good health habits. Which negative lifestyle results to this circulatory disease?
 - a. Exposure to smoke belching vehicles without mask
 - b. Taking prohibited drugs
 - c. Prolonged use of computer and cellphones
 - d. Eating fatty foods and drinking alcohol
10. Why is having a healthy lifestyle important?
 - a. It can lessen death all over the world
 - b. It can detect diseases of the respiratory and circulatory systems
 - c. It can help decrease population explosion
 - d. It can lead to complete wellness



Enriching the Skill

Direction: On a separate sheet of paper, make a chart showing diseases that can affect the respiratory and circulatory systems and their prevention, detection and treatment. Follow the sample below.

Diseases of the Respiratory System			
Disease	Prevention	Detection	Treatment
Diseases of the Circulatory System			
Disease	Prevention	Detection	Treatment



Finding the Score

Lesson 1

<p>Strengthening the Gap</p> <p>(Activity 2)</p> <p>Compartment 3- Cigarette smoking causes lung cancer and other respiratory illnesses. Compartment 4- Cigarette contains carbon monoxide that decreases oxygen supply in our body. (sample answers only)</p>	<p>Strengthening the Gap</p> <p>(Activity 2)</p> <p>Answers may vary. Compartment 1-cigarette contains chemicals that are toxic to the different parts of the respiratory and circulatory system. Compartment 2- Cigarette smoking harms the heart and blood cells that lead to cardiovascular disease</p>	<p>Strengthening the Gap</p> <p>(Activity 1)</p> <p>A. cause: cigarette smoking Negative effects: asthma, cough, colds, tuberculosis, lung cancer, pneumonia, chronic bronchitis, emphysema Affected Body System: Respiratory system</p>	<p>Gearing Up to Start (Activity 1)</p> <p>(Answers may vary)</p> <p>Circulatory System: Increased heart rate Increased blood pressure Coronary heart disease Stroke or vascular diseases</p>
<p>Strengthening the Gap</p> <p>(Activity 1)</p> <p>A. cause: cigarette smoking Negative effects: increased heart rate, increased blood pressure, coronary heart disease, arteriosclerosis, vascular disease Affected Body System: Circulatory system</p>	<p>Gearing Up to Start (Activity 2)</p> <p>(Answers may vary)</p> <p>The person is smoking in the picture and a glass of water is poured onto the lighted cigarette. Yes, I agree. Smoking cigarette is dangerous to our health so it should be banned.</p>	<p>Gearing Up to Start (Activity 1)</p> <p>(Answers may vary)</p> <p>Respiratory System: Asthma Bronchitis Emphysema Tuberculosis Pneumonia Lung cancer Colds Cough</p>	<p>Trying the Challenge</p> <p>1. Nicotine 2. Illnesses 3. Emphysema 4. Blood pressure 5. Chronic bronchitis 6. Atherosclerosis 7. Pneumonia 8. Cough 9. Tuberculosis 10. Lung cancer</p>
<p>Connecting to the Past</p> <p>Answers may vary. Sample Answer: The heart (picture 1) and the respiratory system (picture 2) are affected by cigarette smoking (picture 5) that leads to respiratory and circulatory diseases (pictures 3 and 4).</p>			

<p>(sample answers only)</p> <p>Wrapping Up to Go</p> <p>15. The respiratory and circulatory systems can be affected by harmful substances from cigarette.</p>	<p>(sample answers only)</p> <p>Wrapping Up to Go</p> <p>8-10. It may also cause many illnesses in the respiratory system such as lung cancer, emphysema and chronic bronchitis.</p> <p>11-12. Stroke and coronary heart disease are just one of the many diseases caused by cigarette smoking in the circulatory system.</p> <p>13-14. Harmful substances in a cigarette can lead to two forms of chronic obstructive pulmonary disease such as emphysema and bronchitis.</p>	<p>(sample answers only)</p> <p>Wrapping Up to Go</p> <p>1. I learned that a cigarette is something that will make you sick.</p> <p>2. It contains chemicals that are harmful to the body.</p> <p>3-4. A person who smoke inhale or exhale fumes of burning substance.</p> <p>5-6. Cigarette smoking primarily affects the respiratory and circulatory systems.</p> <p>7. It badly increases our chance of contracting diseases.</p>
<p>Answers may vary.</p> <p>2. Yes, it is important. Standing up for what is right about cigarette smoking delivers a person away from diseases. He can work well if he is not sick.</p> <p>3. I will explain to them the harmful substances and diseases they can get if they will not stop smoking as well as the importance of being healthy.</p> <p>Relating to Real Life</p>	<p>(sample answers only)</p> <p>1. Negative Effect: Tuberculosis</p> <p>Areas where it can be acquired: Marketplace</p> <p>Dirty kitchens and restaurant</p> <p>Negative Effect: Cough</p> <p>Area where it can be acquired: Hospitals, marketplace, clubs</p> <p>Relating to Real Life</p>	<p>1. 1.D 2. 2.A 3. C 4. D 5. B 6. A 7. C 8. B 9. D 10. C</p> <p>Checking the Target</p>
<p>Enriching the Skill</p> <p>Answers may vary. (expect more answers on the agree side)</p> <p>Agree: smoking is dangerous to our health because it destroys the blood cells leading to many diseases.</p> <p>Disagree: smoking is not dangerous to our health if done occasionally just to boost the appetite.</p>		

Lesson 2

<p>Sample answer only.</p> <p>1. The girl is drinking water.</p> <p>Positive habit</p> <p>2. The lady is exercising. Positive habit</p> <p>3. The man is eating a big burger. Negative habit</p> <p>4. The man is smoking and drinking. Negative habit</p> <p>5. The man eats a lot of food. Negative habit</p> <p>Gearing Up to Start</p>	<p>Positive:</p> <p>Brushing teeth</p> <p>Sleeping 8 hours/day</p> <p>Wearing mask</p> <p>Eating iron-rich foods</p> <p>Daily morning jog</p> <p>Negative:</p> <p>Smoking cigarette</p> <p>COPD</p> <p>Burning plastics</p> <p>Drinking liquor</p> <p>Taking prohibited drugs</p> <p>Connecting to the Past</p>	<p>1. x 2. ✓ 3. x 4. ✓ 5. x 6. ✓ 7. ✓ 8. ✓ 9. ✓ 10. x 11. ✓ 12. x 13. ✓ 14. x 15. x</p> <p>Trying the Challenge</p>
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<div>Enriching the Skill</div> <div>Sample Answer only:</div> <table><tr><th colspan="4">Diseases of the Respiratory System</th></tr><tr><th>Disease</th><th>Prevention</th><th>Detection</th><th>Treatment</th></tr><tr><td>Asthma</td><td>Avoid exposure to asthma causing substances</td><td>Consult a doctor when you experience symptoms</td><td>Warm drink or inhalation of vapor or see a doctor for prescriptions</td></tr></table>		Diseases of the Respiratory System				Disease	Prevention	Detection	Treatment	Asthma	Avoid exposure to asthma causing substances	Consult a doctor when you experience symptoms	Warm drink or inhalation of vapor or see a doctor for prescriptions	<div>Wrapping Up to Go</div> <div><div>1. Unhealthy</div><div>2. Negative/unhealthy</div><div>3. Healthy</div><div>4. Balanced diet</div><div>5. Check-up</div></div>
Diseases of the Respiratory System														
Disease	Prevention	Detection	Treatment											
Asthma	Avoid exposure to asthma causing substances	Consult a doctor when you experience symptoms	Warm drink or inhalation of vapor or see a doctor for prescriptions											
<div>Strengthening the Gap</div> <div><div>Activity 1</div><div>1. ASTHMA</div><div>2. HYPERTENSION</div><div>3. ANEMIA</div></div> <div><div>Activity 2</div><div>Sample Answer only:</div><div>1. Wear a mask</div><div>2. Eat a balanced diet</div><div>3. Exercise regularly</div><div>4. Smoking cigarette</div><div>5. Eating fatty foods/junkfoods</div></div> <div>Checking the Target</div> <div><div>1. B</div><div>2. D</div><div>3. B</div><div>4. C</div><div>5. C</div><div>6. B</div><div>7. A</div><div>8. C</div><div>9. D</div><div>10. D</div></div>														
<div>Relating to Real Life</div> <div>Sample Answer Only:</div> <div>Unhealthy Lifestyle I Do:</div> <div>Smoking Cigarette and Drinking Liquor</div> <div>What Will I Do to Change:</div> <div>I will gradually stop smoking cigarette and drinking liquor. I will focus on eating healthy foods.</div>														

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Lesson 1

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 Science Teacher's Guide pp.13-19

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Science 9 - Quarter 1- Module 2: Week 2
Answer Sheet

Lesson 1:

Name: _____ Date: _____

Grade and Section: _____ Score: _____



Trying the Challenge

- | | | |
|----|-----|-----|
| 1. | 6. | 11. |
| 2. | 7. | 12. |
| 3. | 8. | 13. |
| 4. | 9. | 14. |
| 5. | 10. | 15. |



Connecting to the Past



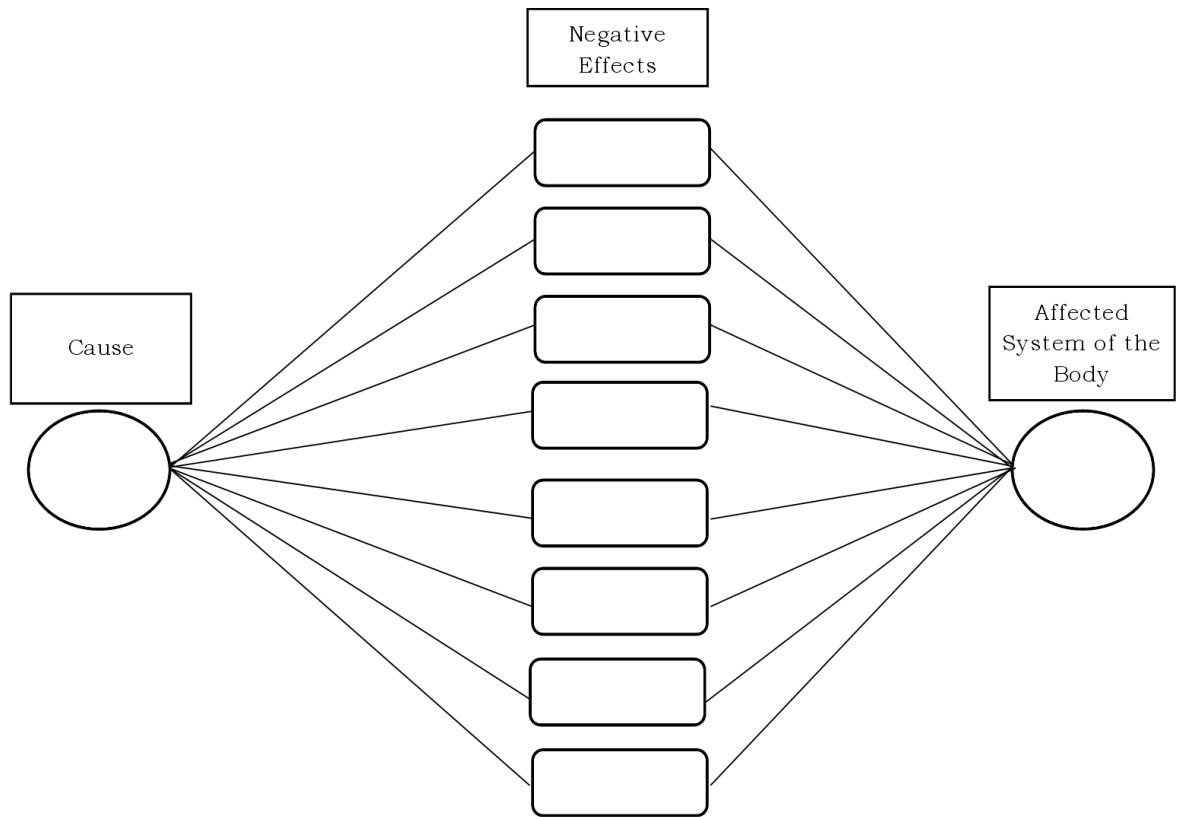
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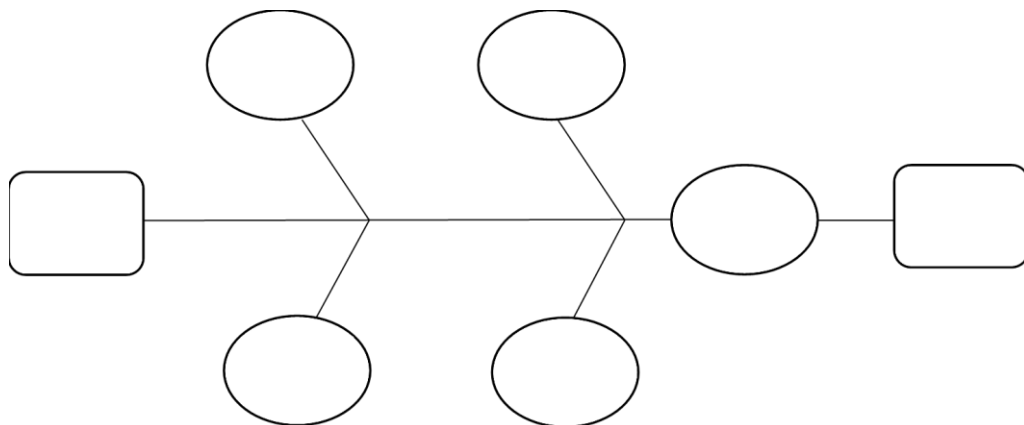
Gearing Up to Start (Activity 2)



Strengthening the Grasp (Activity 1)

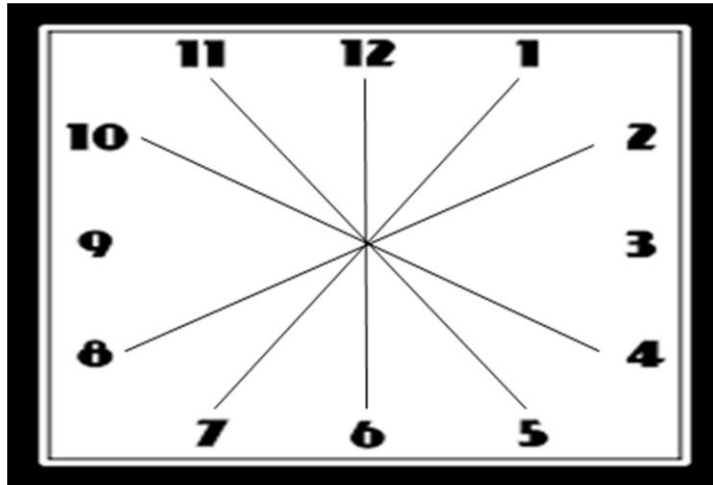


Strengthening the Grasp (Activity 1)





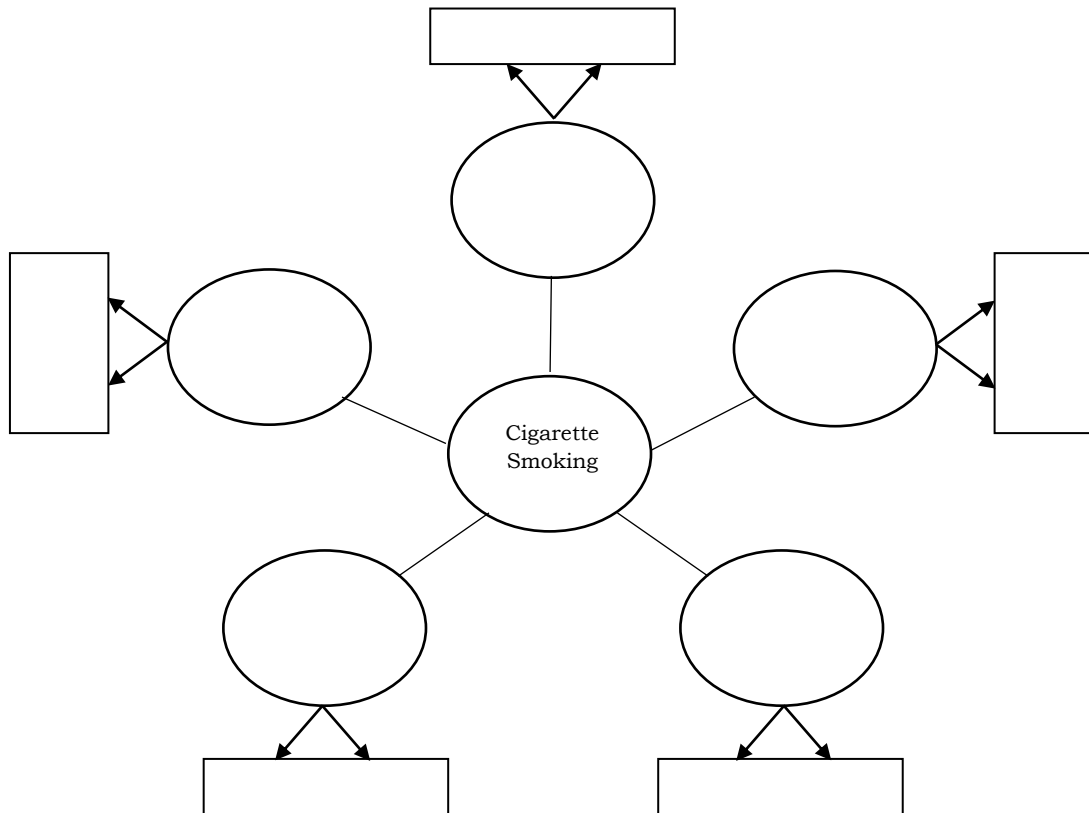
Strengthening the Grasp (Activity 2)



Wrapping Up to Go



Relating to Real Life



Checking the Target

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |



Enriching the Skill

Smoking is Dangerous to Our Health

Agree

Disagree

Answer Sheet

Science (Grade 9)- Quarter 1- Module 2: Week 2

Lesson 2

Name: _____ Date: _____

Grade and Section: _____ Score: _____

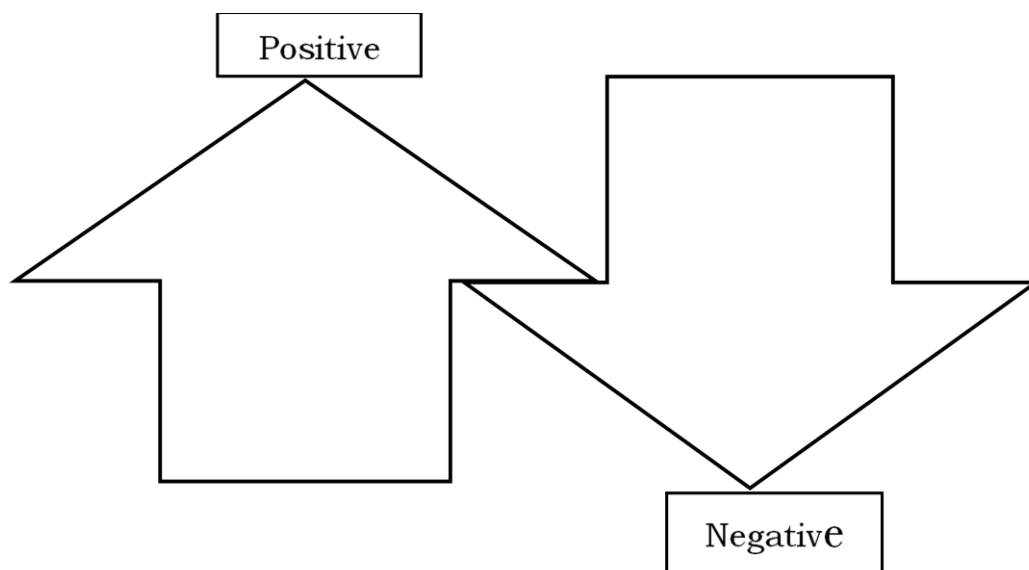


Trying the Challenge

- | | | |
|----|-----|-----|
| 1. | 6. | 11. |
| 2. | 7. | 12. |
| 3. | 8. | 13. |
| 4. | 9. | 14. |
| 5. | 10. | 15. |



Connecting to the Past



Gearing Up to Start



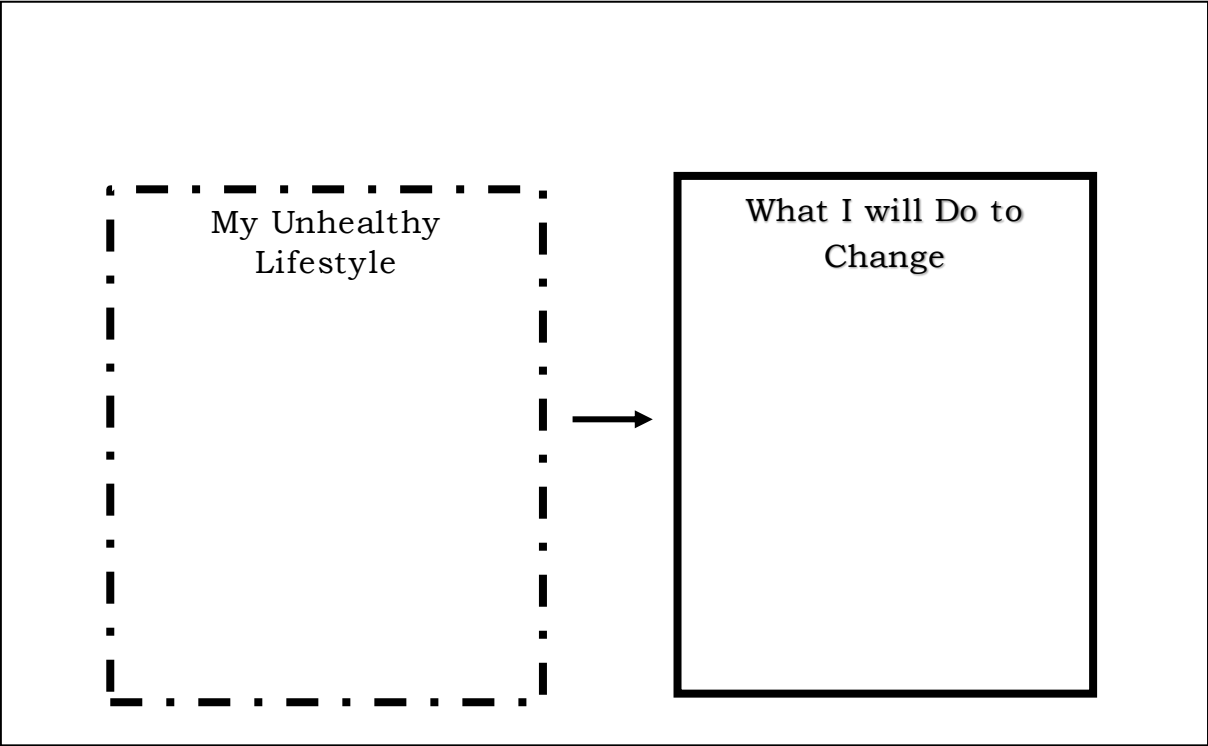
Strengthening the Grasp (Activity 1)



Strengthening the Grasp (Activity 2)



Wrapping Up to Go



A large, empty rectangular box with a solid border, intended for writing or drawing.