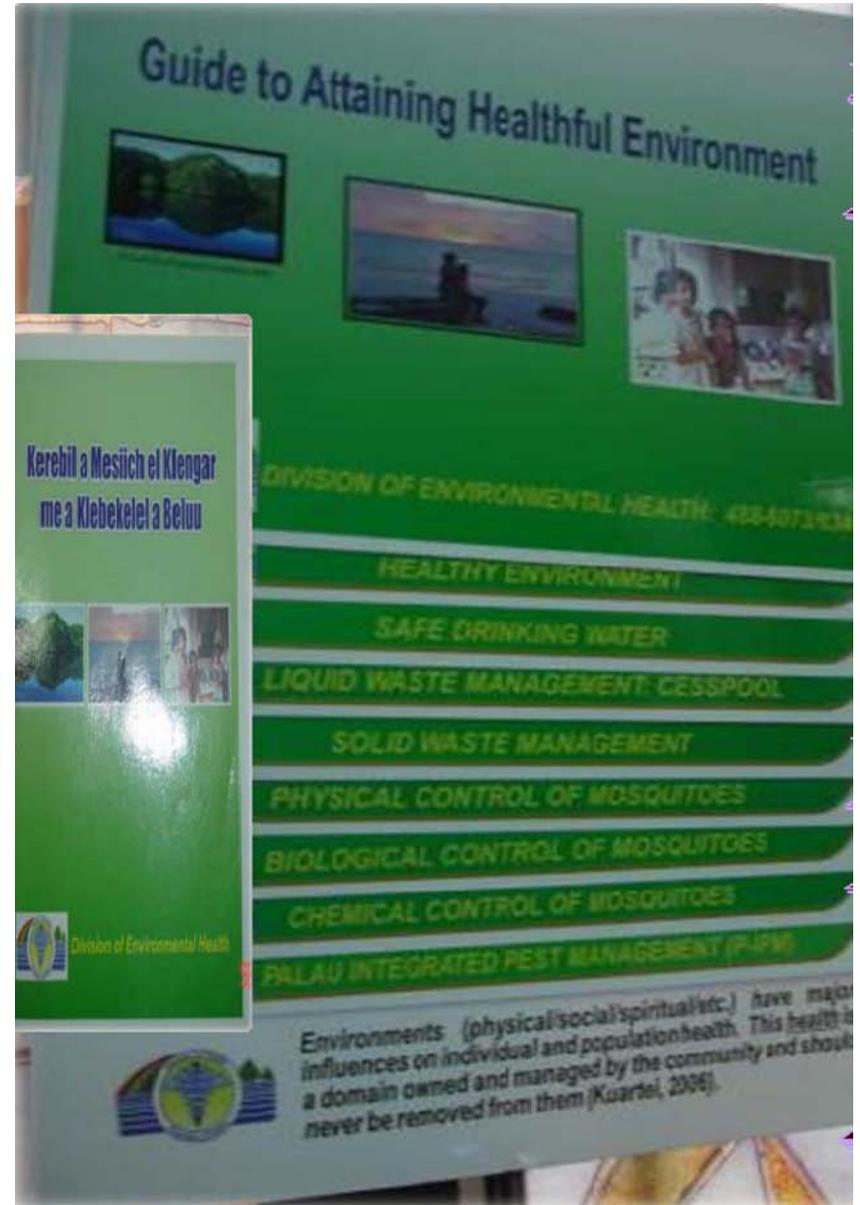


# Guide to Attaining Healthful Environment

## Teacher's Manual



# Healthy Environment

Study the picture below. Circle areas that you believe to be “unhealthy” areas that could contribute to vector-borne disease and illnesses.



# Healthy Environment

In the space below, Draw your own picture of what you think a healthy home should look like.

House with some of the items below:

- Elevated Trash bins with tight -fitting lids.
- Water Tanks with tight -fitting lids.
- Yard with cut grass/ maintained lawn.
- Outside sink with proper Cesspit for wastewater.
- Yard without trash piles and/or open containers with water

# HEALTHY ENVIRONMENT

## Worksheet 3

Use the table below to create a Healthy Environment Checklist (An example has been provided in the first row.)

#	Item Description	Y/N
1	Covered trashcan	Y
	The answers can be the ones listed on first	
	Worksheet (above) or any environmental	
	factors that <b>prevent or eliminate</b> survival	
	of <b>vectors</b> and spread of <b>diseases</b> .	

# Safe Drinking Water

## Worksheet 1

Use the space provided below to draw one picture of a glass of untreated water and one picture of a glass of treated, safe drinking water.

### Treated Water

- No Color (Clear)
- No Smell
- No Taste
- No Bacteria

### Untreated Water

- Colored (Not Clear)
- Smell bad
- Taste bad
- Have Bacteria

# Safe Drinking Water

## Worksheet 1

In the space provided below, describe the differences between treated water and untreated water.

Treated Water

Untreated Water

Can use list across to  
differentiate treated and  
untreated water

# Safe Drinking Water Worksheet 3

## True or False?

Using the information you have just learned about safe drinking water and the ways we can make sure that our water is safe to drink, decide whether each of the statements below is true or false. Read the statement, then on the line provided, write a T for True or F for False.

1.   F   Water is NOT essential for human survival.
2.   F   Everyone on earth has safe water to drink.
3.   T   If a person drinks water that has harmful bacteria in it, they can become sick.
4.   T   Pests like to live and breed close to or directly on standing water.
5.   F   Saltwater or ocean water is safe to drink.
6.   T   75% of the Earth is covered with water.
7.   T   Catchment tanks should be covered.
8.   T   Safe drinking water is free of harmful bacteria, viruses and parasites.
9.   F   Soap can be used to treat water to make it safe for drinking.
10.   T   The Division of Environmental Health can test your water to see if it is safe to drink.



# Liquid Waste Management

## Worksheet 2

In the space below, Draw a picture of your cesspit and how it should look outside your home. Make sure to include your house and the cesspit in the picture.

Can be a picture of a house with a cesspit or cesspool that has a covering and it should be under ground.



# Solid Waste Management

## Worksheet 1

**The statements below are out of order. Read them and then put them in correct order by numbering them 1-5. 1 should come first and 5 last.**

- \_\_5\_\_** Trash is taken to a public dump site.
- \_\_1\_\_** Humans produce trash.
- \_\_2\_\_** Trash is segregated into 4 categories: paper, plastic, aluminum and other.
- \_\_3\_\_** Trash is disposed of in a designated bin.
- \_\_4\_\_** Trash is placed in a covered, elevated bin outside while it waits to be taken to the dump site.

# Physical Control of Mosquitoes

## Worksheet 1

### Word Scramble

*Put the letters in the right order to complete the sentence.*

1. Mosquitoes can infect people with the \_\_\_\_DENGUE\_\_\_\_ fever virus.  
UENEGD
2. One way to stop mosquitoes is through \_\_\_\_PHYSICAL\_\_\_\_ control.  
LAHPYICS
3. Dengue fever is common in \_\_\_\_TROPICAL\_\_\_\_ areas.  
RPOICTLA
4. \_\_\_\_FEMALE\_\_\_\_ mosquitoes feed on blood.  
EEMLAF
5. Mosquitoes lay their eggs in or around \_\_\_\_WATER\_\_\_\_.  
TREW
6. To keep mosquitoes out of your house makes sure all door and window screens are \_\_\_\_REPAIRED\_\_\_\_.  
DEPERIAR
7. \_\_DISCARD\_ old tires and unused containers properly at public dumps.  
CISDDAR
8. Stay \_\_\_\_\_ at dusk and dawn when mosquitoes are active.  
EDSNII
9. Male mosquitoes eat only \_\_NECTAR\_\_\_\_.  
CTARNE
10. Wear \_\_\_\_LIGHT\_\_\_\_ colored clothing.  
TGILH

# Biological Control of Mosquitoes

## Worksheet 1

In the space provided below draw a picture of a plant, insect or animal that can be used as a biological control to stop mosquitoes.

Can be pictures  
of Coconuts or  
Lemon grass.

Can be pictures  
of Birds or Bats.

Can be pictures  
of Fish or Dragon  
flies.

# Chemical Control of Mosquitoes

Read the statements in the left column and match them with the correct word in the right column.

**\_\_C\_\_** Chemical product designed to keep mosquitoes off people.

**\_\_F\_\_** The use of natural processes and remedies to control mosquitoes.

**\_\_G\_\_** Chemical used to keep mosquitoes off of indoor surfaces.

**\_\_A\_\_** Disease spread by Mosquitoes.

**\_\_B\_\_** Controlling mosquitoes by keeping them off and away from your body.

**\_\_D\_\_** Chemical mosquito control that can only be sprayed by professionals.

**\_\_E\_\_** Natural oil that can be used to repel mosquitoes.

**\_\_H\_\_** Natural plant that can be applied to skin to repel mosquitoes.

**A.** Dengue Fever Virus

**B.** Physical Control of Mosquitoes

**C.** Repellent

**D.** Aerial Pesticides

**E.** Coconut

**F.** Biological Control of Mosquitoes

**G.** Insecticide

**H.** Lemongrass

# Integrated Pest Management

## Worksheet 1

Draw a picture of an environment that has all of the requirements for survival that a rat would need. Then circle the things in the picture that are required for rats to survive in the environment.

Can be picture of a house with food waste scattered, open containers with water and piles of junks or trash in the yard

# Integrated Pest Management

## Worksheet 2

Now, re-draw the picture after eliminating all of the required survival tools for the rat. This will help show how to maintain good pest management. After you are done drawing, share your drawing with the class and discuss good ways to keep environments clean to reduce pest problems.

Can be picture of a house without scattered food waste , with tightly covered water containers and junks or trash in the trash containers with tight-fitting lids.

# Final Evaluation

NAME \_\_\_\_\_ DATE \_\_\_\_\_

Read the definitions in the left column. Then match the definition with the correct vocabulary word by writing the letter in the space provided.

- |  |                      |
|--|----------------------|
| 1. __C_ an impairment of health  | A. Essential         |
| 2. __F_ the area or environment where<br>an organism normally lives                                      | B. Parasite          |
| 3. __A_ absolutely necessary   | C. Disease           |
| 4. __G_<br>surviving; remaining alive  | D. Toxic             |
| 5. __B_ an animal or plant that lives on another<br>animal or plant without giving anything<br>in return | E. Vector            |
| 6. __J_ living in a city or town   | F. Habitat           |
| 7. __I_ to get rid of something; throw away  | G. Survival          |
| 8. __D_<br>destructive, or deadly  | Harmful,<br>H. Rural |
| 9. __E_ An organism that carries disease<br>causing microorganisms                                       | I. Dispose           |
| 10. __H_ Country life  | J. Urban             |

# Final Evaluation

Read the following statements and decide if they are True or False.

Put a T in space provided if you think the statement is T or an F if you think it is False.

1.  T  F Many diseases and illnesses can be prevented by eliminating environment related risk-factors.
2.  F  T We do not have to worry about disease-carrying pests in Palau.
3.  T  F Pests, like humans, need food, water, and shelter to survive.
4.  F  T All water is safe to drink.
5.  T  F 75% of the Earth's surface is covered with water.
6.  T  F 66% of the human body is made up of water.
7.  F  T Humans do not need water to survive.
8.  T  F Liquid waste is water that has been used for cleaning, washing or sewage produced by people or animals.
9.  T  F Each person on earth produces an average of 4.3 pounds of trash every day.
10.  T  F You can earn money by recycling aluminum cans.
11.  F  T You can throw your trash wherever you feel like it.
12.  T  F Having screens on doors and windows helps keep mosquitoes out your home.
13.  F  T You cannot get Dengue fever from mosquitoes.
14.  T  F Rats can carry diseases that can infect humans.
15.  F  T Insecticides can be used to keep rats out of your house.

# Final Evaluation

In your own words, describe what you think a “Healthy Environment” is and why it is important.