



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

"So what does this bird sickness have to do with me? I don't even own a pet bird!" Although bird flu (also called avian flu) is not currently being spread from human to human, it's important to understand the potential for this virus to mutate and become dangerous to humans. The following discussion questions and activities will help your students to learn the facts and what they can do to protect themselves.

## Related KidsHealth Links

### Articles for Kids:

#### Bird Flu (Avian Flu)

[KidsHealth.org/kid/health\\_problems/infection/bird\\_flu.html](http://KidsHealth.org/kid/health_problems/infection/bird_flu.html)

#### Inside the Avian Flu (Movie)

[KidsHealth.org/misc/movie/parent/avianflu/index.html](http://KidsHealth.org/misc/movie/parent/avianflu/index.html)

#### Why Do I Need to Wash My Hands?

[KidsHealth.org/kid/talk/qa/wash\\_hands.html](http://KidsHealth.org/kid/talk/qa/wash_hands.html)

#### What Are Germs?

[KidsHealth.org/kid/talk/qa/germs.html](http://KidsHealth.org/kid/talk/qa/germs.html)

### Articles for Teens:

#### Bird Flu (Avian Flu)

[KidsHealth.org/teen/infections/colds\\_and\\_flu/bird\\_flu.html](http://KidsHealth.org/teen/infections/colds_and_flu/bird_flu.html)

#### Inside the Avian Flu (Movie)

[KidsHealth.org/misc/movie/parent/avianflu/index.html](http://KidsHealth.org/misc/movie/parent/avianflu/index.html)

#### Hand Washing

[KidsHealth.org/teen/your\\_body/skin\\_stuff/handwashing.html](http://KidsHealth.org/teen/your_body/skin_stuff/handwashing.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What do you know about bird flu? How does the virus spread? Can people catch it? How?
2. Do you think bird flu will become a concern in the United States? Why or why not?
3. Not many people have caught bird flu yet, but it has the potential for becoming a serious illness. What can you do to protect yourself?
4. No vaccine exists for bird flu. Why are scientists working so hard on a vaccine? What do vaccines do?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Flu-Free Travel

#### Objectives:

Students will:

- Learn about bird flu
- Develop safety practices for visiting a country that has had a bird flu outbreak

#### Materials:

- Computer with Internet access
- Flu-Free Travel Guide handout (available at: [KidsHealth.org/classroom/6to8/problems/conditions/bird\\_flu\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/bird_flu_handout1.pdf))
- Art supplies (colored pencils, crayons, markers)

#### Class Time:

45 minutes

#### Activity:

You bought new luggage, got your passport, and booked your flight. But what's this? The country you're supposed to visit has had an outbreak of ... bird flu? Big deal, a bird virus can't make you sick. Or can it? Check out articles at KidsHealth, the Centers for Disease Control and Prevention, and the World Health Organization to find out more about protecting yourself from bird flu when traveling. Using this information, design a guide for fellow travelers who are visiting countries that have had outbreaks of bird flu. You can use the Flu-Free Travel Guide handout as a template for your guide. Your guide should include suggestions for what a traveler can do before, during, and after a trip to ensure a safe and healthy experience. Have fun flying the flu-free skies!

#### Extensions:

1. As you surf the Web looking for information about bird flu, you come across a company that sells a pill it claims will prevent you from getting the virus. Would you take this medication before traveling? Why or why not? How could you safely determine if the pill really does what it says it does?
2. During your trip, a member of your tour group teases you for always pulling out your hand sanitizer. Role-play a conversation in which you provide reasons for why you think hand washing is important, especially in a country that has had an outbreak of bird flu.
3. Your tour guide wants to make a stop at what she says is "a lovely little farm just off the beaten path." You protest this departure from the approved travel itinerary due to your concerns about bird flu. Write an entry in your travel journal that records how your conversation with the tour guide went, what evidence and facts you provided to back up your concerns, and the result of your protest.



## Poultry Public Relations

### Objectives:

Students will:

- Learn about bird flu
- Investigate food safety procedures for preparing and eating poultry

### Materials:

- Computer with Internet access
- Word processing program, or pen and paper

### Class Time:

45 minutes

### Activity:

Old MacDonald had an ... image makeover?! A national association of poultry farmers is concerned because they think the threat of bird flu may prompt people to stop eating poultry. They've hired you to design a series of ads to improve their image in the face of a worldwide avian flu outbreak. Before you get started, do some research at KidsHealth, the Centers for Disease Control and Prevention, and the World Health Organization to find out more about bird flu and how to safely prepare and eat poultry. Then design a newspaper, TV, or radio ad to convince people that it's safe to continue eating poultry. In the ad, the poultry farmers want you to focus on food safety precautions that reduce the risk of bird flu and other illnesses. Most of all, the farmers want Americans to be persuaded to continue to buy and eat poultry. Good luck, and keep on clucking!

### Extensions:

1. As part of your research, you contact a poultry farmer in a country that has had a bird flu outbreak. Ask what happened during the outbreak, how the virus spread, and how it was contained. Write an interview transcript.
2. An anti-poultry movement has begun, claiming that poultry farming is responsible for spreading bird flu. Role-play a debate between a poultry farming representative and a leader of the anti-poultry movement. What facts can each debater use to support his or her perspective?
3. After you complete your advertising campaign for the poultry farmers, you try a new restaurant for a celebratory dinner. When your chicken dish arrives, you're not sure that it was fully cooked. How do you decide whether you should eat it? What are your alternatives? Predict the possible outcomes of your decision.

## Reproducible Materials

### Handout: Flu-Free Travel Guide

[KidsHealth.org/classroom/6to8/problems/conditions/bird\\_flu\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/bird_flu_handout1.pdf)



Name:

Date:

## Flu-Free Travel Guide

Instructions: Design a guide for travelers who are visiting countries that have had outbreaks of bird flu. Your guide should include suggestions for what a traveler can do before, during, and after a trip to ensure a safe and healthy experience. Have fun flying the flu-free skies!

Before Traveling

During Traveling

After Traveling

