Environmental Health

Pre-reading

Questions: What is this reading about?

What questions do you have about the subject?

Definitions: Environment – the place where you are, both inside and outside

Pests – insects and animals that can live in or around one’s environment

Pollution – chemicals, garbage, dirt and dust that can be in the air, water or land

Mold – a type of fungus that can grow on food

Litter – bits of paper, trash or garbage

Reading

You are in an environment right now. It is anywhere you are. Your home, place of work, and classroom where you study are all environments. Is your environment healthy?

Pollution can be found anywhere. Pollution is bad for your health. Garbage, dust, dirt and mold are bad for your health. They can all cause sickness and allergies. They can also attract pests.

There are two good ways to keep your environment healthy. First, keep it clean. Second, don’t pollute. Clean your home every week. Get the whole family involved. Assign each person a task. Keep your kitchen and bathrooms clean. Mold and germs can form very easily in those two rooms. Keep food off the floor and sweep often. Wash dirty dishes daily.

Wear rubber gloves when using cleaning products. Some products contain chemicals. Keep cleaning products away from children. Many products are poisonous. Find a high, safe place to store cleaning products.

Help keep your children’s school or a nearby park clean. Recycle cans, bottles and paper. Pick up trash and ask others to do the same. Don’t litter. Make sure to throw your own trash in garbage cans. Children are always watching and learning from their parents and other adults. We need to model good environmental health.
Understanding

1. What would an unhealthy environment look like? __________________________________________
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   _______________________________________________________________________________

2. What would a healthy environment look like? __________________________________________
   _______________________________________________________________________________
   _______________________________________________________________________________

3. Where is mold most likely to grow in a home? How could mold be kept out of a home? _______
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   _______________________________________________________________________________
   _______________________________________________________________________________

4. Where should cleaning products be stored? Why? _______________________________________
   _______________________________________________________________________________
   _______________________________________________________________________________
   _______________________________________________________________________________

5. How can parents involve their children in good environment health? _______________________
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   _______________________________________________________________________________
   _______________________________________________________________________________

6. What does the word model mean in this reading? _______________________________________
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   _______________________________________________________________________________

Writing

Option A: Retell the reading in your own words.

Option B: Write about your home, school or work environment. Is it healthy? Why or why not?

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