

- E. Hepatitis A
 - 1. Infectious hepatitis
 - 2. Cause – virus
 - 3. Spread through contaminated food and water
- F. Hepatitis B (Serum hepatitis)
 - 1. Caused by virus found in blood
 - 2. Transmitted by blood transfusion or being stuck by contaminated needle (drug user)
 - 3. Health care workers at risk should be vaccinated
 - 4. Use standard precautions for prevention
- G. Cirrhosis
 - 1. Chronic, progressive disease of the liver
 - 2. Normal tissue replaced by fibrous connective tissue
 - 3. 75% caused by excessive alcohol consumption
- H. Cholecystitis – inflammation of the gall bladder
- I. Cholelithiasis (gall stones)
 - 1. Can block bile duct causing pain and digestive disorders
 - 2. Small ones may pass on their own, large ones are surgically removed
 - 3. Surgical removal of the gallbladder = cholecystectomy
- J. Diarrhea
 - 1. Loose, watery, frequent bowel movements when feces pass through colon too rapidly
 - 2. Caused by infection, poor diet, nervousness, toxic substances or food irritants
- K. Constipation
 - 1. When defecation is delayed, feces become dry and hard
 - 2. Rx – diet of cereals, fruits and vegetables (roughage), drinking plenty of fluids, exercise and avoid tension
- L. Jaundice – yellow color the skin

2. Research and report: Assign students different respiratory diseases. Students do research on assigned disease and report to the class.
3. Guest speaker: Invite a respiratory therapist or representative of the Respiratory and Lung Disease Association to present information to the class.
4. Audiovisual: Show films, tapes, and/or slides on the respiratory system or respiratory diseases.
5. Lung Capacity Activity: Students complete this activity found in the Class Activities Section of this Resource Book.

UNIT 6:11 DIGESTIVE SYSTEM

I. OBJECTIVES

- A. Label the major organs on a diagram of the digestive system
- B. Identify at least three organs located in the mouth that aid in the initial breakdown of food
- C. Cite two functions of the salivary glands
- D. Describe how the gastric juices act on food in the stomach
- E. Explain how food is absorbed into the body by the villi in the small intestine
- F. List at least three functions of the large intestine
- G. List at least four functions of the liver
- H. Explain how the pancreas helps digest foods
- I. Describe at least five diseases of the digestive system

II. TEACHING AIDS

- A. Nutritious snack (fruit, cheese, etc.)
- B. Transparencies—#59: The digestive system, #60: The mouth, #61: Villi, #62: The liver, gallbladder, and pancreas, and overhead projector
- C. Chalk and chalkboard
- D. Digestive Activity (see Class Activities section of this Resource Book)

III. REFERENCE: *Diversified Health Occupations*, 6th edition, Unit 6:11

IV. PREPARATION

- A. Hold up nutritious snack (fruit, cheese, etc.)
- B. Whoever can tell me the approximate length of time it will take for this food to pass through the digestive system from the mouth to the rectum will win the snack. (answer: approximately 30–32 hours)

V. PRESENTATION

- Functions*
- A. Introduction (Show transparency #59)
 1. Digestive system is responsible for the physical and chemical breakdown of food so it can be taken into the bloodstream and used by body cells and tissues
 2. System includes the alimentary canal and accessory organs
 3. Alimentary canal

- a. Long muscular tube
- b. Begins at the mouth and includes the pharynx, esophagus, stomach, small intestines, large intestines; and the anus
4. Accessory organs include the salivary glands, tongue, teeth, liver, gallbladder, and pancreas
- B. Mouth, buccal, or oral cavity (Show transparency #60)
 1. Receives food as it enters the body
 2. Actions in the mouth
 - a. Food is tasted
 - b. Broken down physically by the teeth
 - c. Lubricated and partially digested by saliva
 - d. Swallowed
 3. Teeth
 - a. Special structures in the mouth
 - b. Break down food physically by chewing and grinding the food, a process called mastication
 4. Tongue
 - a. Muscular organ
 - b. Contains special receptors called taste buds that allow person to taste sweet, salt, sour, and bitter sensations
 - c. Also aids with chewing and swallowing of food
 5. Hard palate
 - a. Bony structure that forms the roof of the mouth
 - b. Separates the mouth from the nasal cavities
 6. Soft palate
 - a. Located behind the hard palate
 - b. Separates the mouth from the nasopharynx
 - c. Uvula
 - (1) Cone-shaped muscular structure
 - (2) Hangs from the middle of the soft palate
 - (3) Prevents food from entering the nasopharynx during swallowing
 7. Salivary glands
 - a. Three pairs of glands
 - b. Parotid, sublingual, and submandibular
 - c. Produce a liquid called saliva
 - (1) Lubricates the mouth during speech and chewing
 - (2) Moistens food so it can be swallowed easily
 - (3) Also contains an enzyme called salivary amylase, formerly known as ptyalin.
 - aa. Substance speeding up a chemical reaction
 - bb. Begins the chemical breakdown of carbohydrates or starches into sugars that can be taken into the body
- C. Pharynx or throat (Show transparency #59)