

Topic: Disease

This unit explores the concept of disease, its causes, effects, and prevention, helping students understand how health can be maintained and how illnesses impact individuals and communities. It emphasizes the difference between health and disease, the types of diseases, and the body's natural defences.

Key areas of focus include:

- **Definition of Disease** – what disease means in biological terms, and how it differs from health.
- **Types of Diseases** – infectious (caused by pathogens such as bacteria, viruses, fungi, and parasites) and non-infectious (such as genetic, nutritional, and lifestyle-related diseases).
- **Transmission of Infectious Diseases** – how pathogens spread through air, water, food, vectors, and direct contact.
- **Body Defenses** – the role of the skin, mucous membranes, white blood cells, and antibodies in protecting the body.
- **Prevention and Control** – hygiene, vaccination, proper nutrition, and public health measures to reduce disease spread.
- **Impact of Disease** – effects on individuals, families, and societies, including economic and social consequences.
- **Balancing Health** – the importance of lifestyle choices, nutrition, and environmental factors in preventing disease.

By the end of this topic, students should be able to:

- Define disease and distinguish between infectious and non-infectious types.
- Identify common pathogens and explain how they cause illness.
- Describe how diseases are transmitted and how they can be prevented.
- Explain the body's defence mechanisms against infection.
- Appreciate the importance of public health and personal responsibility in controlling disease.

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This topic builds awareness of the biological, social, and environmental dimensions of health, preparing students to make informed choices and contribute to healthier communities.