

Social Studies

Topic 27: Avoiding Malaria and Alcoholism

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1. Make sentences about **how malaria is caused** by matching the beginnings and endings. Write your answers in the grid below.

a)	The mosquitoes carry	1	that infects the person.
b)	When a mosquito bites a human being, the parasite can be transferred	2	a parasite within them.
c)	It is the parasite	3	causes the symptoms of malaria.
d)	The parasite attacks	4	from the mosquito to the blood of the person it has bitten.
e)	This releases toxins (poisons) and	5	the red blood cells (haemoglobin).

Write your answers here:

a)	b)	c)	d)	e)

2. Circle the correct word to complete the text about **the symptoms of malaria**.

Most people who have malaria ^{a)} **screen / suffer** some or all of these symptoms:

- ^{b)} **fever / bark**, often with a very high temperature and accompanied by chills
- dizziness, headache, and ^{c)} **net / nausea**
- loss of ^{d)} **appetite / amount**
- weakness and ^{e)} **stomach / shakiness**.

These symptoms usually occur about two days after the mosquito bite. Then the patient may feel better, but the symptoms recur after a few days or weeks. Some people die, and some suffer from recurrent ^{f)} **breeds / bouts** of malaria for the rest of their lives, even if they are not bitten by a malaria mosquito again. It is this long-term effect that makes malaria such a serious disease. In areas where malaria is ^{g)} **endemic / unpleasant**, symptoms are often different. They can include pains in the ^{h)} **joints / zones** and the back, as well as headaches. Some people suffer mood changes or even hallucination.

3. Choose the correct words from the list to fill the gaps in the text about **the treatment of malaria**.

Write your answers here:

anti-malarial	chloroquine	diagnosed	prescribed
resistant	side effects	treat	vaccines

It is very important that malaria is ^{a)} _____ correctly so that it can be treated properly. Malaria can be treated with drugs. Researchers have developed many different ^{b)} _____ drugs. The main drug used is ^{c)} _____. This is similar to the bark medicines used by South American peoples long ago. Mefloquine and Primaquine are also used. All these drugs must be ^{d)} _____ by a doctor. Because the malaria parasites are able to change themselves and become ^{e)} _____ to anti-malaria drugs, medical researchers have to go on working to find new types of drugs to ^{f)} _____ malaria. They are also trying to develop ^{g)} _____ against malaria to use in areas where it is endemic. These vaccines could also be used by people visiting high-risk areas. Medicines to protect against malaria do exist, but they do not always work and they have unpleasant ^{h)} _____. They are also expensive.

4. Decide which of these sentences is useful advice to **prevent malaria** and which is not. Write your answers in the grid below.

- a) Don't keep containers to hold rainwater near your house.
- b) Eat special food that mosquitoes do not eat.
- c) Clear away standing water from around your home so that mosquitoes cannot breed.
- d) Cover yourself with a mosquito net when you sleep.
- e) Use ointments to protect your skin.
- f) Drink a lot of fruit juice.
- g) Keep your windows open at night.
- h) Put screens on your windows.

Write your answers here:

Useful advice	
Not useful advice	

5. Unscramble the letters to make words that complete the text about **understanding alcohol**. Write your answers in the grid below.

Alcohol is a chemical substance that affects the central ^{a)} **oversun** system of the human body, which includes the ^{b)} **rabin**. There are several different kinds of alcohol. The kind found in alcoholic drinks is called ^{c)} **heatlon**. Most people in Rwanda drink alcohol in the form of beer or wine, or ^{d)} **made**. Beer can be bought in bottles, but some people make their own. There are breweries at Rubavu and in Kigali City. We can prepare beer using ^{e)} **smugorh** or bananas and yeast. The yeast, along with ^{f)} **triabace** present in the other ingredients, causes a process known as ^{g)} **frnationmeet**, which produces alcohol. Beer contains about 4.5 per cent alcohol, although this varies according to how long it is fermented. Some beers are stronger than others! Some people in rural areas prepare kanyanga (gin), but it is against the law to do so. If you are caught you have to pay a ^{h)} **nife**.

Write your answers here:

a)		b)		c)		d)	
e)		f)		g)		h)	

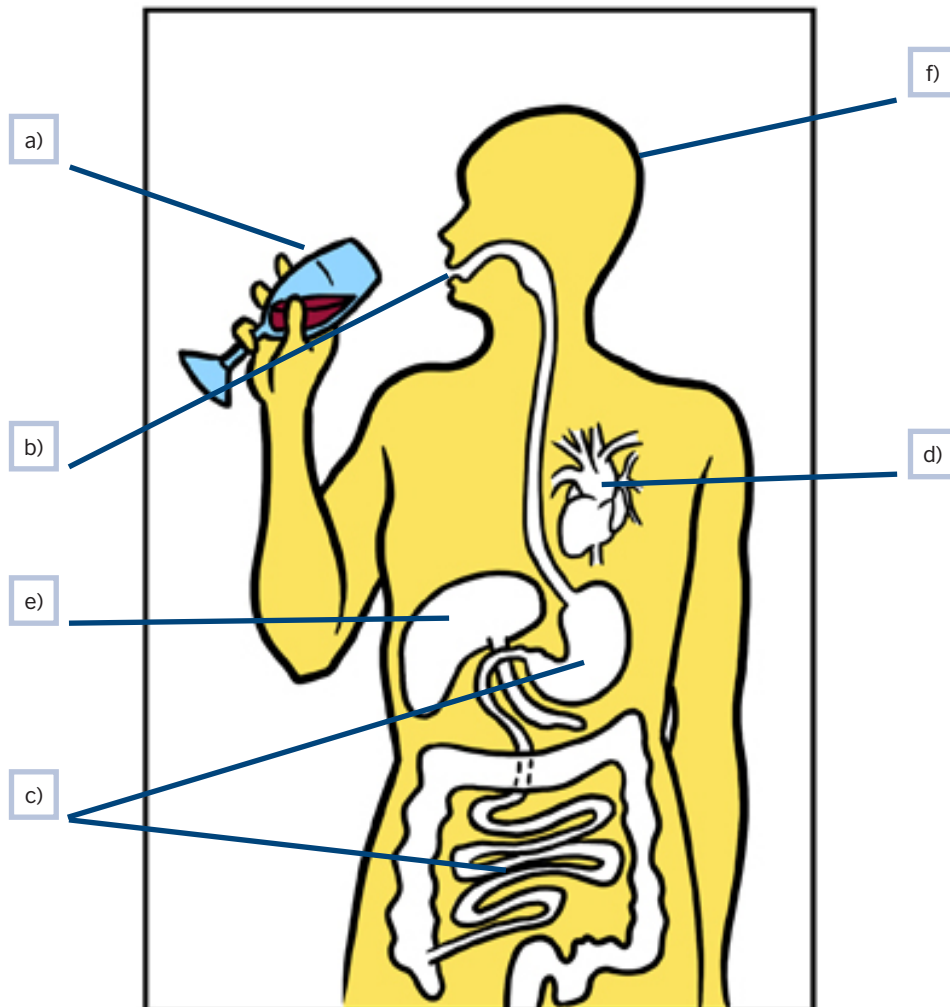
6. Put the words in the correct order to make sentences about **why we drink alcohol**.

a)	a social activity.	is	Drinking	alcoholic beverages
Correct sentence:				
b)	of enjoying ourselves.	a way	is	Drinking alcohol
Correct sentence:				
c)	of alcohol	Adults can drink	without harm.	small amounts
Correct sentence:				
d)	small amounts of alcohol	Doctors believe	good for us.	are
Correct sentence:				
e)	small amounts of alcohol.	It is important	only	to drink
Correct sentence:				

f)	poisonous.	amounts of alcohol	are	Large
Correct sentence:				
g)	people drink alcohol	unhappy.	if they are	Sometimes
Correct sentence:				
h)	drunk	makes you	Getting	feel ill.
Correct sentence:				
i)	will suffer.	your body and mind	regularly,	If you drink too much
Correct sentence:				

7. Use the sentences about **how the body absorbs alcohol** to label the picture. Write your answers in the grid below.

1. affects the brain and central nervous system
2. alcohol
3. enters the body via the mouth
4. enters the liver, which processes toxins and gets rid of them
5. goes to the stomach and then the small intestine
6. is absorbed in the blood and pumped round the body



Write your answers here:

a)	
b)	
c)	
d)	
e)	
f)	

8. Decide whether the sentences are good or bad ways of **avoiding alcoholism**. Write your answers in the correct column in the table below.

- Have more than one or two alcoholic drinks per day.
- Avoid situations where people are likely to be drinking heavily.
- Drink alcohol regularly, especially during the morning.
- Socialise with friends who drink heavily.
- Allow your friends to persuade you to drink more than is good for you.
- Have two or three days during the week when you don't drink any alcohol at all.
- Try to encourage your parents and other family members to be careful about alcohol.
- Believe that being drunk is clever or grown up.
- Speak to a doctor or nurse if you think you may be in danger of becoming an alcoholic.
- Just say 'no' to anyone who offers you more, and stick to your decision.

Write your answers here:

Good ways					Bad ways				

9. Find the words about **malaria and alcoholism** in the word search.

<p>I N H C Y B L M O G X N D I O Q</p> <p>T P O O L N A B A C K K C W X I</p> <p>T W P V I A L L L R U A E S M O</p> <p>A B Y E G S C N C W S N E H W B</p> <p>A E E H E Y O A O O E Q O F R R</p> <p>M U Y U T R H V H Z H Q U A S S</p> <p>N G E R G T O V O M U O N S Y O</p> <p>V D A I B N L V L D I E L I L X</p> <p>E P S M E Z L E I S A I E I O H</p> <p>P S T B V D H N C D S P M O S K</p> <p>I N G R E D I E N T R I X E S M</p> <p>S U E E R C O S H O P J M U P T</p> <p>T E E W A D D I T I O N D E N V</p> <p>B N Y E G S C L T A I L N G R P</p> <p>S G S R E W I N E A O E D Q M C</p> <p>X G O Y G I E E P O Z M E V D I</p>	<p>addition</p> <p>alcohol</p> <p>alcoholic</p> <p>alcoholism</p> <p>back</p> <p>beer</p> <p>beverage</p> <p>brewery</p> <p>dusk</p> <p>ingredient</p> <p>loss</p> <p>mesh</p> <p>pain</p> <p>party</p> <p>pool</p> <p>wine</p> <p>yeast</p>
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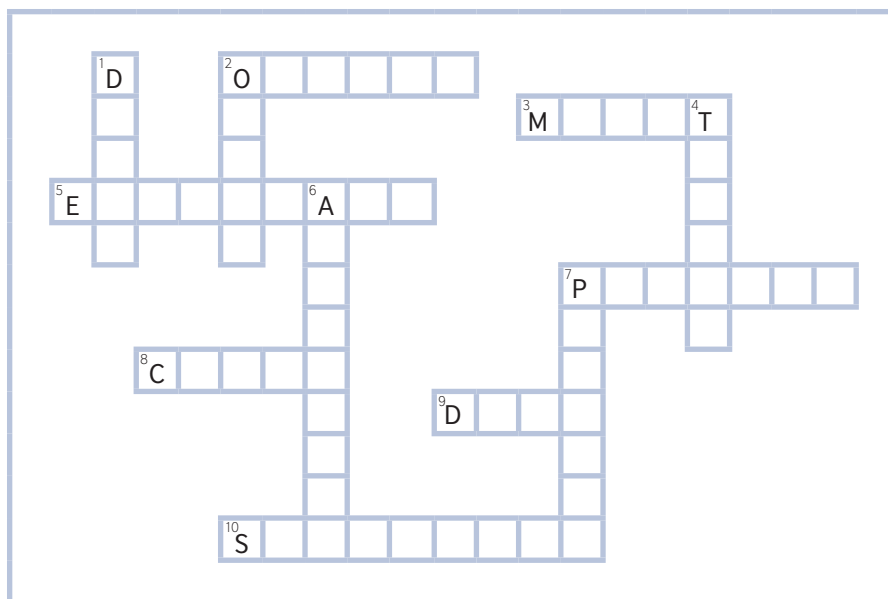
10. Complete the crossword by answering the following question. All the correct answers are words about **malaria and alcoholism**.

Across

2. To get something that you want or need, especially by going through a process that is difficult.
3. Slightly wet.
5. To provide conditions that help something to happen.
7. To stop something from happening.
8. To get a disease or illness.
9. Something that is slightly wet, often in an unpleasant way.
10. Mix with other people.

Down

1. Unable to control your actions or behaviour because you have consumed too much alcohol.
2. To happen, especially unexpectedly.
4. To become very successful, happy, or healthy.
6. Containing alcohol.
7. To make something ready for use.



Glossary

absorb	/əb'zɔ:(r)b/ verb [T] to take in a gas, liquid, or other substance.
abuse	/ə'bjʊ:s/ noun [C/U] the use of something in a harmful way, <i>alcohol abuse</i> .
addition	/ə'dɪʃ(ə)n/ noun [C] something that you add to something else.
alcohol	/'ælkə'hɒl/ [U] drinks such as wine and beer that can make people drunk.
alcoholic	/'ælkə'hɒlɪk/ adj containing alcohol.
alcoholic	/'ælkə'hɒlɪk/ noun [C] someone who finds it difficult to control the amount of alcohol they drink.
alcoholism	/'ælkə'hɒl,ɪz(ə)m/ noun [U] a medical condition that makes it difficult for you to control the amount of alcohol you drink.
amount	/ə'maʊnt/ noun [C] a quantity of something.
anti-malarial	/'æntɪmə'leəriəl/ effective in fighting a serious illness caused by being bitten by a mosquito, usually in a hot country.
appetite	/'æpətaɪt/ noun [C/U] the natural feeling of wanting to eat.
at risk	/æt rɪsk/ phrase in a situation in which something unpleasant or dangerous could happen to you.
back	/bæk/ noun [C] the part of your body between your neck and your bottom, on the opposite side to your chest and stomach. The row of bones inside the back is called the backbone or spine.
bark	/ba:(r)k/ noun [U] the hard substance that covers a tree
beer	/bɪə(r)/ noun [C/U] a yellow or brown alcoholic drink made from malt and hops.
beverage	/'bev(ə)ndʒ/ noun [C] a drink.
bite	/baɪt/ noun [C] an instance of an animal biting someone.
bite	/baɪt/ verb [T/I] if a mosquito bites you, it makes a small hole in your skin.
bout	/baʊt/ noun [C] a short period when you are ill or you feel unhappy
brain	/breɪn/ noun [C] the organ inside your head that allows you to think and feel, and controls your body.
breed	/'bri:d/ verb [T/I] if animals breed, they become the parents of young animals.
brewery	/'bru:əri/ noun [C] a place where beer is made.
catch	/kætʃ/ verb [T] to get a disease or illness.
cell	/sel/ noun [C] the smallest part of a living structure that can operate as an independent unit, <i>blood cell</i> .
chill	/tʃɪl/ noun [C] a minor illness like a cold.
chloroquine	/'klɔ:rəʊ,kwɪn/ noun [U] prevents the development of malaria parasites in the blood.
damp	/dæmp/ adj something that is slightly wet, often in an unpleasant way.

diagnose	/ˈdaɪəgnəʊz/ verb [T] to find out what physical or mental problem someone has by examining them.
drink	/drɪŋk/ noun [C/U] an amount of liquid that someone drinks, <i>have a drink</i> .
drug	/drʌɡ/ noun [C] substance that you take to treat a disease or medical problem.
drunk	/drʌŋk/ adj unable to control your actions or behaviour because you have drunk too much alcohol.
dusk	/dʌsk/ [U] the period of time at the end of the day just before it becomes dark.
encourage	/ɪnˈkʌrɪdʒ/ verb [T] to provide conditions that help something to happen, <i>encourage disease</i> .
endemic	/enˈdemɪk/ adj very common, or strongly established in a place or situation.
enjoy oneself	/ɪnˈdʒɔɪ jə(r)ˈself/ phrase to get pleasure from an event or experience.
fermentation	/ˈfɜː(r)menˈteɪʃ(ə)n/ noun [U] when a chemical change happens to food or drink and the sugar in it produces alcohol.
fever	/ˈfiːvə(r)/ noun [C/U] a medical condition in which the temperature of your body is very high and you feel ill.
fine	/faɪn/ noun [C] an amount of money that you have to pay because you have broken the law.
get rid of	/get rɪd əv/ verb phrase to take action that stops something annoying, unpleasant, or not wanted from affecting you.
gutter	/ˈɡʌtə(r)/ noun [C] the edge of the road, where water flows away.
hallucination	/həˈluːsɪˈneɪʃ(ə)n/ noun [C] something that you think you can see or hear that is not really there, especially because of an illness or the effect of drugs.
harm	/hɑː(r)m/ noun [U] injury, damage, or problems caused by someone.
headache	/ˈhedɪk/ noun [C] a pain in your head.
heavily	/ˈhevɪli/ adv in large amounts, drink heavily.
high-risk	/haɪ rɪsk/ adj involving great possibility of danger, harm, or failure, <i>a high-risk area</i> .
ill health	/ɪl helθ/ noun phrase a state of health that is not good, especially over a long period.
ingredient	/ɪnˈɡriːdiənt/ noun [C] one of the substances that are combined to make something.
insecticide	/ɪnˈsektɪsaɪd/ noun [C] a chemical for killing insects, especially those that damage plants or crops.
intestine	/ɪnˈtestɪn/ noun [C] often plural the long tube in your body that processes food and carries waste out of your body.
joint	/dʒɔɪnt/ noun [C] a part of your body that can bend where two bones meet.
liver	/ˈlɪvə(r)/ noun [C] the organ in your body that cleans your blood and produces bile.
long-term	/lɒŋ tɜː(r)m/ adj continuing to exist or have an effect for a long time in the future.
loss	/lɒs/ noun [C] the state of no longer having something because it has been taken from you, <i>loss of appetite</i> .
malaria	/məˈleəriə/ noun [U] a serious illness caused by being bitten by a mosquito, usually in a hot country.
mead	/miːd/ noun [U] a sweet alcoholic drink made from honey.

mesh	/meʃ/ noun [C/U] a piece of material like a net, made from a lot of closely connected wires, strings.
moist	/mɔɪst/ adj slightly wet.
mood change	/mu:d tʃeɪndʒ/ noun phrase the way that someone is feeling, for example whether they are happy, sad, or angry.
mosquito	/mɒ'ski:təʊ/ noun [C] a small flying insect that bites the skin of people and animals in order to feed on their blood. Some can spread a serious disease called malaria.
nausea	/'nɔ:ziə/ noun [U] the feeling that you are going to vomit.
nervous system	/'nɜ:(r)vəs 'sɪstəm/ noun [C] a structure in the body that consists of your brain and your spinal cord.
net	/net/ noun [C] material made of string or rope woven into a loose pattern with spaces in it, or a piece of this, <i>mosquito net</i> .
obtain	/əb'teɪn/ verb [T] to get something that you want or need, especially by going through a process that is difficult.
occur	/ə'kɜ:(r)/ verb [I] to happen, especially unexpectedly.
ointment	/'ɔɪntmənt/ noun [C/U] a thick smooth substance that you put on sore or injured skin.
pain	/peɪn/ noun [C/U] a feeling that you have in a part of your body when you are hurt or ill.
parasite	/'pærəsaɪt/ noun [C] a plant or animal that lives in or on another type of animal and feeds on it.
party	/'pɑ:(r)ti/ noun [C] a social event at which people meet to celebrate something or to have fun by eating and drinking, dancing, playing games.
poisoning	/'pɔɪz(ə)nɪŋ/ noun [C/U] an occasion when someone is affected by poison.
poisonous	/'pɔɪz(ə)nəs/ adj referring to substances causing a lot of damage or harm.
pool	/pu:l/ noun [C] a small area of still liquid.
prepare	/prɪ'peə(r)/ verb [T] to make something ready for use.
prescribe	/prɪ'skraɪb/ verb [T] if a doctor prescribes a drug or treatment, they say you should have it.
prevent	/prɪ'vent/ verb [T] to stop something from happening.
recur	/rɪ'kɜ:(r)/ verb [T] to happen again, <i>recurring symptoms</i> .
recurrent	/rɪ'kʌrənt/ adj happening again, especially several times.
relax	/rɪ'læks/ verb [T] to rest and allow yourself to become calm.
resistant	/rɪ'zɪst(ə)nt/ adj not harmed or affected by something like pesticides.
screen	/skri:n/ noun [C] wire or plastic net in a frame that fits in a door or window and lets air into a building but keeps insects out.
screen	/skri:n/ verb [T] put a screen on window.
shakiness	/'ʃeɪkɪnəs/ noun [U] feeling weak or unable to walk or move without shaking, for example because you are very ill.
side effect	/saɪd ɪ'fekt/ noun phrase result of taking medicine that is not intended.

socialise	/ˈsəʊʃəlaɪz/ verb [I] mix with other people.
sorghum	/ˈsɔː(r)gəm/ noun [U] a plant that produces grain and grows mainly in tropical areas.
standing	/ˈstændɪŋ/ adj water which is very still and does not flow, <i>standing water</i> .
stick to	/stɪk tuː/ phrasal verb [T] to do something that you promised or decided you would do, or that you believe you should do, <i>stick to a decision</i> .
stomach	/ˈstʌmək/ noun [C] the soft part at the front of the body between the chest and legs.
suffer	/ˈsʌfə(r)/ verb [T/I] to feel pain in your body or your mind.
temperature	/ˈtemprɪtʃə(r)/ noun [C/I] the measurement of how hot your body is.
thrive	/θraɪv/ verb [I] to become very successful, happy, or healthy.
toxin	/ˈtɒksɪn/ noun [C] a poisonous substance that causes disease.
treat	/tri:t/ verb [T] to use medicine or medical methods to cure a patient or an illness.
unpleasant	/ʌnˈplez(ə)nt/ something you do not like or enjoy.
vaccine	/ˈvæksiːn/ noun [C/U] a substance put into the body, usually by injection, in order to provide protection against a disease.
via	/ˈviːə/ prep going through one place e.g. the stomach on the way to another place.
weakness	/ˈwiːknəs/ noun [C] the state or condition of being less strong or effective.
wine	/waɪn/ noun [C] an alcoholic drink made from grapes.
yeast	/jiːst/ noun [U] a white substance used for making bread rise or for making beer.
zone	/zəʊn/ noun [C] an area that has an important or typical feature.

Key:

1. a) 2, b) 4, c) 1, d) 5, e) 3

2. a) suffer, b) fever, c) nausea, d) appetite, e) shakiness, f) bouts, g) endemic, h) joints

3. a) diagnosed, b) anti-malarial, c) chloroquine, d) prescribed, e) resistant, f) treat, g) vaccines, h) side effects

4.

Useful advice	a), c), d), e), h)
Not useful advice	b), f), g)

5. a) nervous, b) brain, c) ethanol, d) mead, e) sorghum, f) bacteria, g) fermentation, h) fine

6.

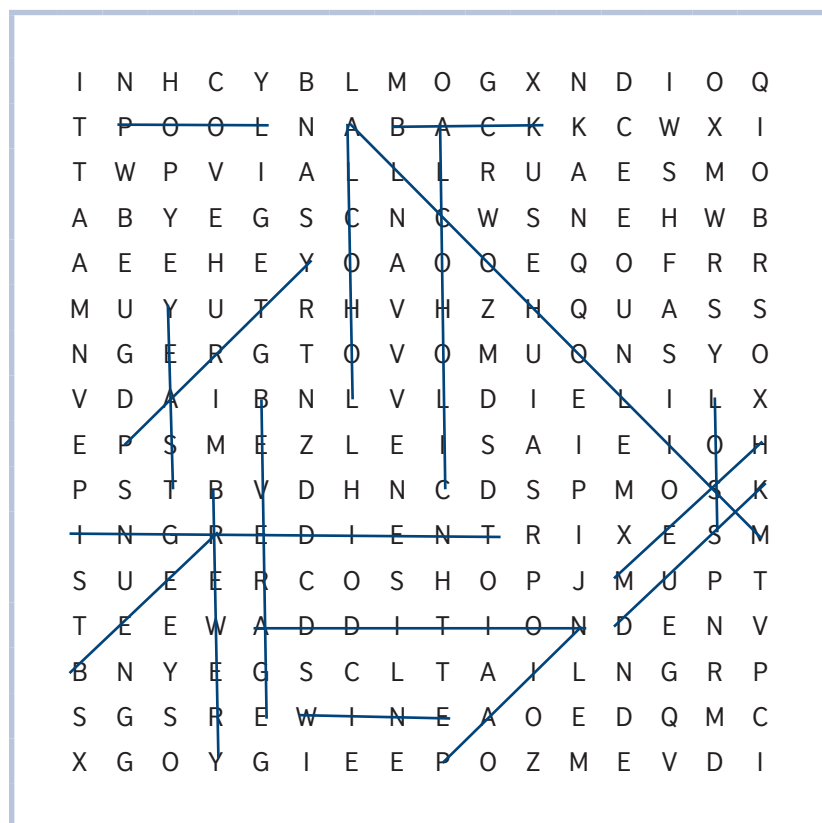
- a) Drinking alcoholic beverages is a social activity.
- b) Drinking alcohol is a way of enjoying ourselves.
- c) Adults can drink small amounts of alcohol without harm.
- d) Doctors believe small amounts of alcohol are good for us.
- e) It is important to drink only small amounts of alcohol.
- f) Large amounts of alcohol are poisonous.
- g) Sometimes people drink alcohol if they are unhappy.
- h) Getting drunk makes you feel ill.
- i) If you drink too much regularly, your body and mind will suffer.

7.

a) alcohol, b) enters the body via the mouth, c) goes to the stomach and then the small intestine, d) is absorbed in the blood and pumped round the body, e) enters the liver, which processes toxins and gets rid of them, f) affects the brain and central nervous system

8. **Dos:** b), f), g), i), j); **Don'ts:** a), c), d), e), h)

9.



10.

Across: 2. obtain, 3. moist, 5. encourage, 7. prevent, 8. catch, 9. damp, 10. socialise; **Down:** 1. drunk, 2. occur, 4. thrive, 6. alcoholic, 7. prepare