



## **How hot are you on colds? Teacher Notes**

Fancy a game of 'How hot are you on colds?' Split the class into teams.

Set the class on the 'Colds and Flu' feature on Planet Science Out There.

Each person to spend a set time gathering facts

(Tip. Different team members can look at different rows on the grid thus ensuring that the whole team have a good knowledge of the subject).

After the set time has passed, gather the class together for the 'How hot are you on colds?' quiz.

There are different levels of question ranging from a 'Sniffle' (score 1 point) to full blown 'Flu' (score 10 points).

Teams can indicate their willingness to answer by shouting 'Aitchoo!'

Winning team is the one with the most points at the end of the quiz.

### **Curriculum links:**

Unit 5A Keeping healthy (use and effects of medicines)

Unit 6B Micro-organisms (short unit) (cause of common illnesses)

Unit 7A Cells (function of cells)

Unit 8C Microbes and disease (immunity, use of antibiotics etc)



## How hot are you on colds?

### Quiz 1

Questions:

1. Sniffle - What is the most common way of spreading a cold?
2. Cough - Bacteria are made up of how many cells?
3. Running nose - What 'M' do viruses do when they make copies of themselves?
4. Sneeze - What is the difference between bacteria and a virus?
5. Bad cold - A cough has two possible causes. What are they?
6. Hacking cough - Which will respond to antibiotics?
7. Raised temperature - Why is it unlikely we will ever see a cure for the common cold?
8. Aching joints - How do decongestants work?
9. Headache - What is rhinotillexomania?
10. 'Flu - What are antibiotics specifically designed to do?

### Quiz 2

Questions:

1. Sniffle - Are viruses bigger or smaller than bacteria?
2. Cough - What sort of a reaction is a sneeze?
3. Running nose - What 'A' dries up a runny nose and stops you sneezing?
4. Sneeze - Can viruses reproduce on their own?
5. Bad cold - Where are your sinuses?
6. Hacking cough - What do viruses need to 'hijack' to create copies of themselves?
7. Raised temperature - How long does it take for a new drug to come on the market?
8. Aching joints - What does URT stand for?
9. Headache - What is the danger of over-using antibiotics?
10. 'Flu - Why does your nose get blocked when you get a cold or the 'flu?



## How hot are you on colds?

### Quiz 1

Answers:

1. By hand contact.
2. One.
3. Mutate.
4. Bacteria are bigger than viruses and make copies of themselves without invading other cells.
5. A viral infection in the lungs or a superimposed bacterial infection if the mucus lingers.
6. The bacterial infection.
7. Because a cold is made up of hundreds of different viruses. Also anti viral treatments need to be taken 24 – 48 hours after the onset of symptoms so it will probably be too late!
8. They reduce the swelling of the blood vessels in the nose to clear the airway.
9. Compulsive nose-picking!
10. Sabotage the structure of bacteria or prevent them from dividing.

### Quiz 2

Answers:

1. Smaller.
2. A reflex reaction.
3. Antihistamine.
4. No.
5. In your face - they are the cavities your nose leads into.
6. Cells.
7. About 12 years.
8. Upper Respiratory Tract.
9. The bacteria will get resistant to them.
10. Because the blood vessels in the lining of your nose swell up.