

## Pathology Class 5:

### Signals, Surfaces, and Silent Risks (Ages 6-9yo)

1. Spoon-shaped nails can be a sign that your body needs more:

- A. Iron**
- B. Sugar
- C. Water
- D. Vitamin C

2. Bow-legs in children can be a sign of:

- A. Too much exercise
- B. Vitamin D deficiency (rickets)**
- C. Not drinking milk
- D. Too much sunshine

3. Bleeding gums can be a sign of:

- A. A loose tooth
- B. Brushing too fast
- C. Scurvy (low vitamin C)**
- D. Eating candy

4. Muscle cramps can happen when your body does not have the right balance of:

- A. Protein
- B. Oxygen
- C. Fat
- D. Electrolytes (like sodium and magnesium)**

5. If a mole changes in color, size, or shape, you should:

- A. Ignore it
- B. Show a trusted adult or doctor**
- C. Scratch it off
- D. Cover it with makeup

6. Warts are caused by:

- A. Dirt
- B. A virus**
- C. Too much sugar
- D. Cold weather

7. Athlete's foot is:

- A. A broken bone
- B. A sprained ankle
- C. A fungal infection on the skin of the feet**
- D. A bug bite

8. Why is cleaning under your fingernails important?

A. It makes nails grow faster

**B. It keeps germs from spreading**

C. It changes nail color

D. It makes nails shiny

9. The safest way to clean out extra ear wax at home is:

A. Use sharp tools

B. Stick cotton swabs deep inside

C. Scratch with a metal pick

**D. Use warm water and hydrogen peroxide drops**

10. Bleeding gums, spoon nails, bow-legs, and muscle cramps are all examples of:

**A. Body warning signs**

B. Normal growing pains

C. Things that never matter

D. Only problems for adults

**Home Activity – Answer Key**

**Activity 1**

**What to do:**

Draw lines to match the body clue to what it might mean.

Bleeding gums	Electrolyte imbalance
Bowed legs	Low iron
Muscle cramps	Low B vitamins
Spoon-shaped nails	Low vitamin C
Swollen red tongue, or cracks at corners of mouth	Low vitamin D

**Activity 2**





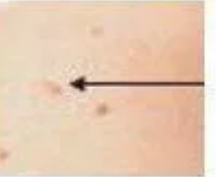




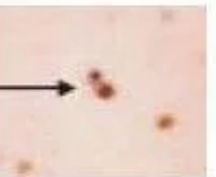
**What to do:**

With a grown-up, look at a few small moles on each of your skin.

Ask:

- Are they all the same color?
- Are the edges smooth?
- Have they changed?

Practice noticing patterns for yourself and your parents!

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
NORMAL MOLE					
	Symmetrical	Even borders	One colour	Diameter smaller than 1/4 inch	Not evolving no changes
ABNORMAL MOLE					
	Asymmetrical	Uneven borders	Multiple colour	Diameter larger than 1/4 inch	Evolving - changes in colour shape and size

**Activity 3****What to do:**

After a bath, look at your feet. Check between toes, on your heels. Is the skin smooth? Is it cracked? Is itchy or red? Talk about why keeping feet clean and dry matters! And putting on fresh socks every day! Sometimes multiple times a day (if you're doing sports or outdoor activities and sweating a lot).

