

Hygiene, Quarantine and Public Health

Use this worksheet after reading the lesson to practise the key ideas and prove you can meet the success criteria.

Name _____
Date _____
Class _____

1. Key Ideas

In 1847, Ignaz Semmelweis discovered that doctors washing their hands before delivering babies could cut the death rate from 10% to under 2%. The medical establishment mocked him, dismissed him, and had him committed to an asylum. He died of the same infection he had spent his life trying to prevent. He was right.

- The key public health strategies for controlling infectious disease
- Why multiple overlapping strategies (layered defence) are more effective than any single measure

2. Success Criteria

By the end, you should be able to:

- The key public health strategies for controlling infectious disease
- How quarantine and isolation differ
- The role of sanitation, clean water, and food safety

3. Key Terms

Homeostasis

the body stays exactly the same all the time

Hygiene

practices that reduce the transmission of pathogens between individuals or from environmental sources

These terms

often confused but refer to distinct measures targeting different populations

People who

confirmed infected and infectious

have been exposed but

not yet known to be infected (incubation period)

Contact tracing

the systematic identification and follow-up of individuals who may have been exposed to a confirmed case

4. Activity: Build the Lesson Map

Use the lesson to complete the table. Keep answers brief but specific.

Prompt	Your answer
Main concept	
Important example	
Common mistake to avoid	
How this links to the next lesson	

5. Short Answer Questions

1. Explain this lesson goal in your own words: "The key public health strategies for controlling infectious disease". Use one specific example from the lesson.

BAND 3 **2 MARKS**

2. Apply this idea to a new example: "How quarantine and isolation differ". Show your reasoning clearly.

BAND 4 **3 MARKS**

3. Analyse why this idea matters for understanding Hygiene, Quarantine and Public Health: "The role of sanitation, clean water, and food safety".

BAND 5 **4 MARKS**

6. Extend: Apply the Idea

BAND 5/6

5 MARKS

A student gives a memorised answer about Hygiene, Quarantine and Public Health but does not use evidence or reasoning.

Improve the answer by writing a stronger response that uses accurate terminology, a relevant example and a clear explanation.

7. Multiple Choice

1. What is the best first step when answering a question about Hygiene, Quarantine and Public Health?

- A. Identify the key concept being tested
- B. Write every fact from memory
- C. Ignore the command word
- D. Skip examples and evidence

2. Which answer would show stronger understanding of Hygiene, Quarantine and Public Health?

- A. An answer with accurate terms and reasoning
- B. A copied definition only
- C. A single-word response
- D. An answer with no example

3. What should you do if a question asks you to explain?

- A. Link the idea to a reason or cause
- B. List unrelated facts
- C. Only draw a diagram
- D. Write the shortest possible answer

8. Success Criteria Proof

Finish with evidence that you can do each success criterion.

SUCCESS CRITERION 1

Prove that you can: The key public health strategies for controlling infectious disease

BAND 3

2 MARKS

SUCCESS CRITERION 2

Prove that you can: How quarantine and isolation differ

BAND 4

3 MARKS

SUCCESS CRITERION 3

Prove that you can: The role of sanitation, clean water, and food safety

BAND 5

4 MARKS

One thing I still need help with:
