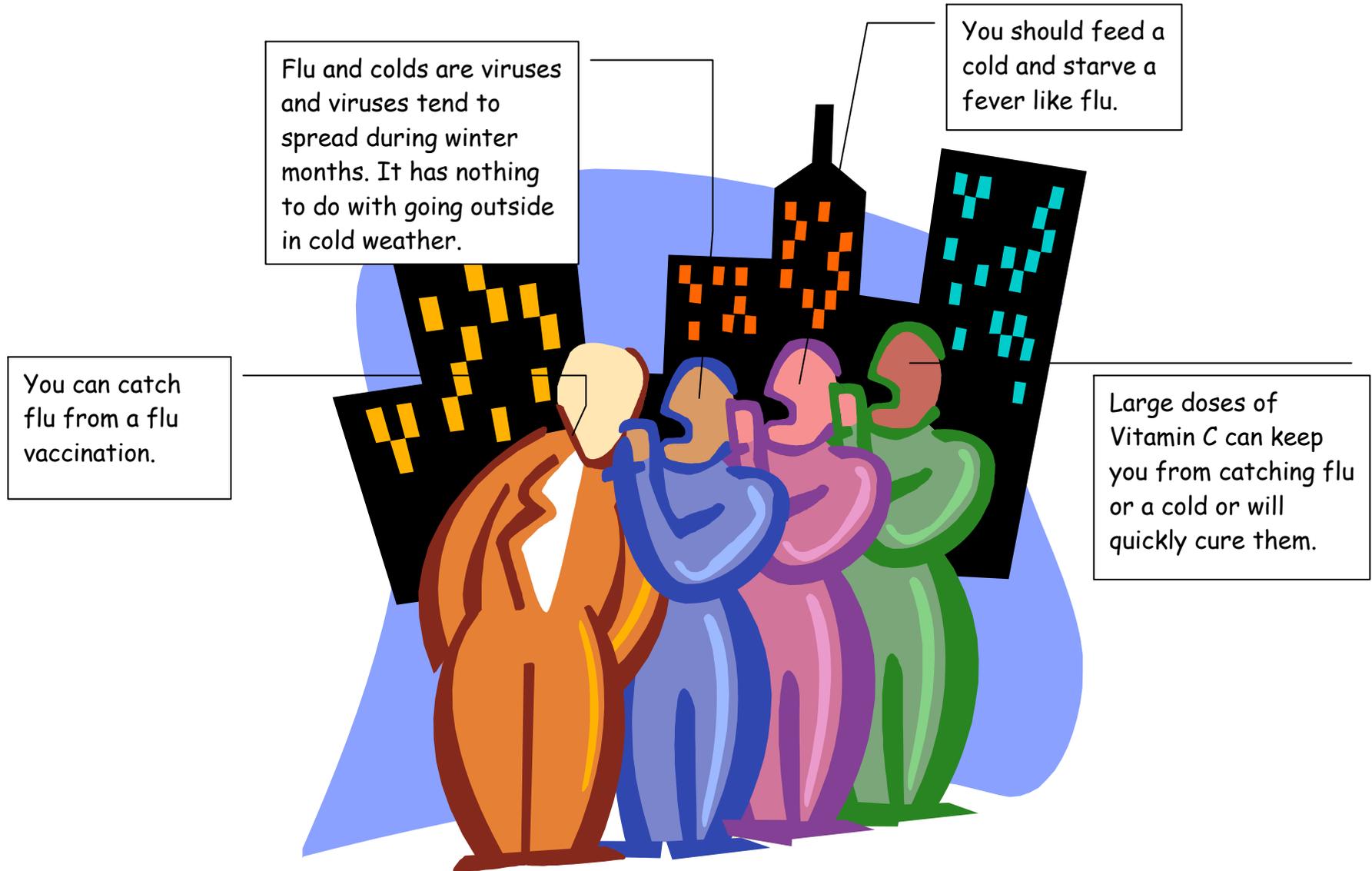


CARTOON CONCEPTS 1 (Colds and Flu)



MYTHS AND FACTS ABOUT FLU AND COLDS

MYTH: You can catch flu from a flu vaccination.

FACT: The flu vaccine is made from an inactivated virus, so a person cannot get flu from a flu shot. Some people may be sore at the spot where the vaccination was injected, and in a few cases, develop a fever, muscle aches and feel unwell for a day two. In very rare cases when a person is allergic to the vaccine there may be an immediate reaction.

MYTH: Large doses of Vitamin C can keep you from catching flu or a cold, or will quickly cure them.

FACT: These claims have not been proven. Still, it is important to one's overall health to consume the minimum daily requirement of Vitamin C (75 & 90 mg/day) for adult women and men, respectively; smokers, require an additional 35mg/day)

MYTH: Feed a cold and starve a fever like flu.

FACT: This is definitely not a good idea in either case. More fluids than usual are needed when someone has flu or a cold. It is recommended to drink plenty of water and juice, eat enough food to satisfy an appetite, drink hot fluids to ease a cough or sore throat.

HOW TO USE THE CARTOON CONCEPT

Contributor's notes

The great thing about the *Cartoon Concept* is that there are **NO** real rules - you can use it in any way you like. The main purpose is to promote discussion and encourage our students to dig deep into the recesses of their minds for knowledge they may have acquired along the way. For instance, when I used this activity I heard various conversations repeating things the students had picked up in childhood.

The '*Cartoon Concept*' is primarily a discussion tool and was used originally in science in Junior Schools but when I came across it I thought it had potential in other areas. The attached cartoon uses it to look at myths and facts about colds and flu. When I used it the room was really buzzing with conversation as to which captions were false and which was the true fact. Three of the statements are false and one is true and there are explanations for the three false captions attached.

I am currently working on using a similar activity for grammar and punctuation and I'm sure it can be applied to many other aspects of literacy, ESOL and numeracy.

HINTS AND TIPS

- Print off or photocopy how ever many copies of the picture with captions you think you may need.
- Laminate or cover with 'sticky back plastic' (in true Blue Peter style).
- Decide how you want to use the activity, I divide a large group into pairs with one of the pair being a support, but equally you could use it with one large group, smaller groups or even individually.
- If making your own cartoon from scratch, you could use pictures of individual people rather than a group of people and your captions do not necessarily have to have one true fact and three false ones you can use any combination you like - it is such an adaptable activity.
- If you do not want to use computer-generated pictures you could cut out magazine pictures - students could even make their own cartoons.