

Life at Sea: Sores, Scabs and Scurvy

Instructions for Teachers

Materials:

- Pencil
- Life at Sea handouts: Health Measures, Health Measures Questions, Diseases, Sick Sailor, Sick at Sea

Learner Objectives:

- Identify the types of diseases sailors contracted.
- Give examples of what Captain Cook used to try to prevent sickness.
- Identify where the diseases affected a sailor.

Procedure:

- Give each student a copy of the Health Measures on Board. Read and answer the questions.
- Discuss with students diseases sailors would get at sea. Copy the Disease Questions and have each student match the disease with the symptoms.
- As a follow-up, copy the Sick Sailor and have the students label the areas affected by the diseases.