PERSONAL HYGIENE

Lesson

1. Personal hygiene is the cleaning of all body parts (face, hair, body, legs, and hands)
2. Face and hair accumulate grime and smell bad
3. Skin can get ringwork, scabies and sweat fungi
4. Hands & fingernails to get rid of the germs and may have contagious diseases
5. Teeth & Mouth will cause them to smell bad and can rot the teeth or get cavities

Activity

Question:

1. What do you do when you wake up in the morning before you have breakfast and before you leave the house?
2. How do you take care of your body?
3. What is personal hygiene?
4. What parts of your body need to be cleaned?
5. In the list below write how often you need to clean that body part and what would happen if I don’t clean that body part and what will other people think if I don’t clean it

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| |  |  |  | | --- | --- | --- | | ***Body part to be cleaned*** | ***What happens if I don’t clean this body part*** | ***What will other think if I don’t clean that body part*** | | Face | *Accumulate grime and smell bad* | *They will think you look dirty with a dirty face or pimples* | | Hair | *Greasy hair* | *Looks dirty and gross* | | Legs and hands | *Skin diseases like ringworm or scabies* | *Looks ugly and people don’t want to be near you* | | Finger and toes | *Germs* | *People don’t want you touching them or their food or merchandise* | | Teeth and mouth | *Gum disease* | *Bad breath rotted ugly teeth* | |

Answer the following questions:

1. Do you have to practice personal hygiene every day?
2. Do you feel better when you are clean and put on nice clean clothes?
3. Do people you work with want to be your friend if you smell good or bad?

Student Handout

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| --- | --- | --- |
| ***Body part to be cleaned*** | ***What happens if I don’t clean this body part*** | ***What will other think if I don’t clean that body part*** |
| Face |  |  |
| Hair |  |  |
| Legs and hands |  |  |
| Finger and toes |  |  |
| Teeth and mouth |  |  |

Answer the following questions:

1. Do you have to practice personal hygiene every day?
2. Do you feel better when you are clean and put on nice clean clothes?
3. Do people you work with want to be your friend if you smell good or bad?