

# Starter - Class Discussion



Watch the clip and consider the following: [click here](#)

- 1) **What issues are raised?**
- 2) **Implications for the individual**
- 3) **Implications for society**

# Keeping It Clean



# Learning Objectives

- To explore the purpose of personal hygiene
- To identify ways in which to maintain it

## Outcomes:

- **You will establish how to clean your body**
- **You will identify the impact it has on physical health**
- **You will identify the impact it has on mental and social well-being**

# Exploring Bathing and Showering

**Task:** Identify why bathing or showering is part of a regular personal routine.

**Complete the Word-search and diagram activity**



**Use the following word bank to label the diagram  
on the next page**

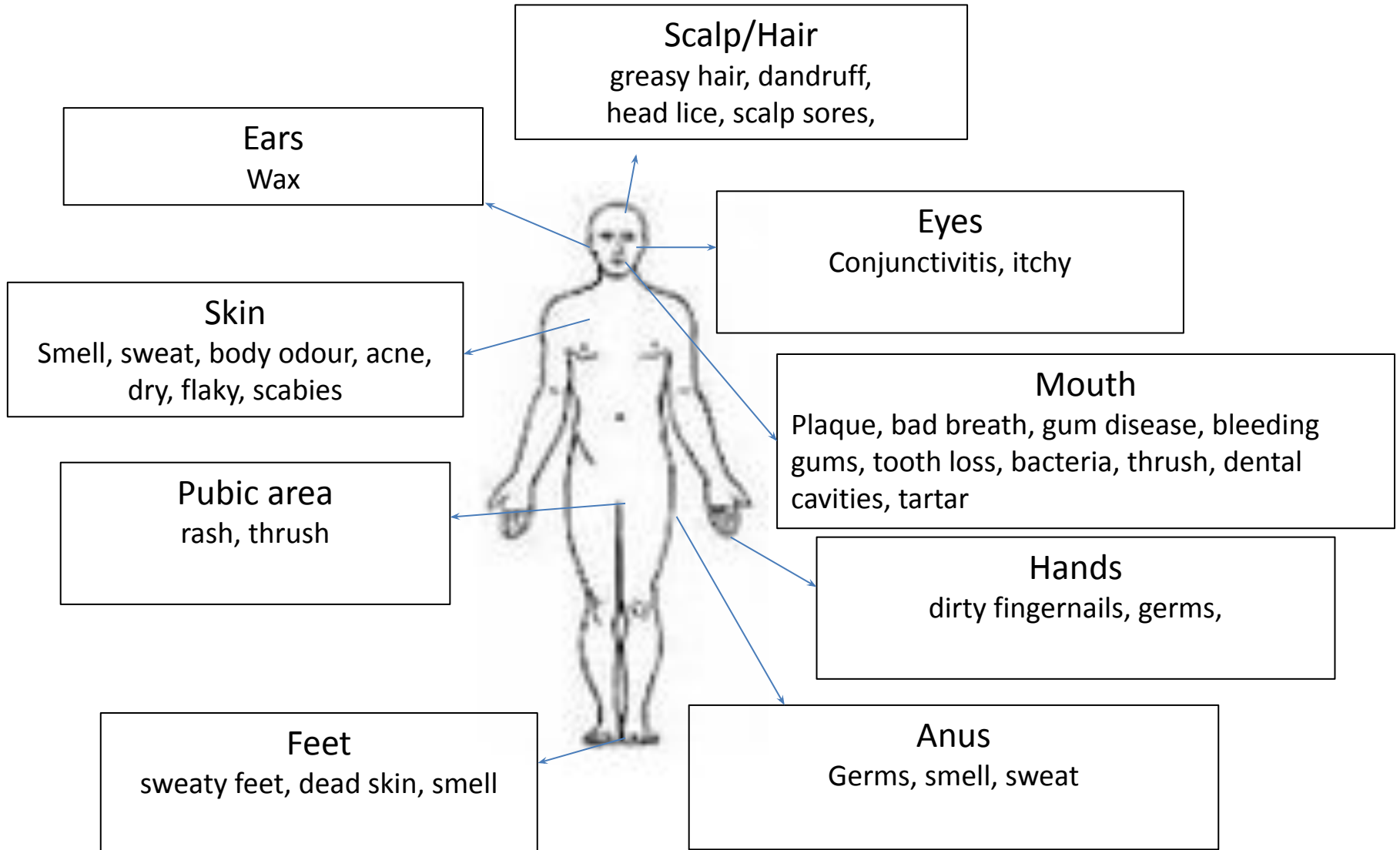
greasy hair, dandruff, head lice, smells,  
sweat, rash, plaque,  
body odour, sweaty feet, dirty fingernails,  
germs, bad breath, gum disease, bleeding  
gums, tooth loss, bacteria, scalp sores, acne,  
conjunctivitis, itchy, dry, flaky, wax, thrush,  
dental cavities, gingivitis, tartar, dead skin,

Why else is it important to take a regular shower/bath?

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# Explain or describe what would happen to these body parts if one did not take regular baths. **Answers**



# Bathing and Showering Answers

## Answer Sheet

### Hint:

### Answer:

<b>PSAO</b>	You use this to get clean	<b>SOAP</b>
<b>TLEHAYH</b>	Bathing regularly can keep you	<b>HEALTHY</b>
<b>DOURO</b>	Sweat can produce this	<b>ODOUR</b>
<b>LSFOS</b>	Remember to do this at least once daily	<b>FLOSS</b>
<b>DTENOADOR</b>	Use this before physical activity	<b>DEODORANT</b>
<b>MGSER</b>	These can make you sick	<b>GERMS</b>
<b>LEANEM</b>	The hardest substance in the body	<b>ENAMEL</b>
<b>DCNAY</b>	This type of treat will cause cavities	<b>CANDY</b>

# When would one need a bath more than once in a day?

## Task :

Give examples of situations when bathing or showering is needed more often than once a day.





# When would one need a bath more than once in a day? Possible answers



Sports club/PE



Doing manual work/construction



Mining/plumbing/drainage work



Being out in the hot sun



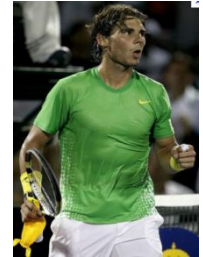
Exercising/PE



Cooking in the kitchen



Menstrual cycle



Taking part in sport



Sweating



Doing gardening



Mechanical work/engineering

# Positive Impact

List the advantages of using toiletries, on your sheet.



# How often should you Change Clothes?

**Establish:** on your chart a healthy **routine** for changing underwear, nightwear and outer garments. **Your teacher will give you the correct answers afterwards. Use Green Pen to make any necessary changes.**

Change Clothes



**Routine:** is a regular repeated action, or actions

# How Often Should You Change Clothes?

Indicate using a **tick** how often you think you should change each item of clothing

Clothing	Daily	Every other day	Weekly
			
			
			
			
			
			
			
			

**Reasoning: Explain your decision with class and then Use 'green pen' to make any corrections.**

# Negative Implications

**Aim:** State why clothes should be changed and washed or cleaned regularly in the next activity in your booklet.



# Why we should change and wash clothes regularly

## Answers

Statement	True	False
Our bodily heat, oils and perspiration make our clothes an ideal place for bacteria and fungi to thrive.	√	
To make sure that our clothes do not smell as a result of sweating and natural body oils.	√	
Because we want to show off that we have a lot of clothes		x
To get rid of dead skin cells and the bacteria that cause body odour	√	
So that it kills any bugs or bacteria from the external environment	√	
To make our clothes look clean and last longer	√	

# Plenary

Look at the below images

Consider and explain in full sentences:

1) what are the implications for the individual in each one

2) What effect might it have on the wider community?



You smoke a packet of cigarettes a day. Your teeth are yellow, your breath stinks and your hair reeks of smoke.

You often get up late and forget to brush your teeth. You have bad breath!



Your comb is full of grime and grot. When you comb your hair you put dirt on it. You even lend it to friends!

You wear your favourite jumper every day for ten days without washing it.



You pick your toenails. They get too short and become ingrown. They hurt a lot.



You stayed overnight at a friend's house. You did not bring a change of underwear.



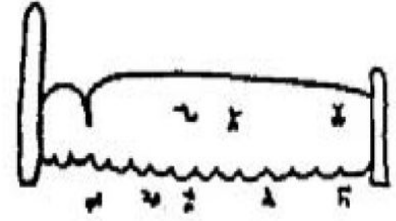


You haven't sent your blazer to the cleaners for a year. It smells of school dinners and is full of dirt and dust.



You keep your socks on until they are crisp and smell like very old cheese.

You haven't changed your bedsheets for two months. Bedbugs want to be your friends.



You don't cut or clean your fingernails and they are full of nasty dirt.



You do not wash your hands after visiting the toilet.



# Hygiene AWARD

Clean! Healthy!

given to

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for learning about and following  
clean & healthy habits.

You are SPECIAL, so be sure  
to treat yourself that way!



*P. Body, M.D.*

Doctor P. Body  
Official Signature

# Personal Hygiene Quiz

## 1 What is Personal Hygiene?

- Using soap to clean yourself
- Dental check-ups
- Taking care of your body, cleaning yourself, getting dental check-ups and more.
- Taking showers

## 2 How often should you get dental check-ups?

- 1-2 times per year
- Once every 5 years
- Once per week
- Never

## 3 What should be used every time you shower?

- Bubble bath
- Shaving cream
- Shampoo, conditioner and body wash
- Soap

## 4 What is having good personal hygiene a good prevention of?

- Tooth decay
- Diseases and sicknesses
- Losing hair
- Looking ugly

## 5 What should you put on before going out on a hot day?

- Sunscreen
- Perfume
- Baby Oil
- A balm/sun

## 6 What is the thin, flimsy item used to get extra food out of your teeth?

- A toothbrush
- Mouthwash
- Yarn
- Floss

## 7 When are 2 out of the 4 good times to put on deodorant?

- Before a party and at school during math
- After a shower and in the morning
- After you go to the bathroom and before you eat
- Before an outdoor sporting event and before a shower

## 8 When are good times to brush your teeth during the day?

- Before you eat, after you eat, and before bed
- Whenever you want to
- In the morning/after breakfast, after lunch, and after dinner/before bed
- After you have a drink

## 9 When are some good times to wash your hands?

- After touching something that isn't yours
- After talking to someone who is sick, and after taking out the trash
- Before going to sleep and after you wake up
- After touching waste bins, being near someone who is sick, touching animals, before and after handling food, etc.

## 10 What are two good ways to keep your skin healthy?

- Putting on cream and taking showers
- Wearing deodorant and sunscreen
- Eating and playing with dolls
- Cleaning and wearing cream

## ★ Which of the following is most true for you?

- I have a child/children.
- I would like to earn cash for sharing my opinion.
- None of the above.