



Title: Personal Hygiene

DATE

Ready to Learn Reminders

- Sit in the seating plan.
- Take your coat/hat/scarf off.
- Get equipment out (including green pen).
- Write title, date, subheading and underline – keep your book beautiful!
- Complete DNA in silence.



Starter

Do Now Activity

Retrieval Practice



1. What are two things that you learned from the puberty lesson.

Personal Hygiene

WALT: to think about how we look at personal hygiene



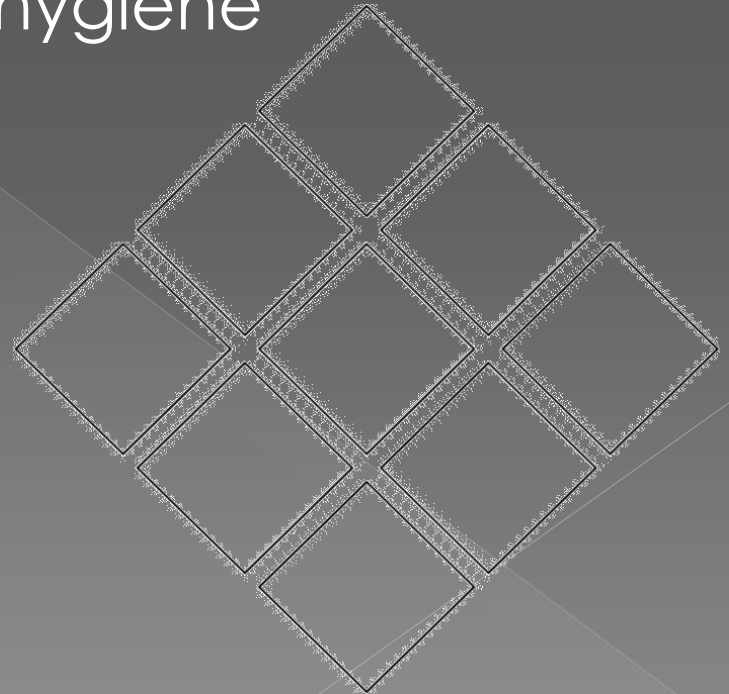
What does it mean?



- In your books write what you think is meant by personal hygiene.
- Think of all the things that it may cover and write these down too

What does it mean?

- Personal hygiene is generally defined as cleanliness of the body and proper maintenance of personal appearance. This generally includes all body areas and clothing
- Order the cards you have been given to the importance you think they should be placed in for hygiene



My personal hygiene plan

- You are going to complete a plan of your own personal hygiene
- This is to include all the things you have to do in a day to stay clean



What you can include?

- ◉ When I get up
- ◉ After going the toilet
- ◉ Before eating and drinking
- ◉ Before bed



Why keep clean?

S	S	E	R	D	W	E	A
O	G	F	T	H	A	I	R
A	E	O	H	A	S	F	M
P	R	O	T	N	H	I	B
N	M	T	S	K	I	N	L
O	S	T	E	Y	N	G	O
S	C	O	M	B	G	E	O
E	Y	E	B	E	A	R	D



Arm
Beard
Blood
Comb
Dress
Eye
Finger
Foot
Germs
Hair
Hanky
Nose
Skin
Soap
Toe
Washing

Why we should change and wash clothes regularly

Read each statement and decide if it is true or false

Statement	True	False
Our body heat, oils and sweat makes our clothes a nice place for bacteria, fungi to live and grow		
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 got lot of clothes		
To get rid of dead skin cells and body odour		
So that we kill the bugs and get rid of dirt from the environment		
To make our clothes look clean and last.....		

Name:

Why we should change and wash clothes regularly Answers

Read each statement and decide if it is true or false

Statement	True	False
Our body heat, oils and sweat makes our clothes a nice place for bacteria, fungi to live and grow	x	
To make sure that our clothes do not smell as a result of sweating and natural body oils.	x	
Because we want to show off that we got lot of clothes		x
To get rid of dead skin cells and body odour	x	
So that we kill the bugs and get rid of dirt from the environment	x	
To make our clothes look clean and last.....	x	

Name: