

TITLE – PERSONAL AND ORAL HYGIENE – PAGE 15 IN BOOKLET



DATE:

In today's lesson we will:

- Discover ways in which diet, exercise, hygiene and sleep contribute to being healthy
- Explore how important personal hygiene is and how to achieve it

“Batten down your armpits, stop picking your nose and reach for the extra-strong mints, because personal hygiene – or to be more accurate, a complete lack of it – is the one trait that makes a person less employable above all others in the eyes of Britain's bosses”



TODAY'S
BIG
QUESTION

3 Minutes

What does hygiene actually mean??

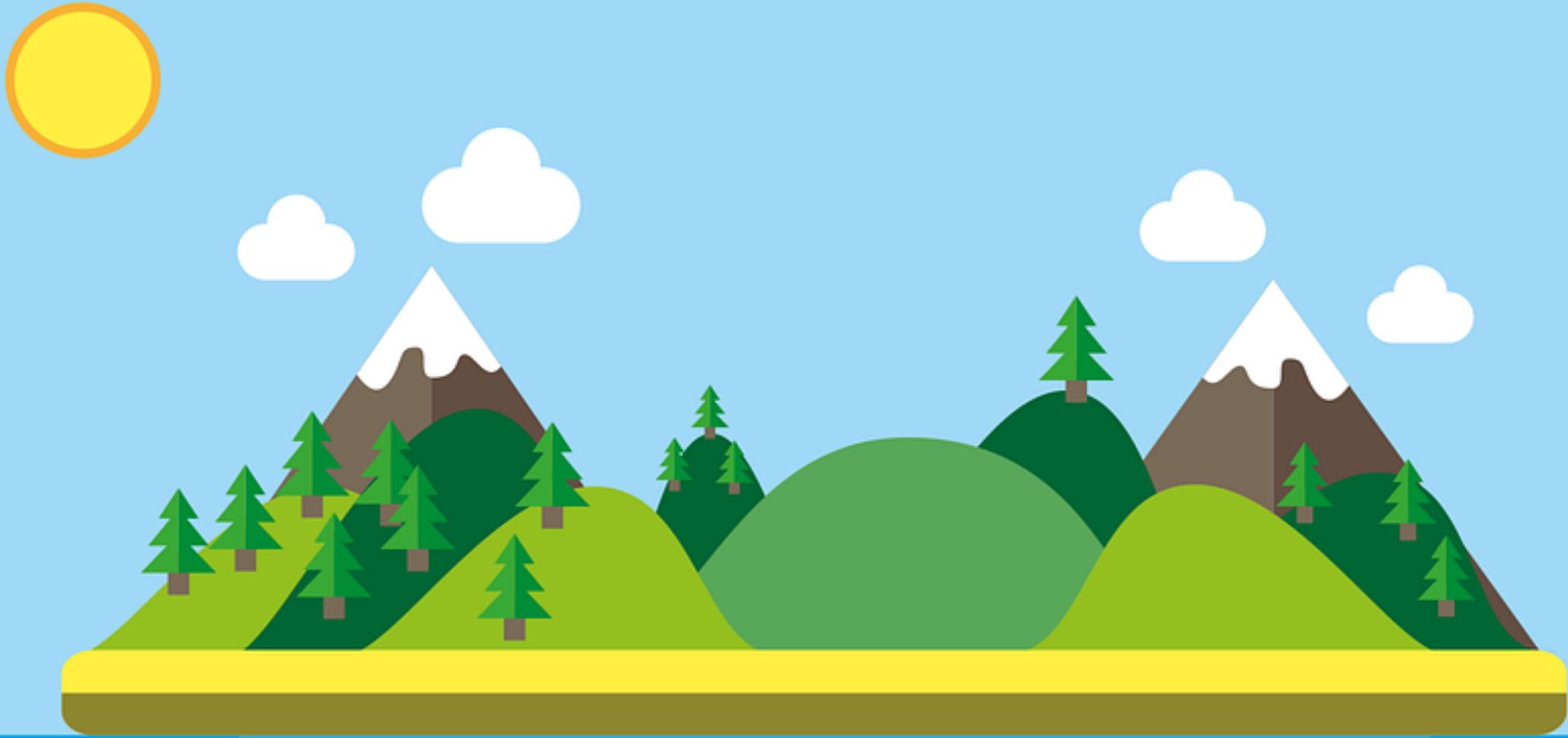


DISCUSSION QUESTIONS FOR TODAY

USE THE SPACE AT
THE BOTTOM
OF PAGE 9 TO WRITE
DOWN YOUR IDEAS

"Batten down your armpits, stop picking your nose and reach for the extra-strong mints, because personal hygiene - or to be more accurate, a complete lack of it - is the one trait that makes a person less employable above all others in the eyes of Britain's bosses"

Why do you think this is the case?



If you could only take three toiletries with you to a desert island for a month - what would they be? (Add your choice and reason to page 16)



HOW DOES PERSONAL AND ORAL HYGIENE IMPACT YOU?

YOU MAY WANT TO WATCH THIS VIDEO TWICE, FOR THE FIRST TIME JUST WATCH THROUGH, FOR THE SECOND, SEE IF YOU CAN ANSWER THE QUESTIONS ON PAGE 16

Place the following activities in the correct column – PAGE 17

Brush teeth

Wash face

Wash hair

Wash genitals

Floss your teeth

Wash clothes

Cleanse your face

Wash hands

Wash armpits

Wash feet

Wear clean underwear

Cut toe-nails

More Than Once A Day

Every Day

Every Other Day

Every Week

Every Two Weeks

Change bed sheets

Extension

Think of even more ways you should stay clean

Explain why it is important to stay clean

BODY ODOUR – Teacher to read aloud

page 11

- Puberty causes all kinds of changes in your body. Your skin and scalp may suddenly get oily very easily. Every day it seems you have new hair growing in different places. At times, you seem to sweat for no reason — and you may notice there are odors where you never had them before. These bodily changes are a normal part of becoming an adult. Still, some of them can be a real source of anxiety. Who wants to worry about whether their underarms smell, anyway?
- Perspiration, or sweat, comes from sweat glands that you've always had in your body. But thanks to puberty, these glands not only become more active than before, they also begin to secrete different chemicals into the sweat that has a stronger smelling odor. You might notice this odor under your arms in your armpits. Your feet and genitals might also have new smells.
- The best way to keep clean is to bathe or shower every day using a mild soap and warm water. This will help wash away any bacteria that contribute to the smells. Wearing clean clothes, socks, and underwear each day can also help you to feel clean. If you sweat a lot, you might find that shirts, T-shirts, socks, and underwear made from cotton or other natural materials will help absorb sweat more effectively.
- If you're concerned about the way your underarms smell, you can use a deodorant with **antiperspirant**. Deodorants get rid of the odor of sweat by covering it up, and antiperspirants actually stop or dry up perspiration.
- It's especially important to add deodorant after playing sport but best practice would be to shower after or use a wet wipe to remove any sweat or bacteria that has built up first.



1

Precious has noticed that her skin has been developing more and more spots. She tries to cover them up with make up so nobody makes comments. This is becoming harder to do.

2

Sarah has noticed more of her hair coming out when brushing and that it is becoming quite greasy on a regular basis.

3

Farooq has noticed that when he finishes dance club at lunchtime he can be quite smelly for his afternoon lessons and develops sweat patches under the arms

4

Adam has recently overheard comments from other students whispering about how his breath smells quite bad

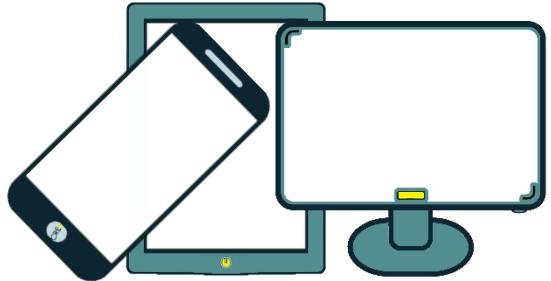
5

Kira has noticed that her vulva is developing a distinct body odour. What can she do to combat this?

Task

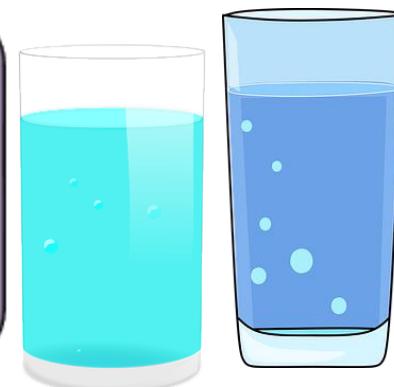
- 1) Work through each scenario and using your knowledge indicate what advice you would give to each person.

3 TOP TIPS FOR POSITIVE WELLBEING



Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement which in all can lead to poor hygiene.

Drink plenty of water. We are over 70% water and dehydration can cause low energy, headaches, spotty skin, lack of concentration and cognitive fatigue.



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body and the friendly bacteria you have living in your gut, it provides energy and helps you when you're not feeling well as it helps develop your immune system. Aim for at least 5 portions daily and make sure you have a variety in your diet (don't just eat the same 5 every day)

TRENDING TOPIC – VAPING AND ORAL HYGIENE

READ THROUGH THIS
SLIDE AND THE NEXT,
THEN ATTEMPT THE 1, 2,
3 TASK ON PAGE 12 IN
YOUR BOOKLETS ON
VAPING.
CLICK AGAIN TO GET
STARTED



TRENDING TOPIC – VAPING AND ORAL HYGIENE

How does vaping harm oral health?

- Not only does vaping negatively affect your respiratory and neurological health, but it poses the risk of oral cancer as well as other dental conditions. The following dental symptoms often accompany vape use:
- Dry mouth, which increases the risk for tooth decay
- Increase in bacteria
- Irritation/Inflammation of the mouth and throat
- DNA + cell damage = cell death
- Cell death = Increased potential for tooth loss, bone loss, gum disease, bad breath, and decay

REFLECTION POINT page 12

PICK 1 OF THE AREAS WE HAVE LOOKED AT TODAY:

1. THE IMPORTANCE OF GENERAL HYGIENE (WASHING ETC)
2. BODY ODOUR
3. TOP TIPS FOR POSITIVE HEALTH/ WELLBEING
4. VAPING AND ORAL HYGIENE

CAN YOU SUMMARISE

SUMMARISE THE KEY POINTS ABOUT THE AREA YOU HAVE CHOSEN:

- WHAT IS THE KNOWLEDGE/ FACTS?
- WHAT ARE THE TIPS TO HELP PEOPLE?
- WHY IS IT IMPORTANT TO BE MINDFUL ABOUT THIS? THINK HEALTH.

YOU HAVE TO DO THIS WITHIN EITHER... A TWEET OF 280 CHARACTERS OR ONLY 60 SECONDS LONG IF YOU WERE TO SPEAK IT.



Complete your EXIT
TICKET questions on
page

These link to the key
knowledge you need
to know for this block
of work

newsround



<https://www.youtube.com/watch?v=Jg23FPYXwPk>

<https://www.bbc.co.uk/bitesize/topics/zfg8mp3/watch/z6wmxyc>

