'Empowered, Educated Eating'

Hygiene Skills

Lesson: Recognise the importance of practising basic hygiene skills.

Date: As used

Time: As used

Class: Junior/Senior Infants

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: The Lunch Bag 'How and why do we' game as the introduction, the Lunch Bag video on 'Hygiene Skills' as the lesson, The Lunch Bag 'How and why do we' game as the assessment and a 'Colour me in' exercise sheet to conclude. All resources are available from their website (www.thelunchbag.ie).

Learning Objectives

Upon having watched The Lunch Bag video on Hygiene Skills, students will;

1. Understand the importance of basic personal hygiene practices such as; the correct process on how to wash their hands and how often they should shower/bath.
2. Recognise that each person has a responsibility to make sure they take care of himself/herself.
3. Understand the importance of changing their socks and underwear daily to ensure good personal hygiene.

Introduction/Stimulus

'How and why do we' game is used to introduce the lesson to make students aware that they are going to be learning about personal hygiene practices.

Development

As the lesson, the students will watch the video 'Hygiene Skills' from the Lunch Bag website in which the different personal hygiene practice topics are introduced.

- Students are first educated on the importance of taking a shower or bathing regularly and washing their hair.
- Hygiene skills are further developed through educating the students on the correct technique used to wash their hands.
- The final topic regarding personal hygiene is the importance of changing their socks and underwear daily to ensure their bodies are clean and that no germs build up on their skin.

Conclusion

The 'How and why do we' game is used from the Lunch Bag website to assess the knowledge gained from the lesson. The lesson is then concluded with a 'Colour me in' exercise sheet.

Assessment	'How and why do we' game from the Lunch Bag website to assess knowledge gained from lesson.
Linkage:	Safety and protection strand unit - they understand that personal hygiene is important to make sure they're protected against illness and their health is maintained, and also the Developing Citizenship strand unit - as we now understand that we have to maintain good hand hygiene to stop the spread of diseases.
Integration:	**Oral Language Skills:** Both receptive and expressive language is improved through the watching of the video and interaction with the video also. **Art:** Is incorporated using the colour me in exercise sheets. **Science:** Gain an understanding of how germs can lead to sickness and having good personal hygiene is the first step to having a healthy immune system. **Making Inference:** Students understand that if they wash their hands, shower regularly and change their socks and underwear that they will have good personal hygiene and avoid sickness.