THE LUNCH BAG

'Empowered, Educated Eating'

Personal hygiene

Lesson: Personal hygiene

Date: As used

Time: As used

Class: 3rd and 4th Class

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: Use the 'How well do you know your handwashing technique' resource as the introduction to the lesson, use the 'Personal hygiene' video as the lesson, use the 'Write a poe-m' resource as the assessment and the 'Spot the difference' resource as the activity sheet for this lesson.

Learning Objectives

1. Realise the importance of caring for and treating his/her own body and that of others with respect and dignity.
2. Recognise and practice good personal hygiene, know how it's maintained and understand its importance in social interaction.
3. Understand and explore the relationship between health and hygiene in the transmission of bacteria and viruses and the spread of infection and disease.

Introduction/Stimulus

The 'How well do you know your handwashing technique' resource provides a fun way to assess the prior knowledge of students on one of the most important processes in personal hygiene. It is also a form of a KWL chart (What students know, would like to know and learned from the lesson).

Development

- The lesson begins with an introduction to the importance of good personal hygiene when it comes to different social interactions. The importance of

keeping your hair, your skin, your nails, your teeth, and your body in general clean is highlighted to students.

- The importance of good hand hygiene is first explained to students along with the impact that this has on our personal hygiene. Four of the most important times for hand hygiene highlighted include; after having been outside, after handling raw meat, after you've used the bathroom and after you touch a surface. A video of the correct hand washing technique is shown to students to further develop their understanding of good hand hygiene.
- Dental hygiene is the next step of personal hygiene that is developed. Students are educated on the importance of brushing their teeth two times daily and the correct tooth brushing technique. The importance of flossing your teeth to remove harmful bacteria from areas that can't be reached with a toothbrush is explained to students.
- Lastly, the importance of washing their bodies and showering 3-4 days per week or any time they're dirty, along with ensuring we change our underwear daily is explained to students to avoid the build-up of bacteria on our skin.

Conclusion

The lesson is concluded by using the 'Write a poe-m' assessment resource and the 'Spot the difference' resource. The 'Write a poe-m' assessment allows for the integration of English into the lesson through the use of poems and reading but also allows for consolidation of the learnings of the lesson, while the 'Spot the difference' resource allows for an enjoyable finish to the lesson.

Assessment	The 'Write a poe-m' resource is used for students to show what they've learned on the different topics including dental hygiene, hand hygiene and body hygiene.
Linkage/Integration	**Linkage:** - **Explore the factors that influence his/her self-image;** The importance of personal hygiene and the effect this has on people is explained along with the role it plays in how they feel about their body. - **Recognise and discuss how feelings and emotions are affected by physical changes;** Recognise the importance of personal hygiene in improving your mood. **Integration:** - **English:** The 'Write a poe-m' resource allows for the integration of writing and reading. - **Acting:** Encouraging students to act out their handwashing technique allows for the integration of acting into this SPHE lesson.