

Personal Hygiene



Dec 8-11:39

What does the term 'personal hygiene' mean?

Dec 16-14:43

Hygiene and cleanliness prevent diseases. Hygiene is about keeping our bodies and clothes clean. If we don't stay clean bacteria can build up and cause illness and disease, spots, smells and bad teeth. Hygiene is also important when preparing food.

There are thousands of products on the market to do with hygiene claiming all sorts of things - but water is the best cleanser of them all! However, we do like to smell nice and plain water has no smell so we use soaps, shampoos and shower gels with added scent.

Dec 16-14:42

What different things can we do to keep our bodies and clothes clean? Let's make a list:

e.g. Brush our teeth twice a day

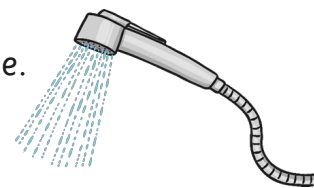
Dec 16-14:43

Washing our face and bodies

Years ago, it was difficult to keep your whole body clean. Water had to be heated by the fire, a bath tub was filled and the whole family used the same bath water. Remember, families were bigger back then, sometimes with 6 or more children! Can you imagine being last to use the bath water?

Luckily, it's very different nowadays! We have hot water straight out the shower or taps for the bath so there is no excuse not to shower regularly!

It is especially important to shower after we exercise.



Dec 16-14:46

When bathing or showering, remember to clean yourself properly.

Think about the body parts which may need cleaned most frequently. Under our arms, between our legs and those feet with all the sweat glands!

To keep your hair clean, use shampoo. If we don't wash our hair regularly, it can look greasy as oils start to build up on our scalp.

Did you know?

Perspiration (sweat) itself doesn't smell. However, when we sweat another liquid called apocrine is also secreted. When apocrine combines with bacteria, that is when a bad smell occurs. This is why it is important to bathe/shower often; everybody sweats, but it is the bacteria that causes the smell!

Dec 16-14:52

What can happen to our face/skin if we don't wash it properly?

Acne is created when oil from the oil glands in our skin mixes with dead skin cells. They plug up the hair follicles in the skin and create white heads or black heads.

We will all get spots at some point in our lives! But we can take hygienic steps to prevent, minimise or treat them. Ideally, you should wash your face twice a day.



Dec 16-15:11

Washing our hands

When we touch things, we pick up germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc.

We can even spread them to our friends and family without realising. Some germs can make us feel unwell, from a cold to a tummy bug and more.

Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.

 <https://www.youtube.com/watch?v=JD85FDlxqCs>

Dec 16-14:46

DON'T FORGET YOUR NAILS!

When washing our hands, it is important to keep our nails clean. Underneath our fingernails is a great place for germs to hide!

It's best to keep your nails neatly trimmed and clean.



Dec 16-15:02

Brushing our teeth

It is recommended that we brush our teeth twice a day, for around 2 minutes.

We should visit the dentist every 6 months for a check up.

Brushing properly removes plaque. Plaque can cause cavities, toothache, gum disease and even our teeth to fall out!

It also gives us lovely fresh breath!

Dec 16-14:46

Healthy teeth:



Teeth without regular brushing:



Dec 16-14:55

Clothing and underwear



It is really important to wear clean clothes. If we wore the same thing all the time, they would get dirty and start to smell.

We don't mean wear new, clean clothes every day, but if, for example, you wear the same trousers to school for a few days, make sure that you take them off as soon as you get home and let them air out for a while!

Underwear is different. Underwear covers our personal parts, which can get the most sweaty.

This includes socks!! Our feet are covered in sweat glands and can get sweaty and smelly as we're on our feet a lot!

Remember to change your socks and underwear every day! And put the dirty ones in the dirty washing basket! Don't leave them on your bedroom floor! YUCK!

Dec 16-14:46

Food hygiene

It's important to wash our hands before preparing or eating food. If bacteria on our hands enters our mouth, we could make ourselves poorly. If we allow the bacteria on our hands to come into contact with food we are preparing, we may make others poorly!

Good food hygiene can prevent food poisoning, amongst other illnesses.

Did you know?

When preparing meat, you should use different chopping boards for raw and cooked meat!

Dec 16-14:46

How much did you learn about personal hygiene?
Let's take a quiz and find out!

<https://www.educationquizzes.com/ks2/personal-social-and-health-education/hygiene/>



Dec 16-14:45