

HEALTH AND PERSONAL HYGIENE

Teachers Notes

This section includes:

Personal care
Keeping clean
Healthy food
Food diary
Other foods
Being healthy
Exercise and sport
Favourite sports

Some activities need additional guidance, or can be expanded:

Personal care

Ask students to bring their toiletry or wash bags in to show different hygiene products.
Can do with one student or whole class.

Keeping clean

Make individual 'keeping clean' charts for students to use at school and home.

Healthy food

Have a selection of fruit and vegetables for students to try.

Food diary

Make a diary for home and for school.

Other foods

Use this information and the food diary to develop an eating plan.

Being healthy

Discuss with students why it is unhealthy to lie in bed all day etc. You may need to explain a little about tobacco and alcohol if students have limited knowledge.

Exercise and sport and Favourite sports

Create opportunities where students can try new activities.

PERSONAL CARE

Worksheets

Using products - think of all the products you use to keep your body clean.

Make a list of them. For example, shampoo or toothbrush.

Draw pictures of the products you use:

Can you think of any differences between the products that a boy would use and the products that a girl would use?

KEEPING CLEAN

How often should you do these things to keep yourself clean and looking nice?

Have a bath?

Have a shower?

Wash your face?

Wash your hands?

Clean your teeth?

Change your clothes?

Put on clean underwear?

Comb or brush your hair?

Wash your feet?

Put on deodorant?

Put on aftershave or perfume?

Shave?

HEALTHY FOOD

You can also look after yourself by eating healthy food. You should eat at least 5 pieces of fruit and vegetables each day.

Write down some fruit and vegetables that you like to eat.

Draw a picture of your favourite ones.

FOOD DIARY

You could keep a diary of everything you eat every day for a week to see how much healthy food you eat.

	Breakfast	Snack	Lunch	Dinner	Supper
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

OTHER FOODS

Make a list of food that you like to eat that is not as healthy as fruit and vegetables (for example, chocolate, crisps etc).

It is OK to eat these foods sometimes, as long as you do not eat too much. Are there any foods that you think you should eat less of?

BEING HEALTHY

Is it healthy to:

	Yes	No
Smoke cigarettes?	<input type="checkbox"/>	<input type="checkbox"/>
Eat 5 portions of fruit and vegetables each day?	<input type="checkbox"/>	<input type="checkbox"/>
Do some exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Lie in bed all day?	<input type="checkbox"/>	<input type="checkbox"/>
Watch television all day?	<input type="checkbox"/>	<input type="checkbox"/>
Drink a lot of alcohol?	<input type="checkbox"/>	<input type="checkbox"/>
Drink water?	<input type="checkbox"/>	<input type="checkbox"/>
Take drugs?	<input type="checkbox"/>	<input type="checkbox"/>

EXERCISE AND SPORT

Being active, like doing exercise or a sport, keeps your body healthy.

Exercise can also help you feel happier if you are feeling sad.

Make a list of all the activities you do. This can include sport (for example, swimming) and other activities like walking.

F FAVOURITE SPORTS

Draw a picture of your favourite sports, or cut pictures out of magazines.

Are there any sports which you would like to try?

Find out about local sports clubs where you live or at your school that you could join.