

L.O: To describe different ways to stay hygienic.

- I understand what hygienic means.
- I can explain why it is important to be hygienic.
- I can suggest ways to be hygienic and clean my body.

Scientific skill: Using secondary sources of information.

Key Vocabulary:

Personal hygiene: Keeping your body and clothes clean.



Hygienic: Being clean and tidy.

Germs: Tiny living things that can make you sick.



Dentist: A person who takes care, treats and repairs teeth.



Plaque: A sticky substance that is made of germs and can make your teeth rot.



Cavities: A small hole in the tooth caused by germs.



Tooth ache: Pain in or near a tooth.

Gum disease: When the gums become swollen, sore or infected.





Take Care



What ways to stay healthy and keep fit do you remember from last lesson?

Today we will be learning about personal hygiene and how to be hygienic.



Personal Hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!

It also helps us to stop spreading **germs**.



Can you think of some ways we can look after our bodies and stop spreading germs?

Washing Our Hands

When we touch things we pick up **germs**, which we can spread by rubbing our eyes, touching our face, putting things into our mouths and touching different things. Watch this video to learn more about germs: [How Germs Spread | Explaining the Science for Kids](#)

Think about everything your hands touch in a day...



Think about how many other people have touched these things too! Therefore, it is very important that we wash our hands regularly to kill **germs** and stop them spreading.

Watch these videos to how to wash your hands:

https://www.youtube.com/watch?v=nEzJ_QKjT14
<https://www.youtube.com/watch?v=JC7JnSkeyLM>

Watch these videos to see how washing our hands protects us from germs: <https://www.youtube.com/watch?v=3SfHdSHK-g0>

When Should We Wash Our Hands?

Can you think of times when it's really important to wash your hands?

We should be washing our hands regularly, but we need to make a special effort to wash our hands:

- When they are dirty;
- Before we eat or help prepare food;
- After petting animals;
- After using the toilet;
- After we sneeze, cough or blow our noses;
- Before **and** after visiting someone who is unwell.



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** which can cause cavities, tooth ache, gum disease and even our teeth falling out!

It also gives us lovely fresh breath!



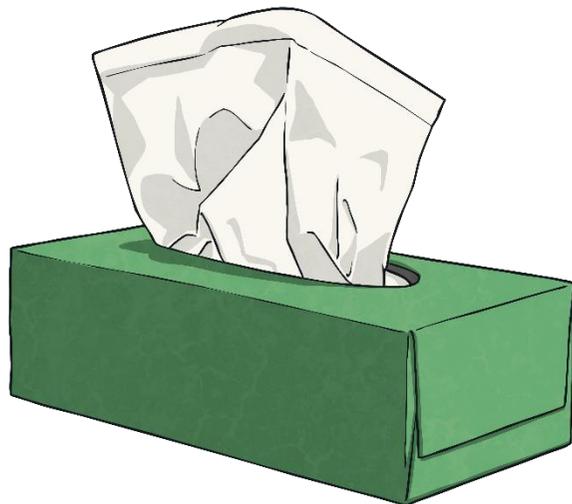
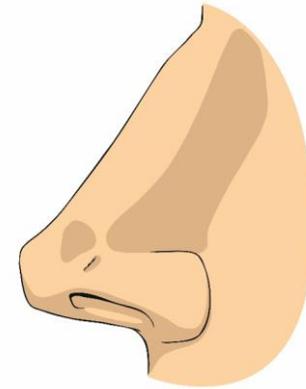
How many times a day do you brush your teeth?

Keep Our Noses Clean

Have you ever had a really runny nose? Or has it been really blocked and you feel like you can't breathe through it? It's a horrible feeling, but we have all been there!

The only acceptable way of dealing with this is a tissue.

Sniffing, picking, wiping with sleeves...
Yuck!



However:

- dirty tissues must be binned or flushed down a toilet straight away;
- don't share used tissues with others;
- wash your hands after using a tissue.

Showering

We need to shower regularly to make sure our bodies are clean.

We need to wash our bodies with soap or shower gel.



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.

To keep hair nice and soft, some people also choose to use conditioner.

Clean Clothes



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. Even if it is the most fashionable thing you own...it will still need to be washed!

You don't need to wear fresh, 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!

Skills Activity

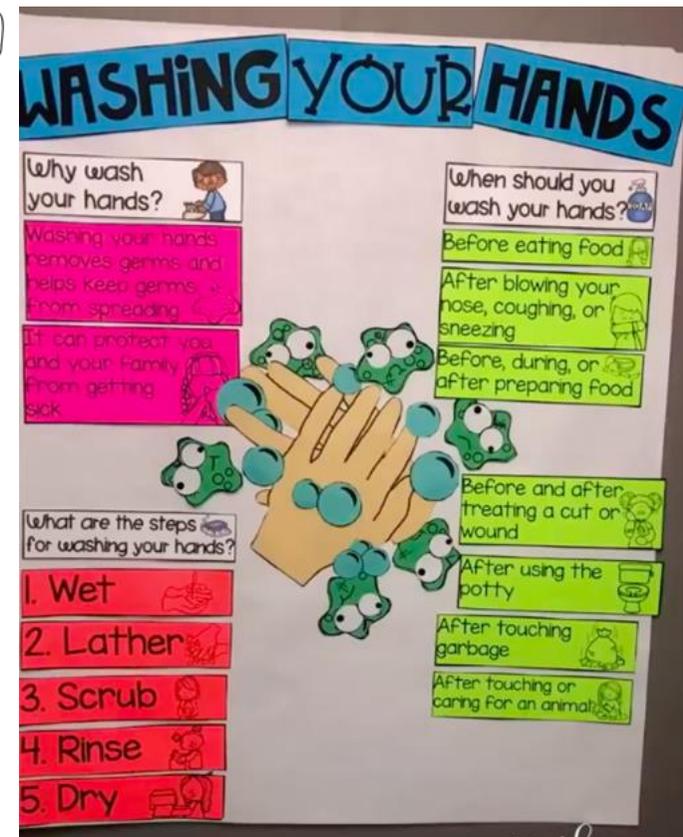
Can you design a poster to help remind people to wash their hands?

Your poster needs to include:

- why they should wash their hands
- when they should wash their hands
- how to wash their hands well
- pictures to make your poster stand out.



Here are a few examples:



Core and Extension Activity

Can you design a poster to help remind people how to be hygienic?

Your poster needs to include:

- why it is important to be hygienic
- what different things they need to do to be hygienic
- how often they need to do each thing
- pictures to make your poster stand out



Here are a few examples:

