

# 1<sup>st</sup> grade- Hygiene

## Learning Objectives

- I can identify behaviors that promote health and wellness, such as personal hygiene. (Sol 1.1e)
- I can learn to practice good hygiene and different ways to do it.

1.1 The student will identify the basic components and functions of human body systems and the importance of safe practices, positive interpersonal relationships, and environmental health.

## Teacher Notes

- Visual posters
- Vocabulary (bath, soap, sink, toilet, hair dryer, hairbrush)
- Material: paper, marker, crayons

## Lesson Steps

### *Step 1 (Engage learners/access prior knowledge)*

Discussion- How can I keep myself clean? Why is personal Hygiene important? What does personal hygiene look like? **(Use posters to help students answer their questions)**

### *Step 2 (New information – direct instruction/teacher-facilitated learning)*

- ❖ Introduce lesson to students by letting them know that good personal hygiene is important for both health and social reasons. It entails keeping your hands, head, and body clean to stop the spread of germs and illness. Your personal hygiene benefits your own health and impacts the lives of those around you.
- ❖ Use PowerPoint presentation to guide students through lesson [..\Documents\Personal Hygiene 1st grade.pptx](#)

### *Step 3 (Application – how student will apply/practice new learning)*

- Students will make their own personal hygiene posters. (Each student will receive a letter size paper to create their own poster.)

## Assessments

### Quiz

1. Personal hygiene \_\_\_\_\_.

- A. is not important.
- B. does not help with keeping us well.
- C. is a collection of habits people perform to keep themselves clean and their bodies healthy.

2. Germs are \_\_\_\_\_.

- A. not harmful to the human body.



- B. very small, microscopic living things that can enter your body and make you sick.
- C. not alive.

**3. Which of the following is an example of having good personal hygiene?**

- A. Putting on clean clothes after running hard at your soccer game.
- B. Eating without washing your hands.
- C. Brushing your teeth once a month.

**4. Good personal hygiene \_\_\_\_\_ harmful germs on your body.**

- A. attack
- B. ignores
- C. multiplies

**Extensions/Connections**

Personal Hygiene- <https://www.youtube.com/watch?v=jQ2e0KH5WrI>

**Resources/References**

Creating a Personal Hygiene Routine- <https://www.healthline.com/health/personal-hygiene>

Hygiene Expert- [What is Personal Hygiene? \(hygieneexpert.co.uk\)](http://www.hygieneexpert.co.uk)

Personal Hygiene for Kids - <https://www.healthdirect.gov.au/personal-hygiene-for-children>

**Handout**

See next page(s) for any handout(s). Design for print and/or electronic.