# Teaching Guideline - Hygiene Practice

# Intended outcome:

1. Know common type of parasites.
2. Understand and be able to tell the symptoms, cause and affection of parasites and induced disease.
3. Know the importance and method of enhancing personal hygiene.
4. Being able to perform proper 20s hand washing procedure.

# Section 1: Review (20 min)

**Description:** Review of the knowledge taught in the previous day. Further consolidate their learning.

|  |  |  |  |
| --- | --- | --- | --- |
| m | Actions: | Materials | Procedures |
| 10 | Warm up activities |  | (see lect notes) |
| 5 | Question about anemia:  (sample) |  | Raise hand to get the prize .  preparation: candy |
| 5 | Quick review | (based on anaemia curriculum | Teaching.  Preparation: poster used for Anemia lesson |

**Goal:** To give a quick recap of the knowledge learnt in the day before. For learning and retaining the knowledge efficiently.

# Section 2: Introduction (20 min)

Case example (storytelling)

**Description:** Making up a fictional character and story showing poor sanitation practice and its consequences.

Henish is a Cricket enthusiast. One day he went to the cricket field to practice with his friend Joshil for a competition happening in a week. After 3 hours of practising under the strong sun, they felt very tired and hungry. Henish invited Joshil to his home to spend the afternoon. Joshil agreed happily. They then picked up the balls on the floor and went home.

Hanish’s mom knew that Hanish likes to have snacks after playing cricket, she thus prepared a dish of Roti for him. When Henish and Joshil came home, Joshil immediately went to the bathroom and washed his hands with soap. But Henish was too hungry, so he just ate the Rotti with his dirty bare hand. Joshil went home after having the snack.

In the evening, Joshil enjoyed his dinner and took a shower with shampoo and soap. His day went well and he was in a good mood. However, on the other hand, when Henish was watching his favourite animation, he felt very weak and kept sweating. He suffered from stomachache and vomited twice. His mom was worried about and brought him to the clinic. Doctor said that Henish suffered from parasitic infection as he did not wash his hand thoroughly before meals.

**Goal:** Attracting their attention and interest in the following topic by performing a vibrant role play.

# Section 3: Teaching (1 hr)

## Parasitic infestation (25 min)

**Description:**

| m | Knowledge | Material | Procedure |
| --- | --- | --- | --- |
| 10 | Sources and causes of parasitic infection | Pictures of the gems and microbes, dirty environment.  (description in the back of the paper) | Teaching |
| 5 | Types of parasites | Pictures of the different parasites.  (description in the back of the paper) | Teaching |
| 10 | Effect on health, diseases  (symptoms) | little cards with different symptoms written on it, wall magazine with two colume. | Group activity. Split them into groups. Each group get a pack of material. The material contains both correct and incorrect symptoms. They have to choose the correct one and stick them on the magazine board. Add some words aside and try to make it their own poster. Raise hand when done.  Most accurate and beautiful poster get praised. |

**Goal:** We want student to build the concept of parasite. To be able to tell the source of parasite and their effects on our bodies.

## Transition（10 min）

**Description:** Ask them what they can do to prevent those things to move on to the next sub-topic. We give appreciation and a quick feedback on each answer. (creative thinking)

## Prevention （25 min）

**Description:**

| m | Knowledge | Material | Procedure |
| --- | --- | --- | --- |
| 10 | Clean living practice | Poster | Teaching |
| 10 | Personal hygiene | Poster | Teaching |
| 5 | Treatment that can be done by the government | - | Give them the idea, go through quickly |

**Goal:** To educate students that healthy personal and environmental hygiene in order the risk of parasitic infection.

# Section 4: Hand washing activity (20min)

**Description:** This is activity is to showcase the 20 proper seconds hand washing procedure with soap and running water to remove germs and microbes.

**Goal:** Students would have hand on experience to get familiar with the procedures.

**Preparation:** Approx. 5 bricks of soap, running water