

HEALTH EDUCATION

LESSON - 21

PERSONAL HEALTH

The following components will be learnt in this lesson:

- Definition of Health ➤ Importance of health
- Personal health and cleanliness

Health is very important to every individual. Only a healthy individual can be energetic. And a healthy person can be resourceful.

Definitions of health:

- In general terms, “Safe and healthy living is health”.
- According to J F. William, “Health is quality of life, which contributes to serve most to live best.”
- According to WHO- “health is not merely the absence of disease but being in a state of mental, physical and social wellbeing.”
- It is clear from above definitions that, “ health is not just good physical condition but also it is having proper mental balance.

“Health is Wealth”

Importance of health:

- Growth and development of various body organs according to age is possible only with good health.
- Good health helps to increase the work efficiency of organic system.
- Health helps to develop resistance to diseases.
- Health helps to perform day to day tasks with vigour.
- Health helps to improve the standing posture and refrain from physical deformity and handicaps.
- Health helps to develop the all round personality of an individual and be a good citizen.

A healthy population is the wealth of the nation

PERSONAL HEALTH AND HYGIENE

The word personal means self or individual. Personal health can be safeguarded through personal hygiene. Cleanliness and health are like two faces of the same coin.

Cleanliness that can be done by self is called as personal hygiene.

Activity:

– Make the list of the personal hygienic activities that can be done by one self.

“Healthy mind in healthy body”

Cleanliness of body parts should be done as follows—

Cleanliness of Nails:

The hands, fingers and nails being the end part of the upper body are easily prone to getting dirty. This dirt may get in contact with the food being eaten and hence may become the cause of illness. Nails may also be a cause of injury. So better to cut nails at regular intervals.



Fig. 21.1

Activity:

➤ Make a list of the practices done to keep the nails clean.

CLEANLINESS OF TEETH:

Healthy and clean teeth are like personal wealth of an individual. It is necessary to have healthy and clean teeth for good speech and proper chewing of food. And twice a day clean the teeth to avoid bad smell of our mouth and to maintain cleanliness.

- It is possible to have healthy teeth by brushing twice at morning as well as night and consuming calcium rich food items like fish, meat, oil products, eggs, fruits etc.

Activity:- Make a list of the work done to keep the teeth clean. Learn the types of teeth and their functions.

Sense organs :

Here we have to study about of our sense organs namely, skin, eyes, nose, ear and tongue.

CARE OF SKIN :

Skin helps to feel the sense of touch and also serves as a protection to the internal organs and helps to remove waste products from the body in the form of sweat. A healthy and glowing skin enhances an individual's beauty.



Fig. 21.2 Cleanliness of skin

The dust particles, bacteria and other small insects in the air may be a cause to infection of the skin and hence lead to illness. Hence cleanliness and protection of the skin should be our priority. The sun rays which are the main source of vitamin 'D' are essential for a healthy skin. Foods rich in vitamins and lemon juice are essential for a glowing skin.

Activity :

- How do you protect your skin in winter? list them.

CARE OF EYES :

Fig. 21.3

Eyes are the sense organs which help us to see. Eyes help us to see the beautiful world around us. They serve as a tool to gather information about the physical environment around us. Life without sight is very hard to imagine. Protecting the from infection and injury is very important and hence every care should be taken towards it. Eating food rich in vitamin 'A' helps us to maintain our sight in the best possible way.

Activity:

- Make a list of all the activities done towards protection of eyes.
- Make a list of all the foods rich in vitamin 'A'.

Donate eyes, gift sight
CARE OF EAR :

Ear is another important sensory organ. It is very delicate sensory organ and is very easily susceptible to infection and injury. So to take care for the ear is very important.

Activity : Make list of the activities to keep your ear clean and gather the information about all the minute organs present in your body, Which help to protect us and keep us healthy.

CARE OF NOSE :

The nose serves as a sense organ to smell and also works as a gateway for the process of breathing. The nose also enhances the beauty of a person. The small hair in the nose serve as a protective layer from all the dust particles and bacteria present in the air which we take in while breathing. When there are some problems with the nose we breathe through our mouth that is when the bacteria and dust particles enter our body and cause illness. That is why we should protect our nose to see that clean air enters our body.



Fig. 21.5 Cleanliness of Nose

Activity: Make a list of the activities to keep your nose clean and safe.

CARE OF TONGUE :

Tongue is one of the sense organ of our body which helps to find the various tastes like sweet, bitter, salty etc. So we have to take care about the cleanliness of our tongue. And we have to clean our tongue early morning and before go to bed with the help of the tongue cleaner. It will avoid the bad smell of our mouth.

Activity: Take the help of your parents to clean your tongue.

Donate eyes after death

KNOW THIS:

1. To protect the vision of your eyes the television should be watched from atleast 10 feet distance.
2. Keeping the body and mind in a proper condition is health.
3. Where there is cleanliness there is health.
4. Vitamin 'D' is good for healthy skin.
5. Keep your nails short using a nail cutter once a week.
6. Brush your teeth atleast twice a day.
7. Consume foods rich in Vitamin 'A' for better vision.
8. Do not insert pieces of chalk, grains, pins or other things in your nose and ears.

Exercise

I Tick the appropriate answer.

1. Food rich in _____ has to be consumed for good eye sight.
 a. vitamin -B b. vitamin-A
 c. vitamin -D d. vitamin -B2
2. Healthy body has a healthy _____.
 a. work b. mind c. skin d. nails
3. Heath and Cleanliness are like _____ faces of the same coin.
 a. two b. four c. one d. three

II Match the following.

- | | |
|---------------------------|----------------------|
| 1) Healthy citizen is the | good for skin |
| 2) Vitamin 'D' is | wealth |
| 3) Health is | wealth of the nation |

III Answer the following questions in one sentence each.

- 1) What is health ?
- 2) What is personal hygiene?
- 3) Which are your sense organs?