

OGUN DIGICLASS

CLASS: PRIMARY SCHOOL

SUBJECT: BASIC SCIENCE

TOPIC: HYGIENE



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LESSON OBJECTIVES

- Explain the meaning of hygiene and other keywords.
- List and explain the various types of hygiene.
- State some of the importance of hygiene.

STARTER ACTIVITY

Take a look at some of these activities of mine and tell me what exactly I'm doing.

Definition of some keywords.

What is Hygiene?

Hygiene is a series of practices performed to preserve health.

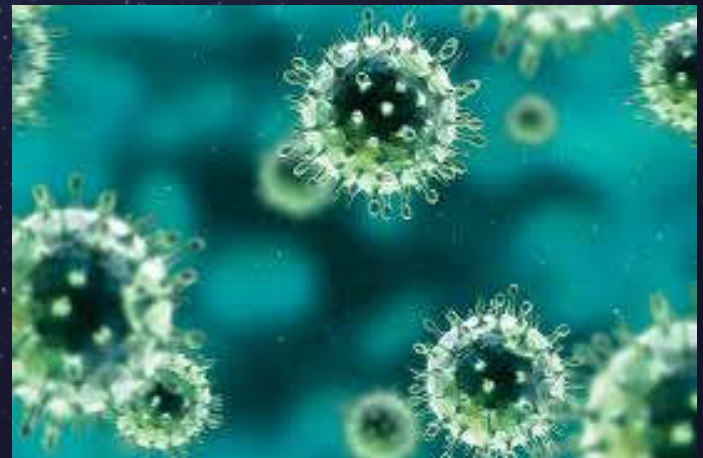
According to the World Health Organization (WHO), "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases."



Definition of some keywords.

What are GERMS? —

Germs are tiny organisms that can cause infection. They are invisible to the human eye and exist everywhere -- including in the air, soil and water, and on food, plants and animals.



TYPES OF HYGIENE

Today we shall be talking about three types of hygiene. They are as follows;

- Food hygiene.
- Personal hygiene
- Clean surroundings.

What is food?

A food is something that provides nutrients. Nutrients are substances that provide: energy for activity, growth, and all functions of the body such as breathing, digesting food, and keeping warm; materials for the growth and repair of the body, and for keeping the immune system healthy. it may be raw e.g fresh fruit, or cooked, processed or semi-processed.



Why is Food Hygiene Important?

Food hygiene is a conscious effort to keep food safe from potential contamination and protect the health of the people that consume them. It involves cleaning, washing, cooking and proper food storage.

It is however important to note that food hygiene also deals with the way and manner that we handle food.

Failure in observing food hygiene principles may give rise to different types of health issues.



Principles of Food Hygiene

- Wash hands before and after handling raw food, especially meat and poultry.
- Wear hair nets to help prevent loose hair from falling on food.
- Use tools or utensils to serve food whenever possible.
- Touch food with your hands as little as possible.
- Use a clean spoon each time you taste or sample food.



Principles of Food Hygiene- contd

- Touch only the handles of flatware/utensils when setting the table.
- Do NOT wear jewellery in food preparation areas, especially rings; they may collect dirt or bacteria and make it harder to clean your hands.
- Keep nails trimmed short and do not wear nail polish.
- Do NOT use aprons to dry your hands.

Personal Hygiene

Personal hygiene is the basic concept of caring for our bodies e.g. paying attention to corners of our bodies like the armpit, the back of our ears etc.

Other personal hygiene examples include;

- ☐ Brushing our teeth regularly
- ☐ Bathing everyday
- ☐ Wearing of clean cloths
- ☐ Maintaining a low cut or platting our hair neatly at all times.

Importance Of Personal Hygiene

Proper personal hygiene is vital for both health and social reasons. It involves keeping every part of your body clean so as to stop the spread of germs and illness.

Poor hygiene can lead to poor health. If you have cut yourself, the wound should be cleaned and dressed suitably, this can help reduced the risk of infection and pain.

Principles Of Personal Hygiene

Brush your teeth everyday: Neglecting to take care of your mouth, teeth and gums will cause gum disease like gingivitis and periodontitis, dental problems and bad breath. Having bad breath is embarrassing and offensive.

Hair care: Wash your hair regularly. You need to wash them after spending long hours outdoors. This is because your hair collects dust.

Hand hygiene: You use your fingers & your hands in almost all of your activities.



Clean Surroundings

This deals with our general surroundings i.e the environment where we live must be kept clean at all times. Cleanliness and Hygiene must be maintained if you want to live a healthy and hygienic life. There is a famous proverb, 'health is wealth'; which means, if you are healthy then you are wealthy.



How to maintain clean surroundings

- ❑ Do not leave buckets of water or opened container with water in or near your home, as these places serve as perfect environment for breeding mosquitoes causing fatal diseases.
- ❑ Place trash cans in kitchen, and empty it after use.
- ❑ Always cover the foods with covers, do not keep them open, as foods attract several bugs like cockroaches.
- ❑ Wash the plates after you have your meal, unwashed plates are the dens of germs.



What have you learnt so far?

Answer True/False.

1. Hygiene deals only with the prevention of germs.
2. Food hygiene is not that important.
3. We must always wash our fruits before we eat them.
4. All other types of hygiene are important except clean surrounding.
5. It is essential to always wash our hands.

HOW DO WE WASH OUR HANDS?

Take a good look at the image below and let's try to copy what we see by washing our hands.



Wet Hands



Apply Soap



Palms



Fingers



Fingernails



Back of Hands



Thumbs



Wrists



Flush



Dry Hands



Turn Off Tap



Clean Hands

SUMMARY

In summary, hygiene helps prevent diseases like Cholera, Typhoid, Malaria, Diarrhoea, Dysentery, Vomiting, Stomach upset, Premature death and even Corona virus.

And we talked about three types of hygiene;

- Food hygiene
- Personal hygiene
- Clean Surroundings

FURTHER PRACTICE.

1. State three other reasons why we should observe food hygiene.
2. List the processes involved in hand washing.