Subject: Home Economics

class: JSS1

Term: First Term

Week 3

Topic: The Human Body

© Lesson Objectives

By the end of this lesson, students should be able to:

- 1. Describe the structure and parts of the hair and eyes.
- 2. State the functions of the hair and eyes.
- 3. Explain proper care and grooming practices for the hair and eyes.

I. Structure and Parts of the Hair and Eyes

A. Structure and Parts of the Hair

The hair is a thread-like structure that grows from the skin (scalp).

Parts of the hair include:

- **Hair Shaft** the visible part of the hair above the scalp.
- **Hair Root** the part under the skin that grows from the hair follicle.
- Hair Follicle a tube-like pocket in the skin that holds the hair root.
- **Sebaceous Gland** produces oil that keeps hair soft and shiny.
- **Blood Vessels** supply nutrients to the hair root.

B. Structure and Parts of the Eyes

The eye is the organ of sight. It allows us to see and respond to light.

Parts of the eye include:

• Iris – the colored part of the eye that controls the size of the pupil.

- **Pupil** the black dot in the center that lets light in.
- Lens focuses light onto the retina.
- **Retina** sends image signals to the brain.
- **Eyelid** protects the eye from dust and light.
- Eyelash keeps dirt out of the eye.
- **Eyebrow** protects eyes from sweat and water running down the forehead.

II. Functions of the Hair and Eyes

A. Functions of Hair

- Protects the scalp from sun and injury.
- Keeps the body warm.
- Adds to beauty and appearance.
- Helps in identification (e.g., through hairstyles).

B. Functions of Eyes

- Enables sight and helps identify objects.
- Helps in balance and coordination.
- Aids communication through eye contact and expression.
- Alerts us to danger (e.g., seeing fire, snakes, etc.).

III. Care and Grooming of the Hair and Eyes

A. Hair Care Tips

- Wash hair regularly with mild shampoo.
- Avoid sharing combs and hair tools.
- Oil and condition hair to prevent dryness.
- Braid or style hair neatly.
- Trim split ends regularly.

• Eat healthy food rich in vitamins and protein.

Avoid:

- Using harsh chemicals.
- Keeping dirty or smelly hair.
- Over-plaiting or pulling the hair too tightly.

B. Eye Care Tips

- Wash your face regularly to keep eyes clean.
- Avoid rubbing your eyes with dirty hands.
- Read in well-lit places.
- Take regular breaks when using screens (TV, phones, computers).
- Use prescribed glasses if you have an eye defect.
- Visit an eye doctor (optometrist) when needed.

Avoid:

- Looking at the sun directly.
- Using foreign objects to remove dirt.
- Sharing eye makeup or contact lenses.