

 **Subject: Home Economics**

 **Class: JSS1**

 **Term: First Term**

 **Week 6**

 **Topic: The Human Body – Structure, Functions, and Care of the Teeth, Hands, and Feet**

Lesson Objectives

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

1. Identify the structure and parts of the teeth, hands, and feet.
 2. Explain their functions.
 3. Describe proper grooming and care for the teeth, hands, and feet.
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I. Structure of the Teeth, Hands and Feet

Teeth

- The human mouth contains **32 permanent teeth** in adults and **20 temporary teeth** in children.
- Types of teeth:
 1. **Incisors** – Cutting food
 2. **Canines** – Tearing food
 3. **Premolars** – Grinding food
 4. **Molars** – Chewing and grinding

Hands

- Made up of:
 - **Fingers** – 5 on each hand
 - **Palm** – Flat area used to hold things
 - **Wrist and joints** – Allow movement

- **Nails** – Protect finger tips

Feet

- Made up of:
 - **Toes** – 5 on each foot
 - **Sole** – Bottom part of the foot
 - **Ankle and heel** – Support body weight and aid movement
 - **Toenails** – Protect toe tips
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II. Functions of the Teeth, Hands and Feet

Teeth

- Help in chewing and breaking down food
- Aid in speech
- Shape the face

Hands

- Used for holding, writing, eating, and many daily activities
- Help in expressing emotions and gestures

Feet

- Support the weight of the body
 - Help in walking, standing, and running
 - Provide balance and posture
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III. Care of the Teeth, Hands and Feet

Care of the Teeth

- Brush at least twice daily with fluoride toothpaste
- Avoid sugary foods and drinks
- Visit a dentist regularly

- Use dental floss to remove food particles
- Avoid using teeth to open bottles or cut things

Care of the Hands

- Wash hands regularly with soap and water
- Trim and clean fingernails weekly
- Use hand lotion to prevent dryness
- Avoid biting nails

Care of the Feet

- Wash feet daily and dry between toes
- Keep toenails trimmed
- Wear clean socks and comfortable shoes
- Avoid walking barefoot in public places
- Treat infections like athlete's foot promptly