

 **Subject: Home Economics**

 **Class: JSS1**

 **Term: First Term**

 **Week 4**

 **Topic: The Human Body – Ears and Nose**

Lesson Objectives

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

1. Identify the structure and parts of the ears and nose.
 2. Describe the functions of the ears and nose.
 3. State proper care and grooming techniques for the ears and nose.
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I. Structure and Parts of the Ears and Nose

A. Structure and Parts of the Ear

The ear is the organ responsible for hearing and balance. It has three main parts:

1. **Outer Ear**
 - **Pinna** (visible part that collects sound)
 - **Ear Canal**
2. **Middle Ear**
 - **Eardrum** (vibrates with sound)
 - **Ear Ossicles** (tiny bones: hammer, anvil, stirrup)
3. **Inner Ear**
 - **Cochlea** (converts sound to nerve signals)
 - **Auditory Nerve** (sends signals to the brain)
 - **Semicircular Canals** (helps with balance)

B. Structure and Parts of the Nose

The nose is the organ of smell and also plays a role in breathing.

Main parts include:

- **Nostrils** – two openings for breathing.
 - **Nasal cavity** – moistens and filters air.
 - **Olfactory bulb** – detects smells.
 - **Septum** – separates the nostrils.
 - **Cilia and mucus** – trap dust and germs.
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II. Functions of the Ears and Nose

A. Functions of the Ear

- Enables us to **hear** and respond to sound.
- Helps with **body balance and coordination**.
- Alerts us to **danger** (e.g., hearing a car horn or alarm).
- Aids in **communication** through speech and listening.

B. Functions of the Nose

- Helps us **breathe** in air and smell odors.
 - **Warms and filters** the air we inhale.
 - Detects **pleasant or harmful smells** (e.g., perfume, smoke).
 - Works with the mouth in **speech**.
 - Aids the **sense of taste**.
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III. Care and Grooming of the Ears and Nose

A. Ear Care Tips

- Clean the outer ear with a clean towel or soft cloth.
- Avoid inserting sharp objects (e.g., pins, sticks, or cotton buds) into the ear.
- Visit a doctor for ear pain or wax buildup.
- Protect ears from loud noise to prevent damage.
- Dry ears properly after bathing or swimming.

B. Nose Care Tips

- Blow your nose gently with tissue or a handkerchief.
- Wash your nose gently when bathing.
- Avoid inserting fingers or objects into the nose.
- Treat nasal infections and colds promptly.
- Avoid inhaling dust, smoke, or harmful chemicals.