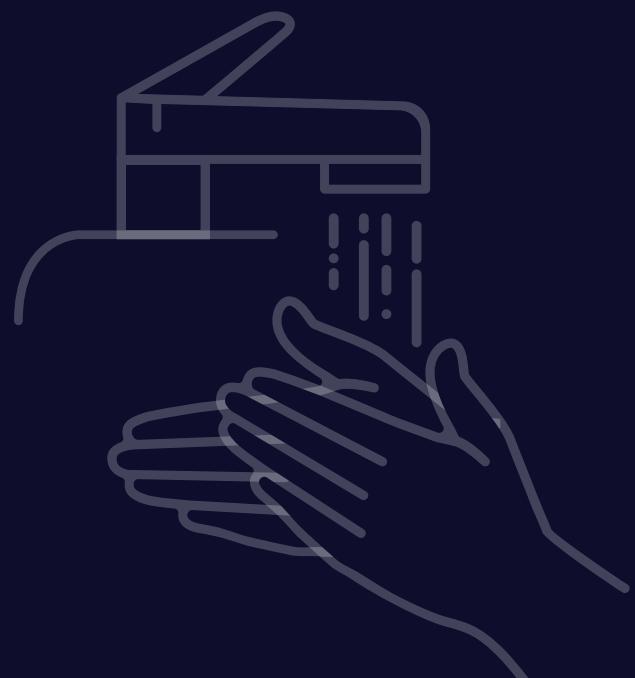


TEACHER TRAINING MODULE

NUTRITION III

NUTRITION AND HYGIENE



CHAPTER 1 - WHAT IS HYGIENE?

What is hygiene?

The word “hygiene” is derived from the Greek word “hygieinos” which means healthful, or relating to health.

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

Generally, we use the term hygiene to describe the ‘practice of keeping oneself and their surroundings clean, especially to prevent illness or the spread of disease.

Good hygiene is a barrier to many contagious diseases, including fecal-oral diseases. It plays an important role in promoting better health and well-being.

Types of Hygiene

- Personal hygiene
- Environmental hygiene
- Domestic hygiene
- Food hygiene

Personal hygiene

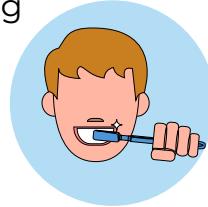
Personal hygiene involves the cleanliness of one's body and clothing, proper living habits, healthy diet, rest, and exercise, and is an essential part of maintaining both physical and mental health.

In people who practice poor personal hygiene, the body offers a perfect environment for the growth of germs, hence leaving it vulnerable to infection.

The main goal of personal hygiene is to improve or enhance personal standards of cleanliness, within people's living conditions.

Some of the personal hygiene practices include bathing, washing clothes, washing hands, proper use of the toilet, caring for the teeth, nails, feet, personal grooming, maintaining good practices when either spitting, sneezing, or coughing, and inculcating clean habits at a young age.

On a social level, people tend to avoid a person with poor personal hygiene, hence resulting in isolation and loneliness.



2. Environmental Hygiene

The aim of environmental hygiene is to create safe spaces so as to prevent diseases. In general, environmental hygiene involves disinfection activities (to control the harmful organisms and bacteria that threaten health), rodent control, disinfestation, and fumigation activities.

When the environment is polluted with toxic waste through either spitting or vomiting, the State is accountable for the respective cleaning of the environment using companies that are in the field of environmental hygiene.

In this manner, the School authority is responsible for keeping the School environment clean for the students. This way, children who use the facilities in the school are prevented from falling ill due to exposure to such poor waste disposal.



3. Domestic hygiene

Domestic hygiene generally means cleanliness in homes

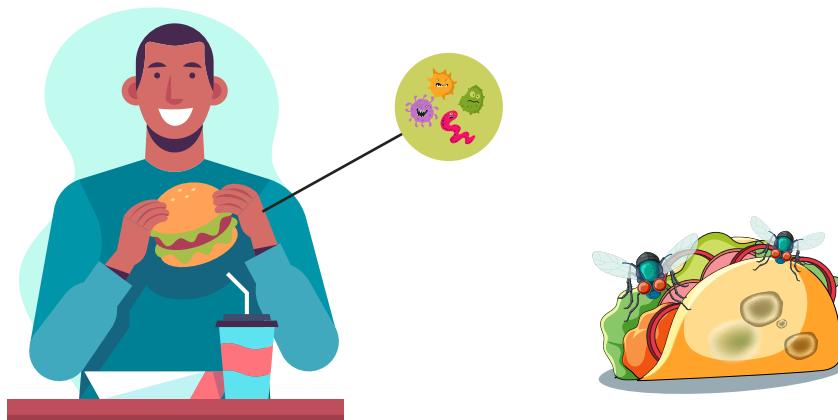
Domestic hygiene practices include all the work done to keep people's clothes, beddings, and houses clean. These activities include washing clothes and beddings, cleaning the toilet, sweeping and cleaning floors, and washing dishes after meals.

It is important to keep the house clean so that it remains a healthy place. In the case where the house and things in it are not often cleaned, dirt and moisture accumulate, making the house ideal for the breeding of parasites, germs, and disease-carrying animals. These germs can cause infection or sickness to the people living in the house.

4. Food hygiene

One of the greatest risks to the health of a population is contaminated food. It is a leading cause of disease outbreaks and transmission. Food that is kept for too long contains pathogens or toxic chemicals whereas foodstuffs that are consumed raw, such as vegetables and fruits, can get contaminated by flies, dirty hands, or unclean water.

Food that has been improperly prepared can also lead to chemical poisoning. For instance, improperly pounded and cooked cassava leaves may contain dangerous cyanide levels. Therefore, to promote good health, food should be prepared and stored properly.



CHAPTER 2 - HYGIENE AND THE SCHOOL

Any facility including Schools where food is prepared or served for public consumption must adhere to the set of hygiene practices by health regulating agencies.

These systems are put in place to regulate the general environment where food is prepared, the methods used to prepare and serve it, how the food is stored, and the personal employee hygiene standards.

Required equipment for food hygiene includes stainless steel surfaces for the preparation of food and cooking utensils.

These regulations also include specific standards for water and food temperatures and the required sanitation systems for disinfecting and cleaning utensils and surfaces

Inevitable exposure to infections at school

Whether a child is starting school for the first time or returning after the holidays, mixing with lots of other children will expose him or her to many more germs than there are at home.

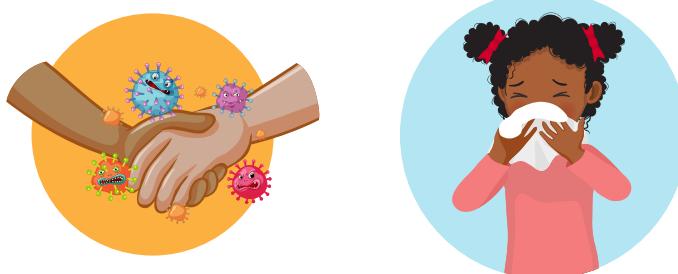
While one cannot prevent contact with all germs (and remember that exposure to some germs is a good thing), one can help reduce the risk of a child picking up an infection through healthy hygiene habits he or she has been taught.

How do germs spread at school?

School children often pick up cold and flu viruses or tummy bugs that can lead to diarrhoea.

These infections can spread very quickly from child to child by touching a contaminated surface.

Germs also spread very quickly in the air via coughs and sneezes, by eating contaminated food.



Importance of teaching good hygiene practices to children

Why is good hygiene important?

Once a child becomes infected, germs can quickly spread to the rest of the family at home. Bouts of the common cold and upset tummies are common at the start of a new term – both in schools and families.

So, helping the child understand about good hygiene will go a long way to helping them and the rest of the family stay healthy. Hence, good personal hygiene begins at home.

Although vaccinations can protect the children from some serious diseases such as tetanus, diphtheria and whooping cough, these vaccinations cannot protect children from every type of harmful bacteria.



CHAPTER 3 - TOP TIPS FOR GOOD SCHOOL HYGIENE

1. Hand Washing

Thorough hand washing is the single most effective way to help prevent the spread of infections in schools. Teach your children how and when to wash their hands (rubbing the hands together for at least 20 seconds using soap and clean running water).

Always wash hands:



After using the toilet



Before eating



After touching something dirty



After touching something dirty



After coughing, sneezing or blowing their nose



After touching a dirty tissue



After coughing, sneezing or blowing their nose



Whenever hands look dirty

2. Coughs and sneezes spread diseases

Teach your children to cover their nose and mouth with a tissue when coughing or sneezing to stop germs from becoming airborne.

Throw used tissues in a bin and always wash hands with soap and water afterwards.

If there is no tissue available, encourage your child to sneeze or cough into the crook of their elbow instead of their hands, to reduce the spread of bacteria.



3. Preparing a packed lunch

Make sure you wash and dry your hands before you start making a packed lunch. Your kitchen surfaces should also be clean and disinfected. Then:

- Check all foods are within their best-before dates
- Use an airtight, rigid lunch box that is washed and dried before and after use
- Wash fruit, salad and vegetables thoroughly in fresh clean water
- Try to prepare food fresh each day, as there will be less opportunity for germs to grow

4. Drink plenty of water

Water is much healthier than drinks that are high in sugar, sweeteners, additives and caffeine.

Encourage your child to drink plenty of water throughout the day, as even slight dehydration can lead to poor concentration, lethargy, irritability and headaches.



5. Dealing with Illness

If your child is unwell, keep them away from school until they are fully recovered and feel able to join in. If they come back too early, they risk spreading their germs to other children.

As a rough guide, keep children away from school when suffering from the following infectious diseases:

Chickenpox: For five days after the rash appears

Vomiting and diarrhoea: Until 48 hours after the last episode of vomiting or diarrhoea

The Flu: Until completely recovered

Measles: For four days after the rash appears

CHAPTER 4- JOINT RESPONSIBILITIES IN TEACHING CHILDREN ABOUT HYGIENE

Teachers often discuss proper hygiene in the classroom, but it is crucial for parents to constantly remind their children about it.

With some practice and a little guidance, parents can help your child develop healthy habits wherever they go.

Tell them why hygiene is necessary and how they can get sick if they do not practice them regularly. It can be difficult to get a child's buy-in when it comes to health and wellness, so a little creativity can help.

For example, you can read them stories about hygiene to help them understand the cause and effect of practicing it.

Hygiene Starts With The Hands

Children can easily get exposed to germs and viruses when touching dirty surfaces and putting their hands on their faces.

One way to stop the spread of infections among schoolers is hand washing. It's one of the most important hygiene habits that you should teach your child as early as possible.

Teach your child to wash their hands thoroughly with soap and water for at least twenty seconds.

Remind them to wash their hands before and after eating, after using the toilet, coughing or sneezing, or when playing on the school ground.

Let them carry a hygiene kit to school which contains antibacterial soap, wipes, hand sanitizer, and alcohol. In case they are not able to wash their hands, instruct them to apply hand sanitizer or alcohol.



Keep Hands Away From Eyes, Nose, And Mouth

Educate your child how germs can enter their body so they can keep their hands away from their eyes, nose, and mouth. This can be a tricky habit to learn so you have to constantly remind them.

Provide your kids with tissue or a handkerchief they can use to scratch an itch without touching their face directly.

Alternately, tell them they can only touch their face after hand washing or sanitizing their hands.

Also, try to keep their hair out of their face. Stray hairs tickle the face, causing an urge to touch their face frequently.

Limit Use Of Shared Objects

While you want your children to develop the value of sharing and caring, you also want to make them understand how germs and bacteria can spread quickly when they are touching surfaces and sharing objects like art supplies, cell phones, food, utensils, pencils, and personal items like combs and face towels.

If sharing snacks, pack them in separate ziplock containers so your child can just hand them over to their friends.

Disinfect Frequently Touched Surfaces

Teach your kids the right way to disinfect cell phones, tablets, water bottles, and other personal belongings regularly, especially once they arrive home. Consider spraying their bags and shoes with disinfectant too. Give your child a ziplock bag where they can put used clothes, food containers, and other dirty items that need to be washed and sanitized at home.

