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## P4 Integrated Science

### term 1

### THEME: Human Health

### Topic 4/4: Personal hygiene

		
Brush teeth at least twice a day	Shower daily	Wash hair regularly
		
Use deodorant	Shave Daily	Wash hands regularly

Hygiene is personal cleanliness. Hygiene involves

- (a) body cleanliness,
- (b) good health,
- (c) clean environment,
- (d) proper use and proper storage of medicine.

## Exercise 1

(a) Give any two activities involved in personal hygiene

### Importance of personal hygiene

- (i) Controls spread of diseases
- (ii) Make us look smart and attractive
- (iii) Removes bad smell from our bodies

### Ways of keeping our body clean

- (i) Regular washing of our body (eye, ears, nose, teeth, head and body)
- (ii) Keeping our hair short
- (iii) Brushing our teeth
- (iv) Trimming our toes and finger nails
- (v) Cleaning our personal items like clothes, house, utensils etc.

### Things used to clean our bodies



- (i) Water removes germs and dirt from our body and personal items
- (ii) Soap removes germs and dirt from our bodies and personal items
- (iii) Sponge is used to scrub our body
- (iv) Comb keeps out hair smart
- (v) Tooth brush, toothpaste and water remove dirt from our teeth
- (vi) Razor blade trims out hair and nails
- (vii) Nail cutter trims our nails
- (viii) Ear buds are used to remove wax from our ears
- (ix) Shavers trim our hair including private parts
- (x) Towel dries our bodies
- (xi) Handkerchief keeps our nose clean

### Exercise 2

Name two items used for personal hygiene

### Handling our clothes and beddings



- (i) Wash them regularly when dirty using soap and water
- (ii) Store clean clothes in dry and safe places

- (iii) Iron them to look smart and kill germs
- (iv) Lay your bed every morning
- (v) Keep your bedroom orderly and tidy

### Handling utensils

- (i) Wash them with water and soap
- (ii) Keep them in dry clean places

### Good health

Different people experience different forms of health problems. Some people are often ill and are said to have poor health. Those people who rarely get sick have good health. People in good health easily recover from minor illnesses. Their bodies can easily fight the diseases.

People with poor health would have better health if they took good care of themselves.

### How to keep healthy

- (i) Keep clean and tidy
- (ii) Feed on balanced diet
- (iii) Perform regular exercise
- (iv) Have adequate sleep
- (v) Go for regular medical checkup and timely treatment
- (vi) Keep your environment clean
- (vii) Avoid smoking
- (viii) Do not share houses/shelter with animals

### How to keep clean environment

- (i) Regular sweeping compound
- (ii) Regular mopping of house/dormitories/classes with water and soap
- (iii) Clean the toilet with water and soap and disinfect to remove bad odor and kill germs

## Tools used for cleaning the compound

- brooms
- twigs
- dust pan
- cleaning rug
- bucket
- mop

The following equipment's can be used to keep the environment clean:



Wet mop



Broom



Scrub brush



Tooth Brush



Shoe Cleaner



Fireplace cleaner



Toilet Cleaner



Duster

### Exercise 3

1. State any one way in which you can safeguard yourself against smoking.
  - **Keep away from smoking peers**
  - **Belong to non-smokers**
  - **Seek medical assistance**
2. Give the reason why most cooking pans are made of aluminium.
  - **Aluminium cooking pans do not rust**
  - **Aluminium is non-poisonous**

3. Give one item used for cleaning hands after visiting a latrine or toilet.
  - **- Water**
  - **- Soap**
4. State **one** reason why the use of soap makes washing easy.
  - **Soap reduces surface tension**
  - **Soap forms micelles that trap/stabilize dirt in water from a cloth**
5. State any **one** disadvantage of people living with domestic animals in the same house.
  - **Causes diseases like allergies**
  - **Spread parasites like lice, and ticks**
  - **Lead Poor hygiene and bad odours**
6. Name any **one** body part that may be checked during a school health parade.
  - **Nails for dirt and length**
  - **Teeth and mouth for oral hygiene**
  - **Skin for dirt and infections**
  - **Hair for scalp conditions and hygiene**
  - **Face for hygiene of eyes, nose and ears**
7. In which **one** way does toothpaste promote oral health?
  - **Strength tooth by providing calcium and fluoride**
  - **Prevent dental caries by ensuring effective cleaning of teeth by removing plaque/bacteria from the teeth**
8. Which element of primary Health care helps to prevent tooth decay?

*Personal hygiene or dental care*
9. Give one reason why washing of hands after visiting a latrine is a good practice.

Removes germs from the hands
10. Apart from brushing, how else can dental carries be prevented?

By rising mouth after eating

By going for regular medical check up

By avoiding sugary food

11. State one disadvantage of keeping finger nails long.



They keep germs

12. State any one habit which helps to promote oral health.

Brushing teeth;



cleaning the tongue



13. Give any**one** way of controlling the bad smell in an ordinary pit latrine.

**Smoking, disinfecting**

The table below shows information collected from five homes during a healthy survey. Study it to answer the question that follow.

Homes	Sanitation items checked			
	Latrine	Rubbish pit	Bathing shelter	Drying rack
A	X	X	✓	X
B	✓	✓	✓	✓
C	X	✓	✓	✓
D	X	X	X	✓
E	X	✓	✓	X

Key

X = item missing

✓ = item present

Which home had all the sanitation items?

**B**

Identify the sanitation item missing in most of homes surveyed.

**Latrine**

Name any one disease that is likely to attack homes A, C, D and E.

**Intestinal worms and dysentery.**

Give any one other sanitation item which could be added in the health survey.

**Kitchen**

14. (a) Write down any two activities that can be done by an individual to promote personal hygiene

- brushing teeth
- bathing daily
- cutting off finger nail
- mopping house
- sweeping the compound

(b) State two ways community members can promote sanitation in their area.

- protecting spring wells
- by proper disposal of wastes
- Digging pit latrines

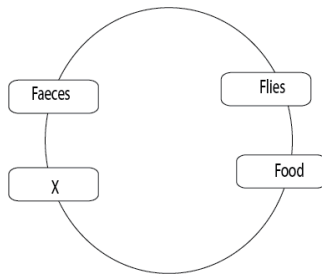
15. (a) Give any two reasons why it is important to wash hands before eating food.

- (i) Removes dirt
- (ii) Removes germs

(b) Apart from washing, mention any two other activities one can do to maintain personal hygiene.

- (i) wash clothes
- (ii) Iron clothes
- (iii) Wash the body
- (iv) Brush teeth

The diagram below shows how disease can be spread through the 4Fs  
Use it to answer question **16**



16.(a) Give the word which should be in the box marked X

Finger

(b) Name two activities which can be done to avoid the spread of diseases through food.

- (i) covering food
- (ii) boiling
- (iii) washing hand before handling food
- (iv) cooking
- (v) washing fruits before eating them

(c) What structure on the body of fly makes it spread diseases?

**Hair on its body**

**Thank You**

**Dr. Bbosa Science**