

# Unit 4: Personal Hygiene

Content Area: **Generic Content Area**  
Course(s): **Generic Course**  
Time Period: **Generic Time Period**  
Length: **Weeks**  
Status: **Published**

## Unit Overview

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This unit is about understanding the overall health and well-being of people and how personal grooming habits are essential to maintaining good health.

## Transfer

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Students will be able to independently use their learning to...

- identify the procedures for washing the various parts of their body.
- determine the difference between taking a bath vs taking a shower.
- determine what personal hygiene items are essential, and why they are to use them during and after showering or bathing in order to maintain cleanliness.
- maintain their nails, hair, teeth, skin, hands and face in an appropriate and clean manner.
- develop a personal care schedule.

-What kinds of long term, independent accomplishments are desired?

- Students should be able to demonstrate continuous use of good grooming habits to maintain desired personal hygiene for their lifetime.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## **Understandings**

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Students will understand...

- the basic need to care for one's own personal hygiene including bathing and shaving.
- the basic need to care for one's own personal hygiene including their hair, skin, hands and feet.
- the basic need for caring for one's teeth, and what the effect might be if they ignore this area of hygiene.
- the basic need for developing a personal care schedule and following it.

What inferences should they make/grasp/realize?

- Good grooming will help me get and keep a job.
- Good grooming will help me enhance my personal relationships.
- Good grooming is important for my overall health and weGood grooming will help me feel good about myself.

## **Essential Questions**

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Why should I take care of my body?

Why should I bathe regularly?

What will happen to my teeth if I do not care for them properly?

Why is it important to have a personal care schedule?

## **Application of Knowledge and Skill**

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**Students will know...**

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Students will know...

- the importance of maintaining good personal hygiene and how it effects your overall health.

What facts and basic concepts should students know and be able to recall?

- Good personal hygiene is one of the most effective ways to protect ourselves and others from many illnesses.
- It is important to wash our hands regularly, especially before preparing or eating food and after going to the toilet.
- Good personal hygiene is essential in the workplace.

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### **Students will be skilled at...**

Students will be skilled at...

- developing and maintaing a personal grooming schedule.

What discrete skills and processes should students be able to use?

- Students will be able to follow a checklist of items that need to be maintained in order for excellent personal hygiene.

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### **Academic Vocabulary**

9	10	11	12
grooming	grooming	plague	shampoo
bathing	perspiration	tartar	conditioner
shaving	antiperspirant	dental floss	hairdresser/hair
wash cloth	complexion	cavaties	dandruff
soap	acne	fluoride	lice
deodorant	dermatologist	dentist	mousse
loofah	sunscreen	mouthwash	gel
razor	manicure		hairspray
personal hygiene	pedicure		curling iron
			split ends

## Learning Goal 4.A

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- Students will be able to attend to their overall health and wellbeing through effective personal grooming habits.

HE.K-12.2.1	All students will learn health promotion and disease prevention concepts and health-enhancing behaviors.
HE.K-12.2.1.1	Demonstrate safe responsible health behaviors such as using a tissue, eating nutritionally, and washing hands when appropriate.
HE.K-12.2.2.1	Demonstrate responsible personal conduct such as working cooperatively with others as well as following rules and routines.
HE.K-12.2.2.2	Demonstrate self-management skills such as personal care and care of personal belongings.  Students who practice positive health behaviors can reduce or eliminate preventable health problems. Making positive health practices part of the daily routine contributes to a student's physical, mental, social and emotional health.

## Target 4.A.9

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- Students will be able to identify, utilize and apply a variety of personal hygiene products and hardware products to maintain personal cleanliness.

## Target 4.A.10

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- Students will be able to identify ways in which their skin and feet may be maintained appropriately.

## Target 4.A.11

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- Students will describe the importance of, and exhibit proper care, for their teeth.

## Target 4.A.12

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- Students will identify the components necessary to maintain clean hair, and develop a personal care schedule.

## Summative Assessment

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Link to summative assesment guidelines and tools: <http://www.edudemic.com/summative-and-formative-assessments/>

<https://sites.educ.ualberta.ca/staff/olenka.bilash/Best%20of%20Bilash/summativeassess.html>

- end of semester exam
- end of unit or chapter tests
- essay or rept
- oral examination
- participation in lecture, discussion or group work
- performance task with rubric or checklist
- presentation
- projects
- structured observation

## 21st Century Life and Careers

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP1.1	Career-ready individuals understand the obligations and responsibilities of being a member of a community, and they demonstrate this understanding every day through their interactions with others. They are conscientious of the impacts of their decisions on others and the environment around them. They think about the near-term and long-term consequences of their actions and seek to act in ways that contribute to the betterment of their teams, families, community and workplace. They are reliable and consistent in going beyond the minimum expectation and in participating in activities that serve the greater good.
CRP.K-12.CRP3.1	Career-ready individuals understand the relationship between personal health, workplace performance and personal well-being; they act on that understanding to regularly practice healthy diet, exercise and mental health activities. Career-ready individuals also take regular action to contribute to their personal financial well-being, understanding that personal financial security provides the peace of mind required to contribute more fully to their own career success.

## Formative Assessment and Performance Opportunities

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Link to formative assesment guidelines and tools: <http://www.edudemic.com/summative-and-formative-assessments/>

<https://www.nwea.org/blog/2016/take-three-55-digital-tools-and-apps-for-formative-assessment-success/>

[https://docs.google.com/presentation/d/1nzhdnyMQmio5lNT75ITB45rHyLISHEEHZIHTWJRqLmQ/pub?start=false&loop=false&delayms=3000#slide=id.gb49e70aa\\_370](https://docs.google.com/presentation/d/1nzhdnyMQmio5lNT75ITB45rHyLISHEEHZIHTWJRqLmQ/pub?start=false&loop=false&delayms=3000#slide=id.gb49e70aa_370)

- do now
- exit ticket
- graphic organizer
- questioning/discussion
- role play
- simulation
- task analysis
- task rubric
- teacher observation
- think-pair-share
- visual representations
- weekly quiz

## **Differentiation/Enrichment**

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- 1:1 instruction
- community based instruction
- cueing / prompting
- reinforcement activities
- role playing / simulation
- small group instruction
- visual supports

## **Unit Resources**

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- "Let's Talk About Life Skills" Volume 1 and 2
- board games
- Book "Applying Life Skills"
- Book "Building Life Skills"
- online activities

