

Personal Care

Level 2



To Tutors and Teachers

These are extra slides to use alongside the Student Workbook.
Any slide can also be printed and copied and used in the portfolio.

Learning Outcomes

(PCI) List essential daily personal care practices

(PC2) Identify some benefits and consequences of good personal care

(PC3) Explain the benefits of a range of daily personal care products, e.g. dental care products, anti-perspirants, hair care, foot care

(PC4) Maintain an agreed personal care plan

(PC5) List reasons to care for personal belongings

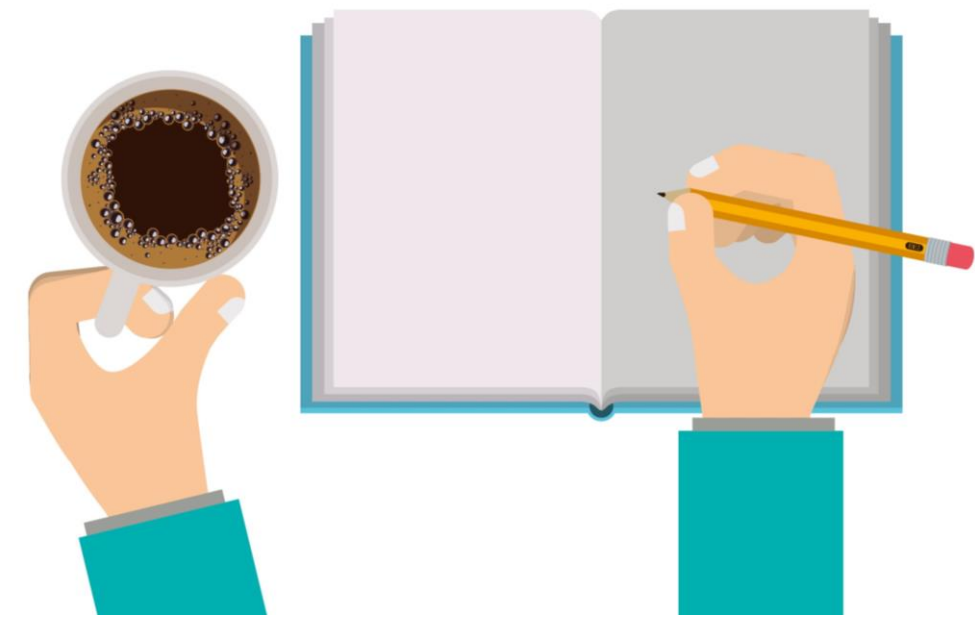
(PC6) Identify appropriate clothing for a range of routine activities at home, at work and in the community



Introduction to Personal Care

Note to Students

Fill in your personal care plan throughout the course. Your tutor will give you a copy.



WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							

Introduction to Personal Care

Personal care is about maintaining good health and it includes:

- Hygiene
- Appearance
- Nutrition
- Exercising
- Environment
- Taking care of your stuff
- Mental health



Long ago

People have been aware of the importance of hygiene for thousands of years. The ancient Greeks spent many hours bathing, using fragrances and make-up in an effort to improve their looks.



In the olden days

Complete the sentences:
teeth, fire, once



- a) In the 'olden' days all water had to be boiled on a or stove, then carried to a washbowl.
- b) Often families would only have a bath a week.
- c) Very few adults had a full set of .

Daily Practices

There are some personal care practices that we should do every day, for example:

- Taking a bath or shower
- Brushing our hair
- Brushing our teeth
- Changing our clothes..... and more

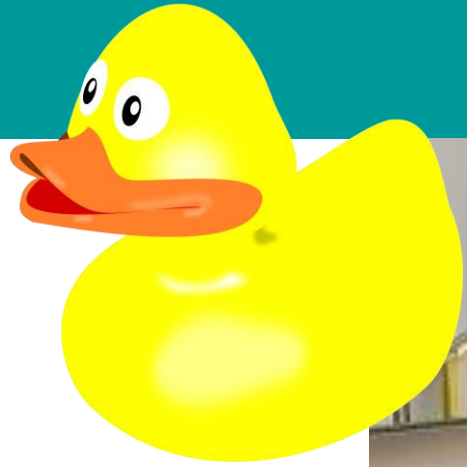




Daily Personal Care Practices - Hygiene



A clean you



Make sure you clean
all your body parts!
Example: face, nose,
ears, mouth, torso,
hands, back, feet,
etc!



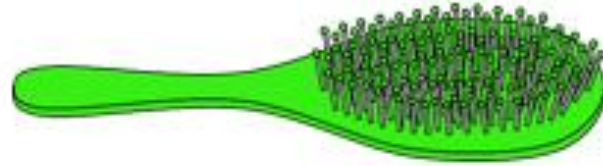
Helping yourself

There are different ways to improve your appearance and hygiene.

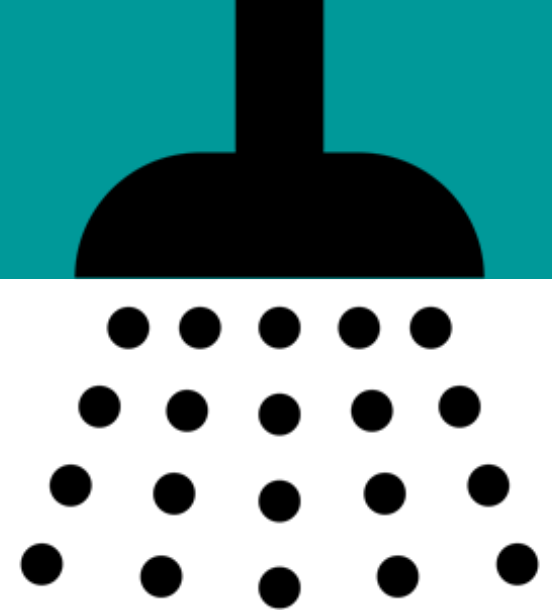
You do not need fancy products or expensive clothes.

You need the basics.

Label these basic things you need.



Hygiene



Tick the correct sentences:

- Hygiene is about watching TV.
- Hygiene is about being clean and healthy.
- Good personal hygiene helps us from catching an illness.
- It helps us feel good about ourselves.
- It makes us feel angry.
- In Irish society, cleanliness is an important issue.

Talk about the bathroom



Handwashing



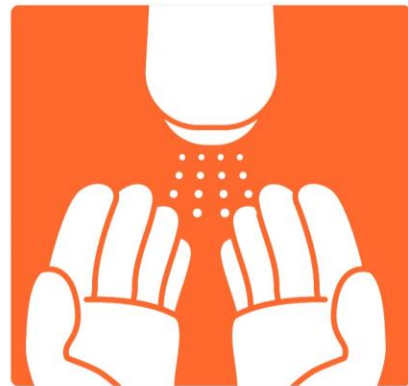
1. Wet hands



2. Soap



3. Wash for 20 seconds



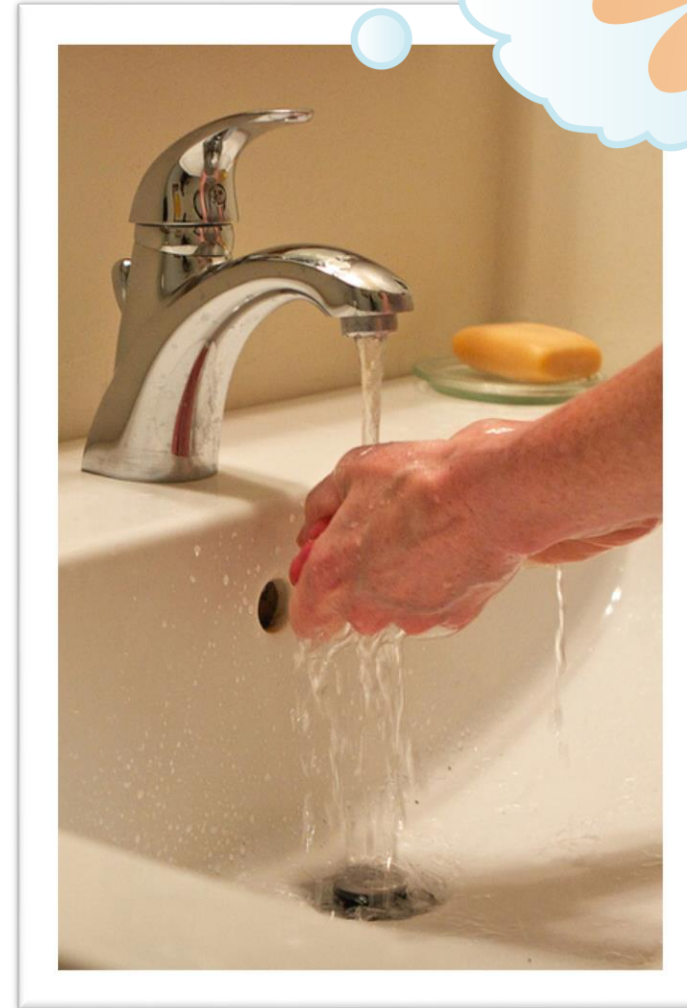
4. Rinse



5. Dry

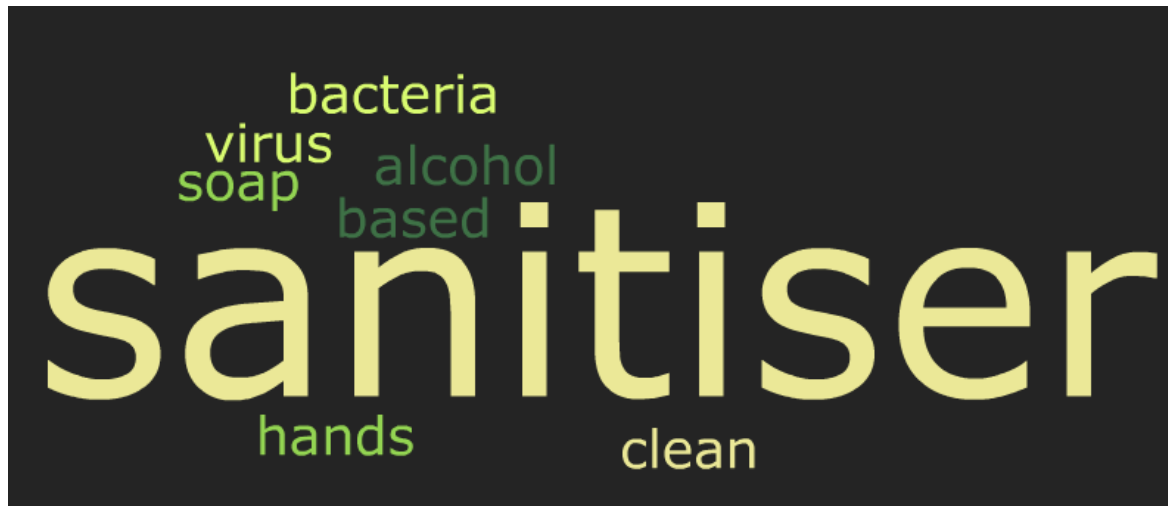


6. turn off water
with paper towel



Clean hands

Clean your hands every now and then by using hand sanitisers. This is because alcohol is a drying agent and kills all the viruses and bacteria immediately.



Healthy skin

5 STEPS FOR HEALTHY SKIN

1  CLEANSE

2  EXFOLIATE

3  HYDRATE

4  USE SPF

5  SLEEP WELL



Skin care

Practise the following:

In the morning:

Rinse your face with water.

In the evening:

Wash your face.

Use moisturiser.

Once a week:

Exfoliate your skin.



Face mask recipe



NATURAL ANTI-AGING PACKS

EGG PACK



1 egg white



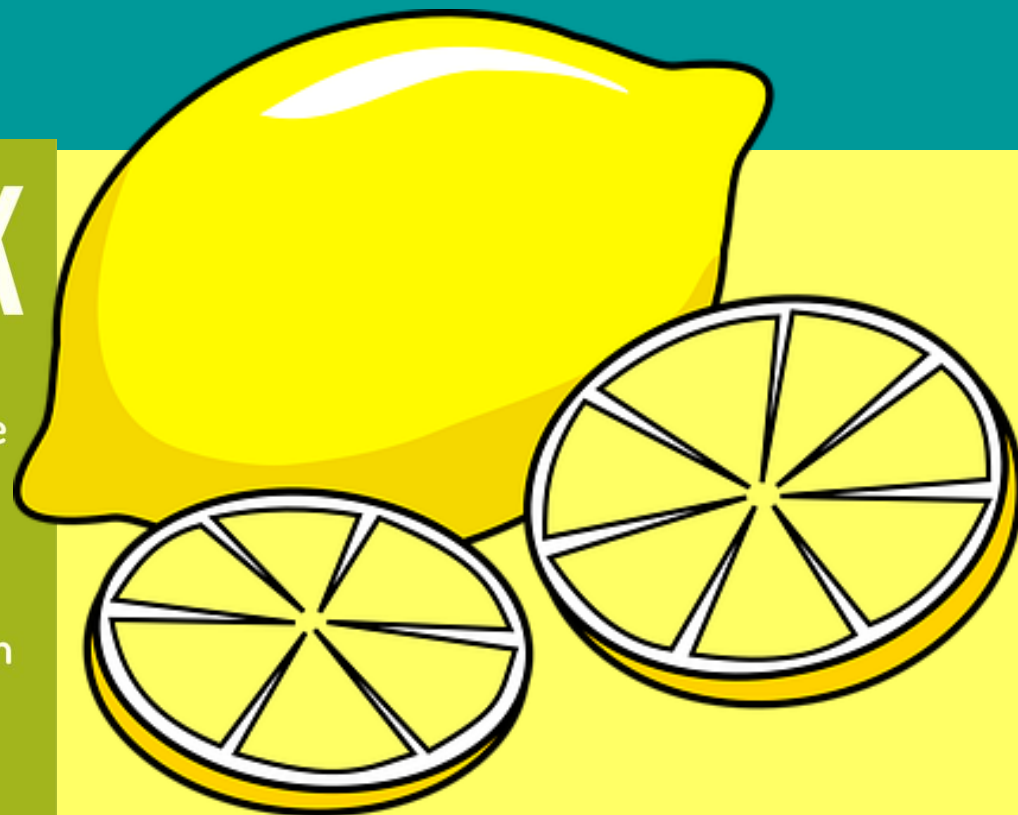
1/2 tsp
milk cream



1 tsp
lemon juice

**MIX → APPLY →
LEAVE FOR 15 MIN**

Egg Pack benefits: anti-aging omega-3 fatty acids, proteins, zinc. Tighten the skin, makes it firm and smooth

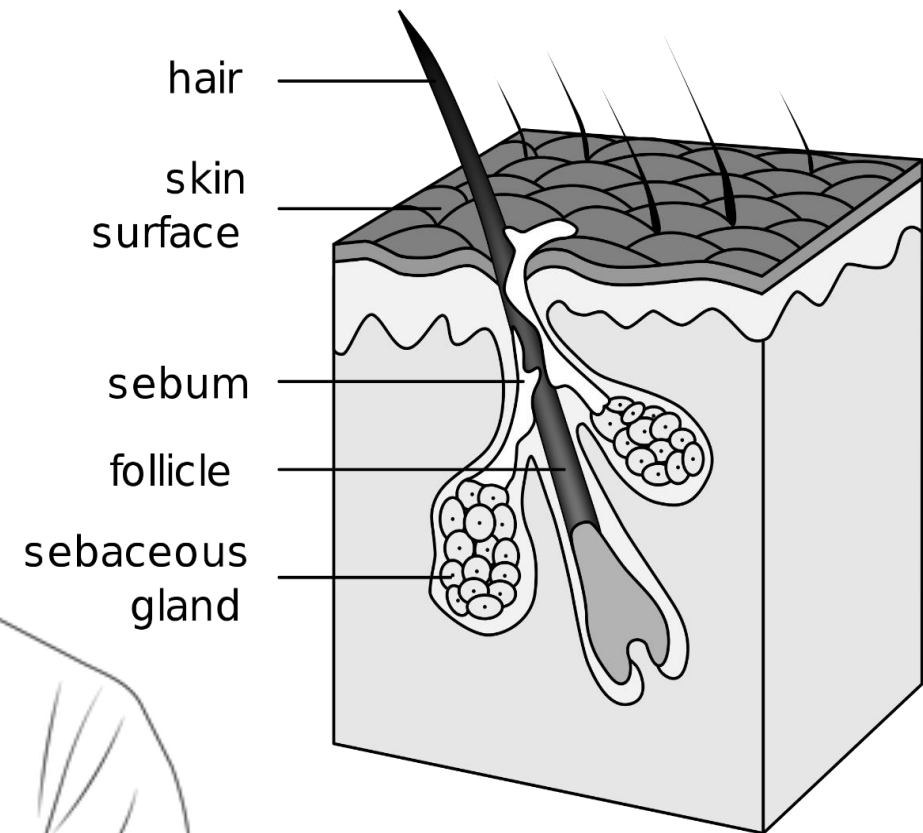
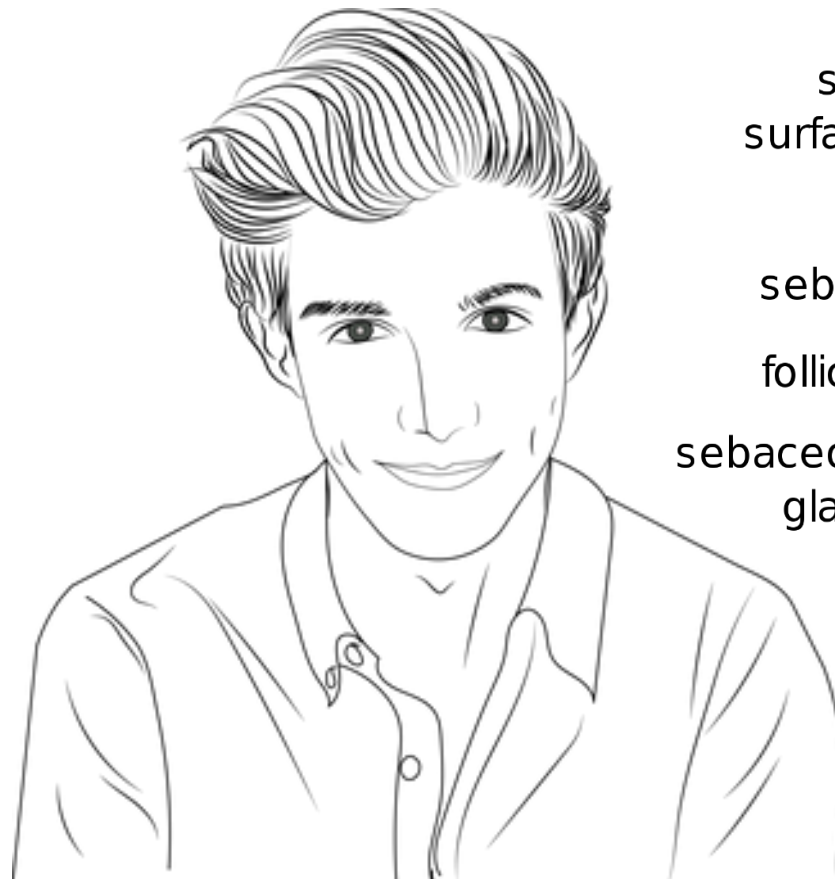


Your hair

The hair follicles [which the hair grows from] produce oil which keeps the hair smooth.

You also have sweat glands in your scalp, and dead skin cells come off the scalp.

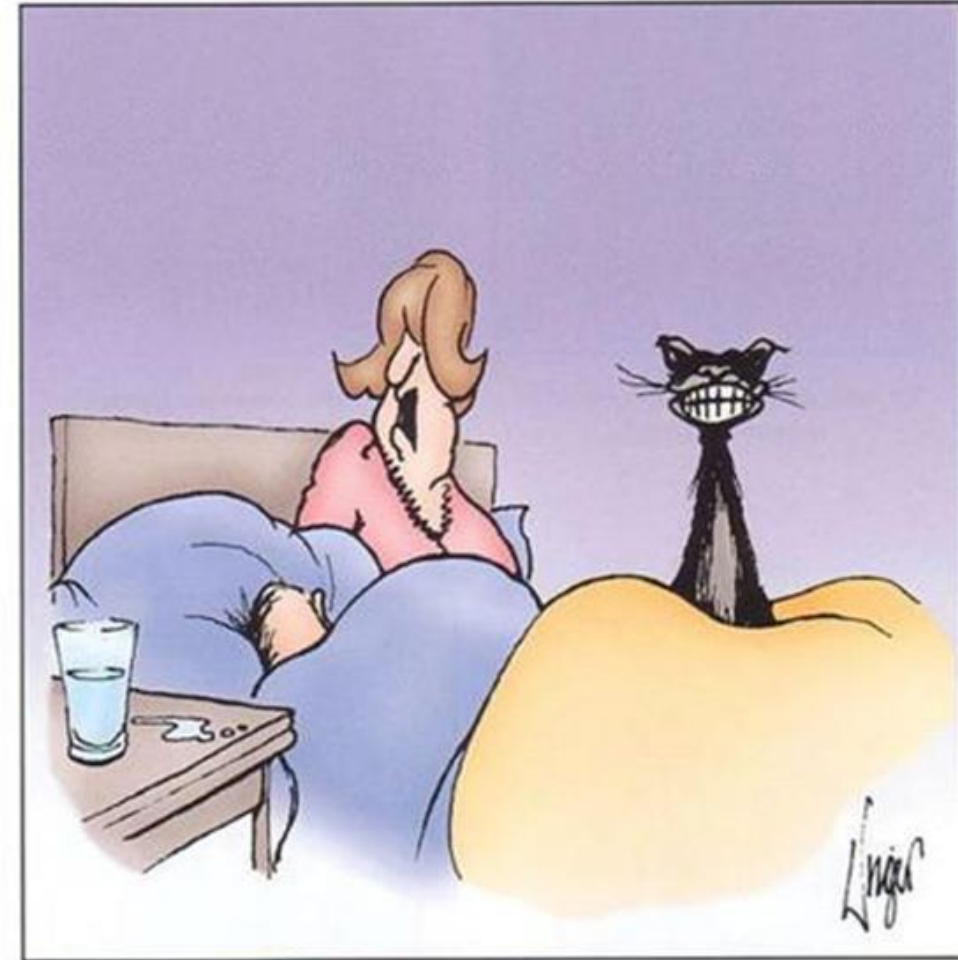
The oil, sweat and dead cells all add together and can make hair greasy and look dirty unless you wash it regularly.



Brushing your teeth

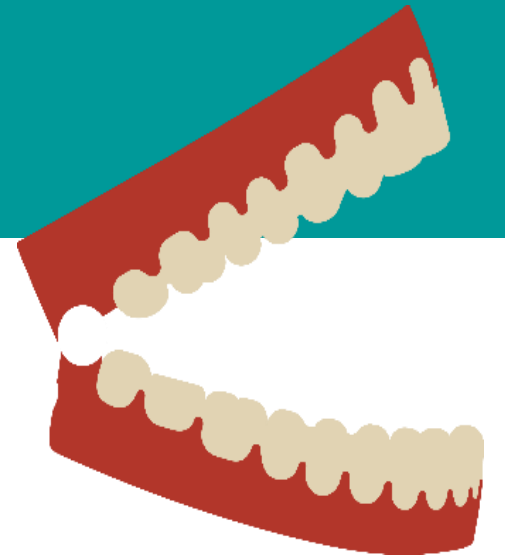
- You should gently scrub your teeth using very short horizontal movements.
- Use a soft to medium toothbrush.
- Hold the toothbrush in a pen grip.
- Spit out fluoride toothpaste.
- Do not rinse after brushing.

Do you have a good teeth brushing routine?



"Wake up. The cat's got your teeth."

Dental hygiene



Choose the correct words to match the sentences:

dental check-up, limit snacks, toothbrush, toothpaste

- a) Use a pea-sized amount each time you brush.
- b) Brush thoroughly at least twice a day.
- c) Visit the dentist regularly.
- d) Limit the number of times you eat snacks each day, and choose nutritious snacks.

The dentist



We need regular dental check-ups. This will give us better oral health. Having a nice smile will help us look and feel better. Read the appointment card. Write down 2 facts.

 **The Smile Centre**

Dr Green (Dentist)

Address: 6 Rain Road, Killymeen

Telephone: 689001



Dental Care with no pain.

Look at famous smiles...

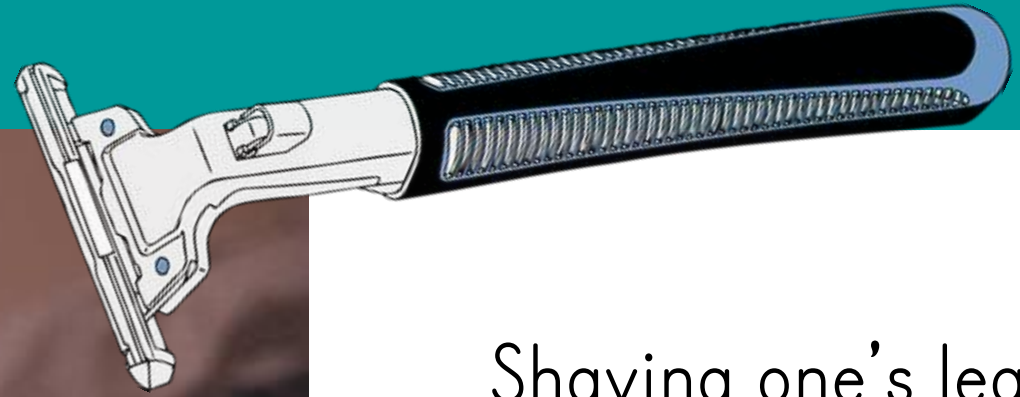


Nails

- Fingernails should be trimmed straight across and slightly rounded.
- Toenails should be trimmed straight across.
- The best time to cut your nails is after bathing/showering when they are soft and easy to trim.
- Moisturise nails and cuticles regularly.



Shaving



Shaving one's legs, underarms, or face is a very personal matter.

For example, in some cultures, women do not shave their legs or underarms.

In some cultures, men do not shave their facial hair.

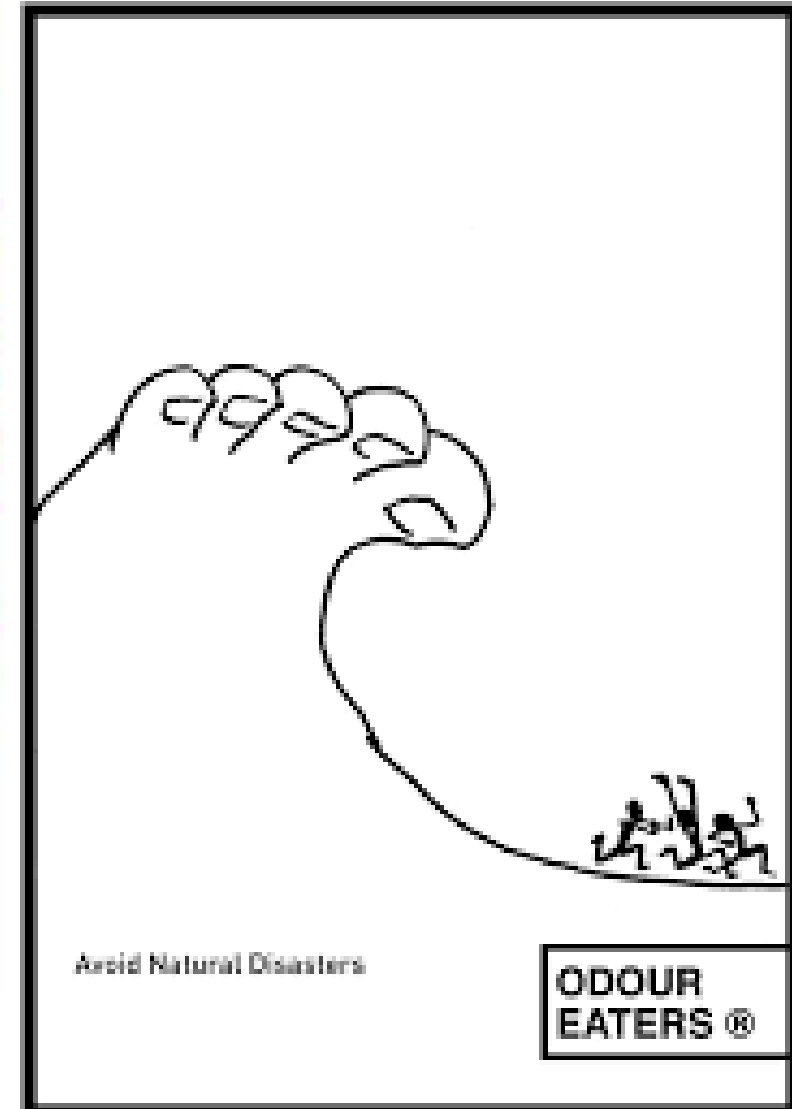
Your feet should be healthy



Footcare

Answer the questions:

- What is the name of the product?
- What kind of spray is this?
- How can this product help you?
- Talk about the advert.



Footcare

How should we take care of our feet?
Write the odd one out.

- Wash your feet properly while having a bath.
- Wear the right socks.
- Make sure your shoes aren't too tight.
- Swap shoes with your friends.
- Wash shoes or insoles of your shoes.
- Stay in bare feet at home.



Smelling nice

Wearing perfume or cologne is a personal choice.

If you do use it, don't put on too much.

Complete the form about the product:

Company name	
Perfume/Cologne name	
How many ml?	



Benefits of good personal care



- Good social skills and relationships
- Prevention of bad health and problems such as skin disease, tooth decay and other health problems
 - Self awareness
- Pride in your appearance

A healthy daily routine



Wake up early in the morning



Eat your breakfast



Drink 3 litres of water a day



Go out for the morning sun



Get away from the computer every 30 minutes



Take a short nap in the evening



Exercise regularly



Brush and floss your teeth



Read a book before going to sleep

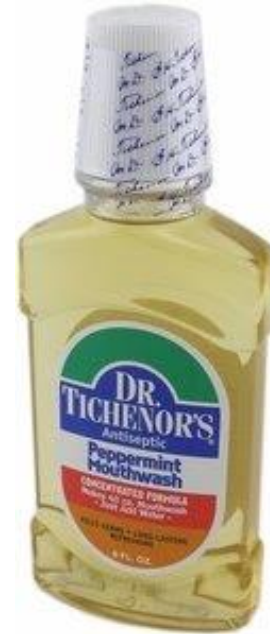


Sleep earlier (by 10pm)



Range of products

- Soap or showergel keeps you clean.
- Toothpaste cleans your teeth.
- Shampoo cleans your hair.
- Deodorants keep you smelling nice.
- Shaving foam helps you shave.
- Mouthwash gives you fresh breath.



Personal care shopping list



Make a shopping list for all the toiletries you need in one week.



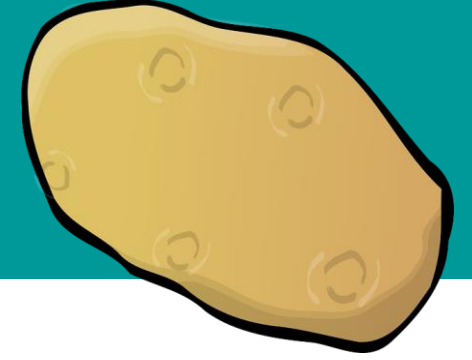
Germs

- The term germs is a word for four different types of organisms: bacteria, viruses, fungi and protozoa.
- Germs are everywhere.
- Germs can make you sick.
- People can pass colds and flu through germs.
- Practising personal care will reduce the threat of bad bacteria.



Influenza virus, magnified approximately 100,000 times

Germ experiment



- Carry out a germ experiment and record your findings:
(available for tutor on Educoot website)



	Control	Sample 1	Sample 2	Sample 3
What happened after a week?				
What is your conclusion?				

Tidy up

What can this man do to tidy up his appearance?

Finish the sentence.

He could

.....

.....

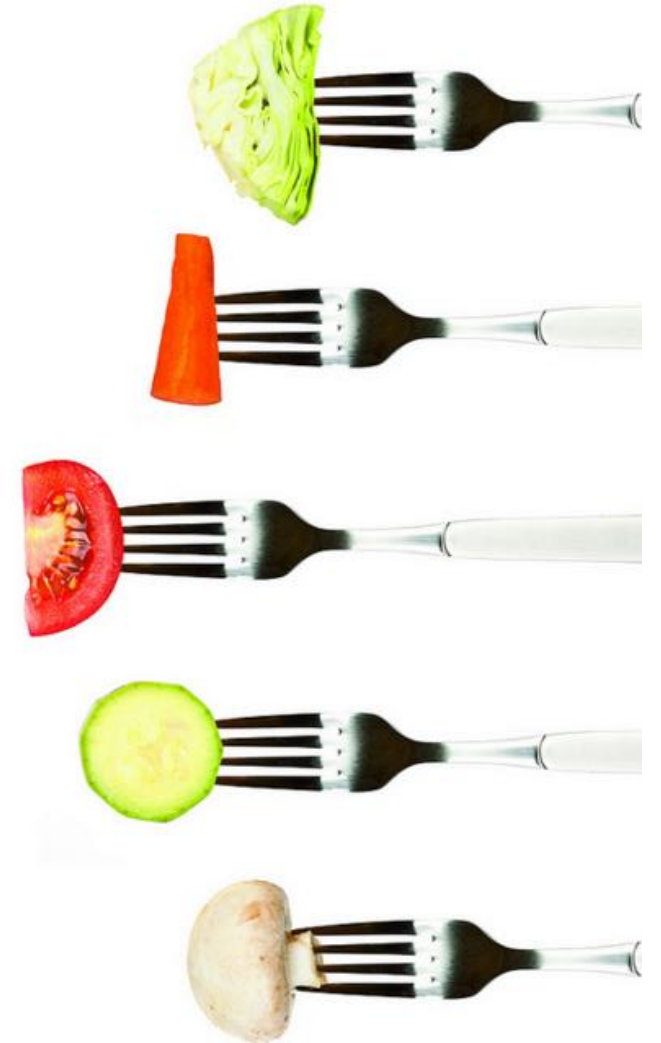


Daily Personal Care Practices - Health



Eating

- We all have different nutritional needs.
- A strong and healthy body gives us many benefits.
- Eating well lowers our risk for cancer, diabetes, heart disease and other illnesses.
- Fruits, vegetables, whole grains, and fat-free or low-fat dairy products are healthy choices.
- Include protein foods such as poultry, fish, beans, eggs, nuts and lean meats.
- Choose foods that are low in saturated fats, sodium, and added sugars.



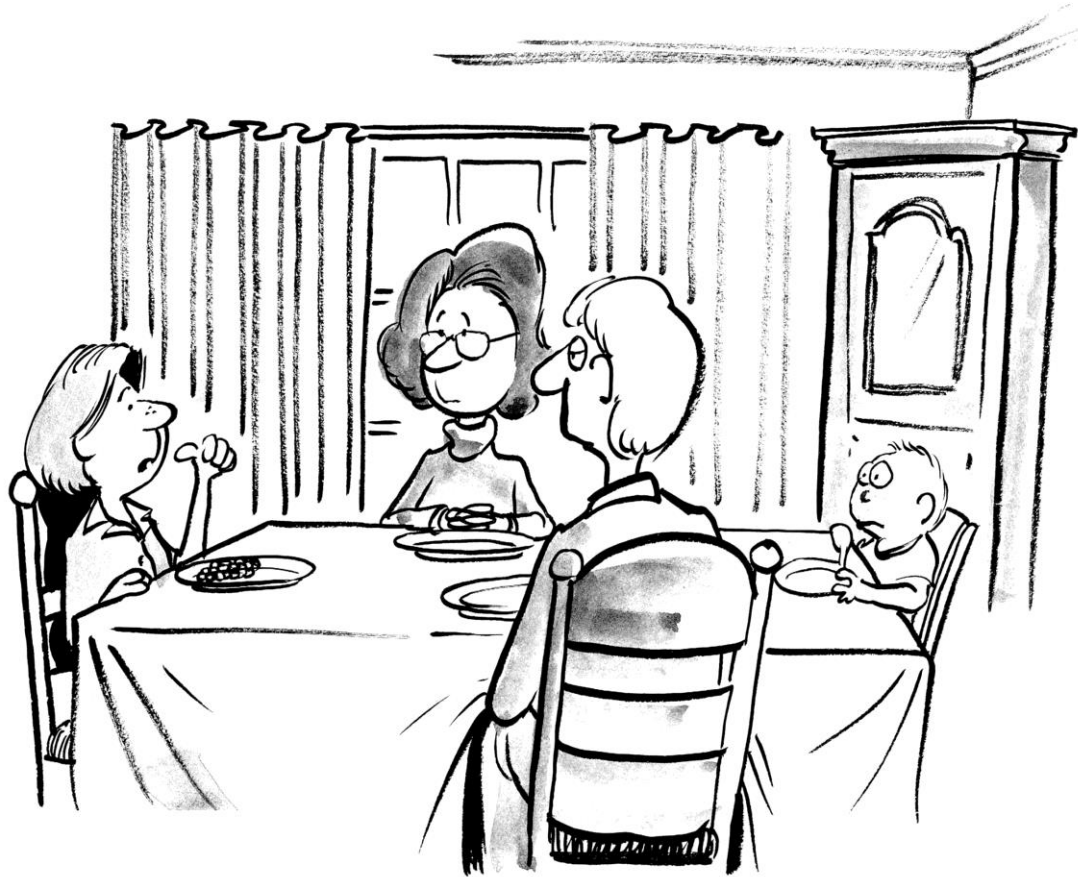
Food facts

Read and talk about these healthy eating tips:

- Choose herbs and spices to flavour foods, instead of adding salt.
- A diet full of a variety of fruits and vegetables can help protect against heart disease, stroke, type 2 diabetes, and some cancers.
- Aim for a meat-free meal once a week.
- Swap white bread for wholemeal or wholegrain.
- Choose lean meat and poultry.



Read it



“I’ll save the peas for later, when I can properly enjoy them in my room.”



Fresh



Can you
identify these
vegetables?
Write down
3 of them.

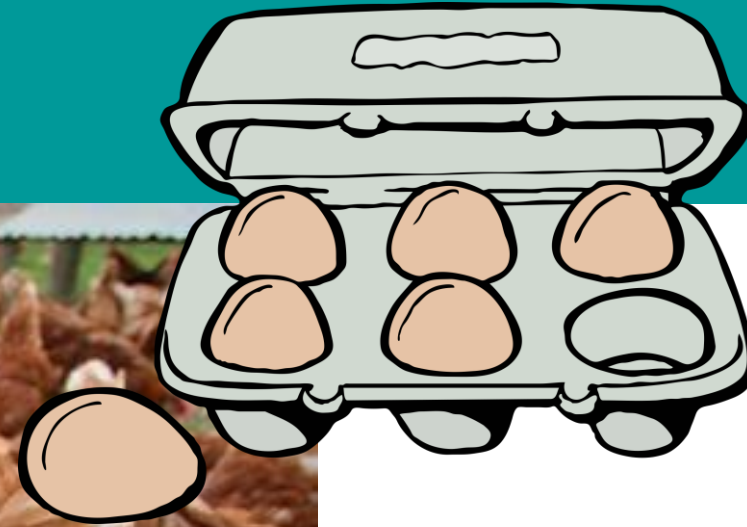
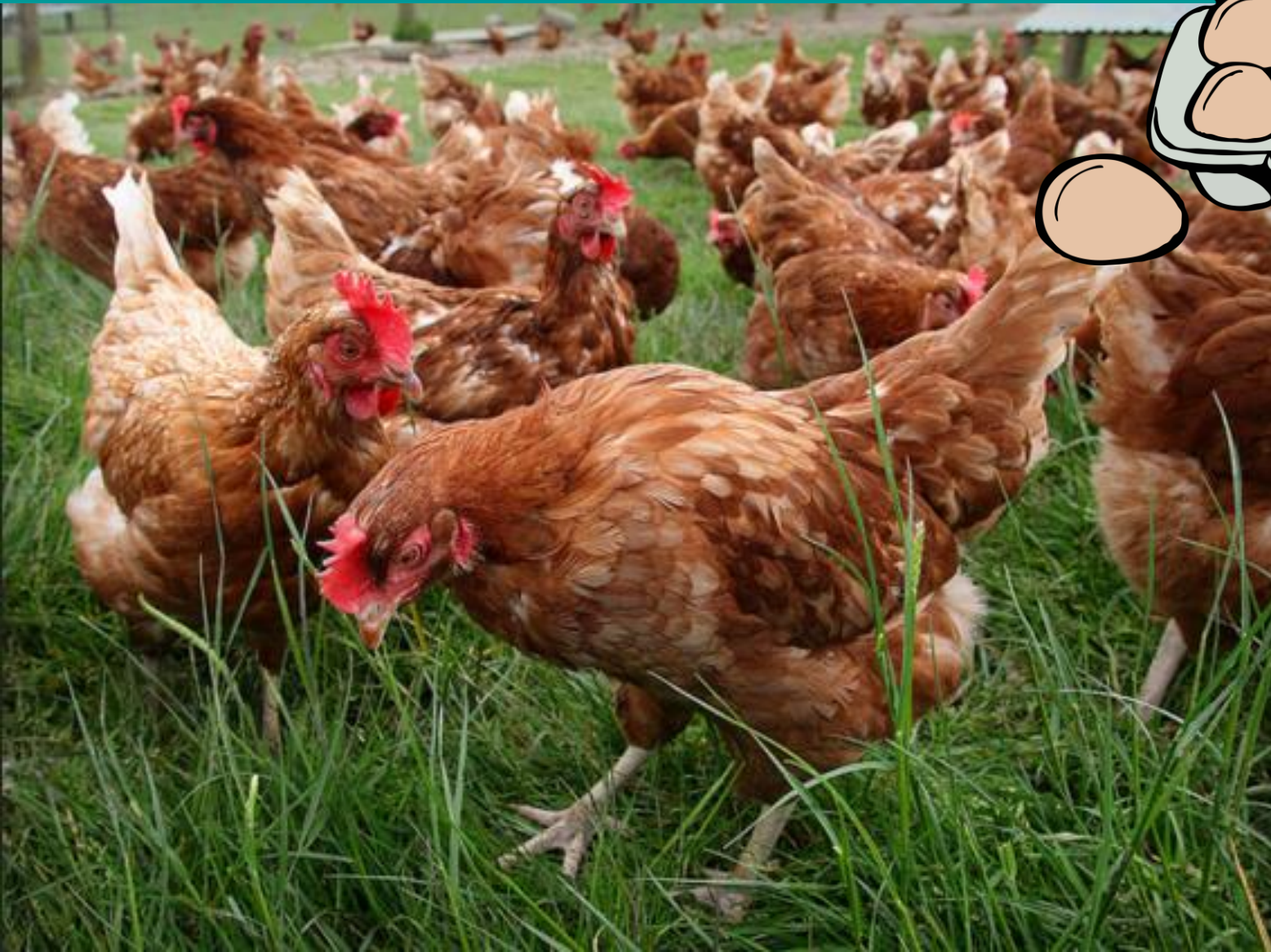


Choice

If you feel like a snack, which should you choose? Say why.



Free range

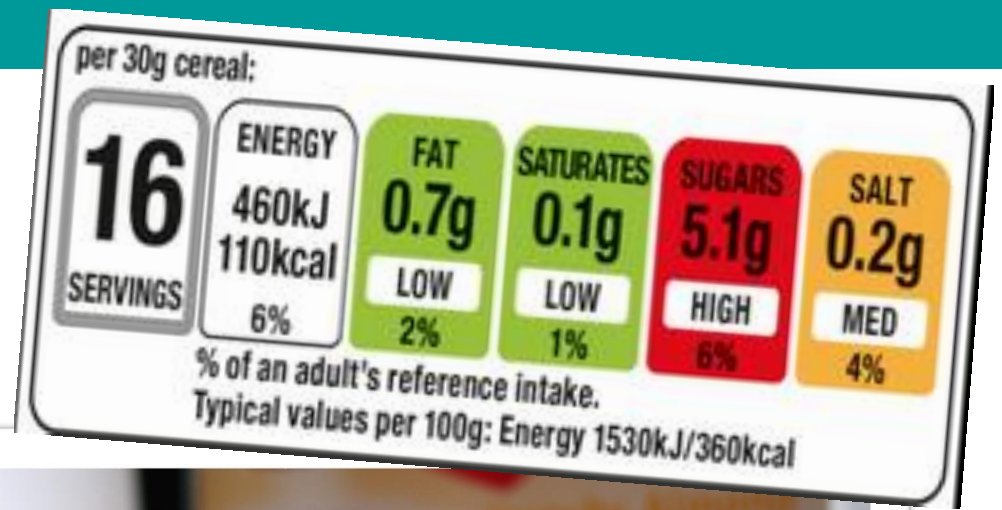


- Talk about free range food.
- What is the difference between normal eggs and free range eggs?

Food label

Answer the questions:

- What kind of food does this label show?
- Is the fat content low or high?
- What has a high content?
- How many calories are there in a bowl?



Organic



What is organic produce? Tick correct sentences:

- Foods from organic farming
- Foods produced with low standards for animals
- Foods produced with a care for the environment
- Foods produced with use of chemical fertilizers
- Foods produced with use of pesticides



Effects of a bad diet

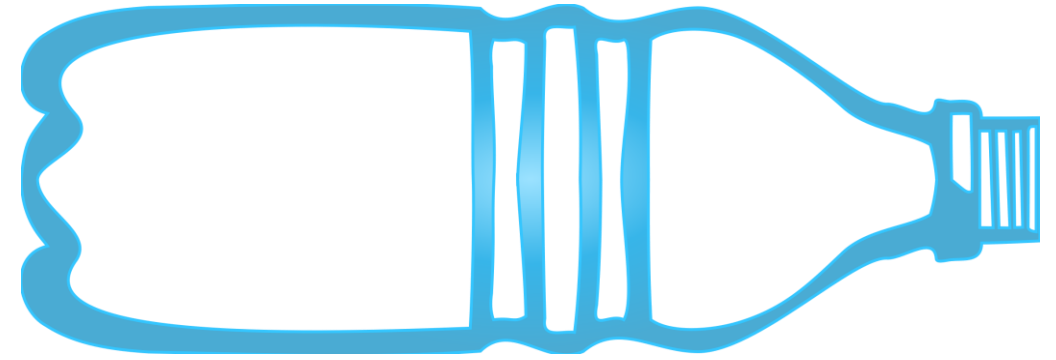


These are all effects of a bad diet. Write the odd one out.

tooth decay, weight loss, high blood pressure, heart disease, stroke, diabetes, depression, happiness, high cholesterol, sleep disorder, liver disease



Drinking water



Mindful eating

cook and eat
in a good mood



respect your body
& health



drink more water



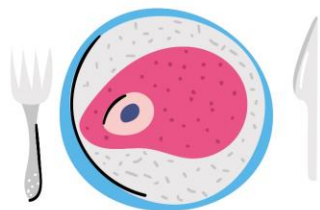
listen relax music



don't eat straight
from the packaging



feel savour



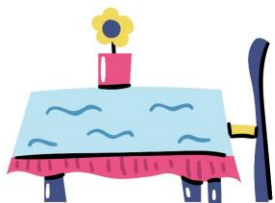
don't hurry



take small bites



always seat down
at a table to eat



eat without gadgets



Food safety

What does the diagram show?



Keeping active

Talk about the benefits of running.



Why exercise



Exercise gives you:

- A good feeling
- A healthy body
- Better skin
- A boost of energy
- Good feelings
- A healthy life
- Learning skills
- Happiness!



How exercise helps

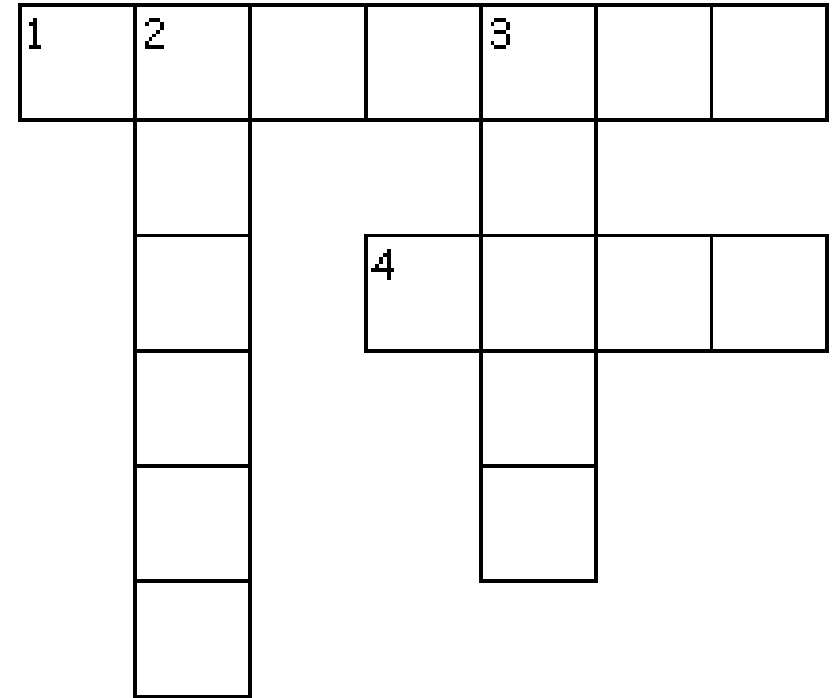
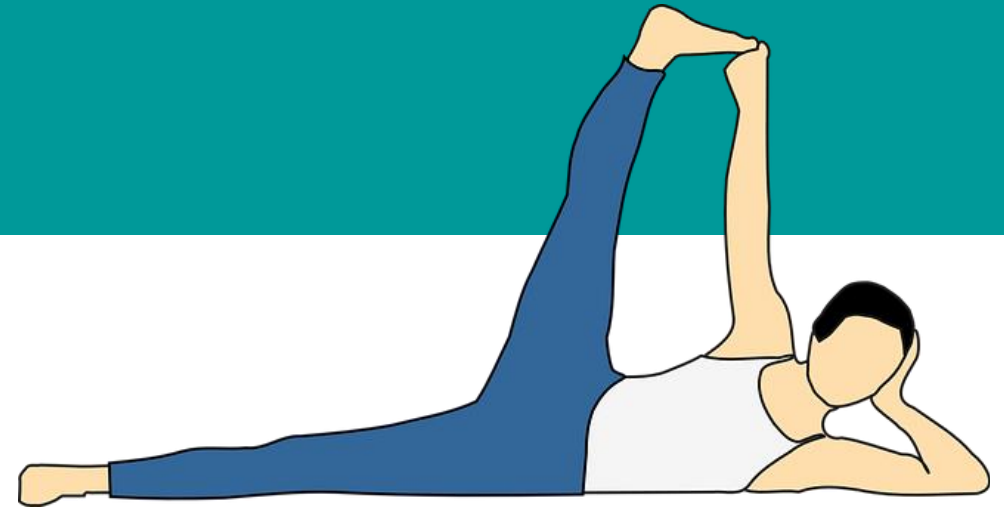
Complete the crossword.

Across

1. Exercise keeps your body h _ _ _ _ _ .
4. Exercise can stop you getting s _ _ k.

Down

2. Exercise gives you more e _ _ _ y.
3. Exercise helps you to t _ _ _ k.



Exercise and its benefits



Office exercise

You can even get in some exercise at the desk!



Stretching exercises vs Office syndrome

SHOULDERS
3-5 seconds / 3 times

NECK
5-10 seconds / 5 times

TURN HEAD
5-10 seconds / 3 times

HEAD UP AND DOWN
5-10 seconds / 3 times

BEND

UP-DOWN LEGS

BEND FORWARD

Take a few minutes to Relax!

The infographic is enclosed in a green border. It features seven illustrations of a man in a blue shirt and tie performing different stretches. Each illustration is accompanied by a label and instructions. The stretches are: SHOULDERS (vertical arm movement), NECK (head tilting), TURN HEAD (head turning), HEAD UP AND DOWN (head nodding), BEND (side bend), UP-DOWN LEGS (leg extension), and BEND FORWARD (forward lean).

Types of exercise



Meditation benefits

Brings harmony
to your life



Improve focus
and memory



Balances
emotions



Increases
immunity



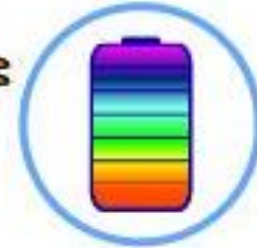
Reduce stress
and depression



Regulates
heart rate



Increase
happiness



Increases
energy

Tips for sleeping

RULES OF HEALTHY SLEEP

Coffee, tea



Alcohol, cigarettes



Overeating



Horror and action movies



Gadgets



Hard training



Walk



Temperature
16-19C



Easy reading



Airing
of the room



Regimen
of day

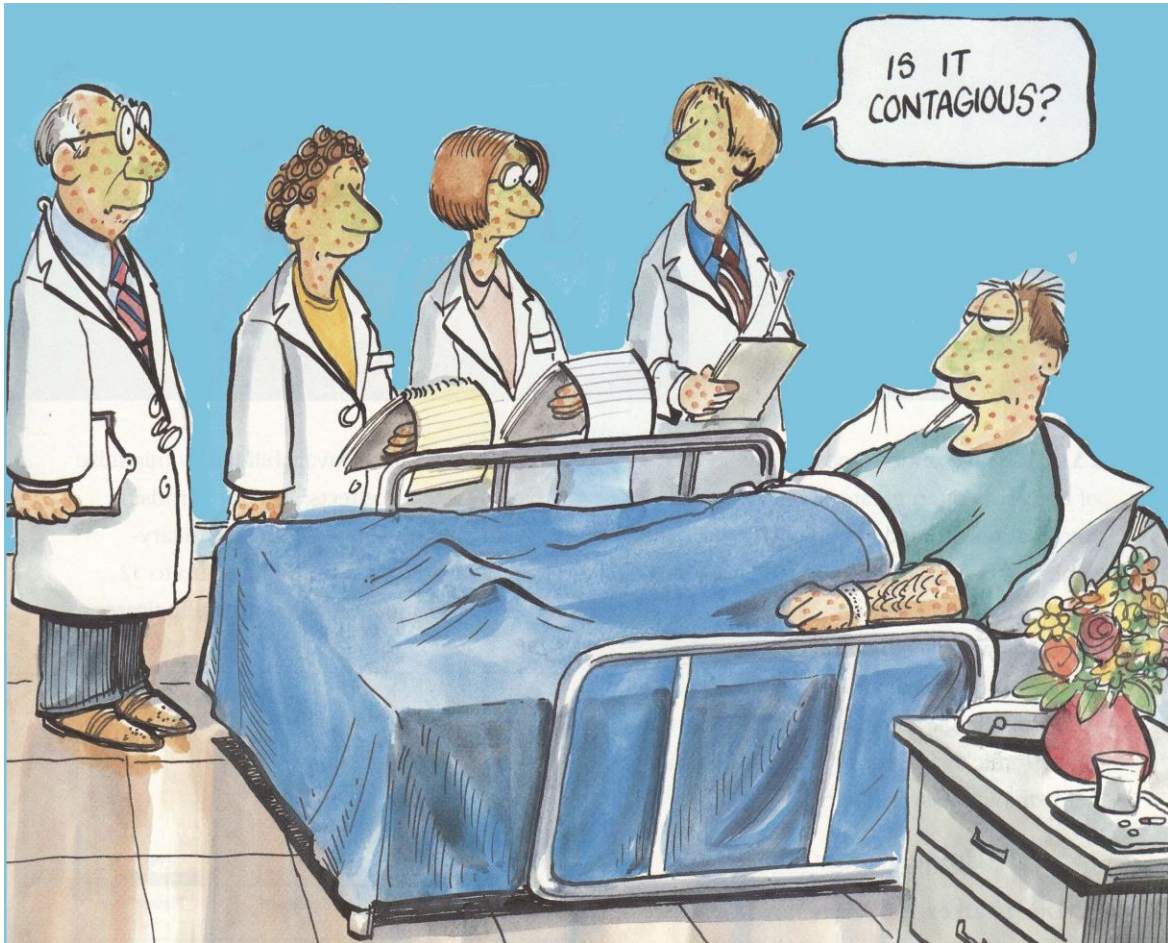


Meditation



Check-ups

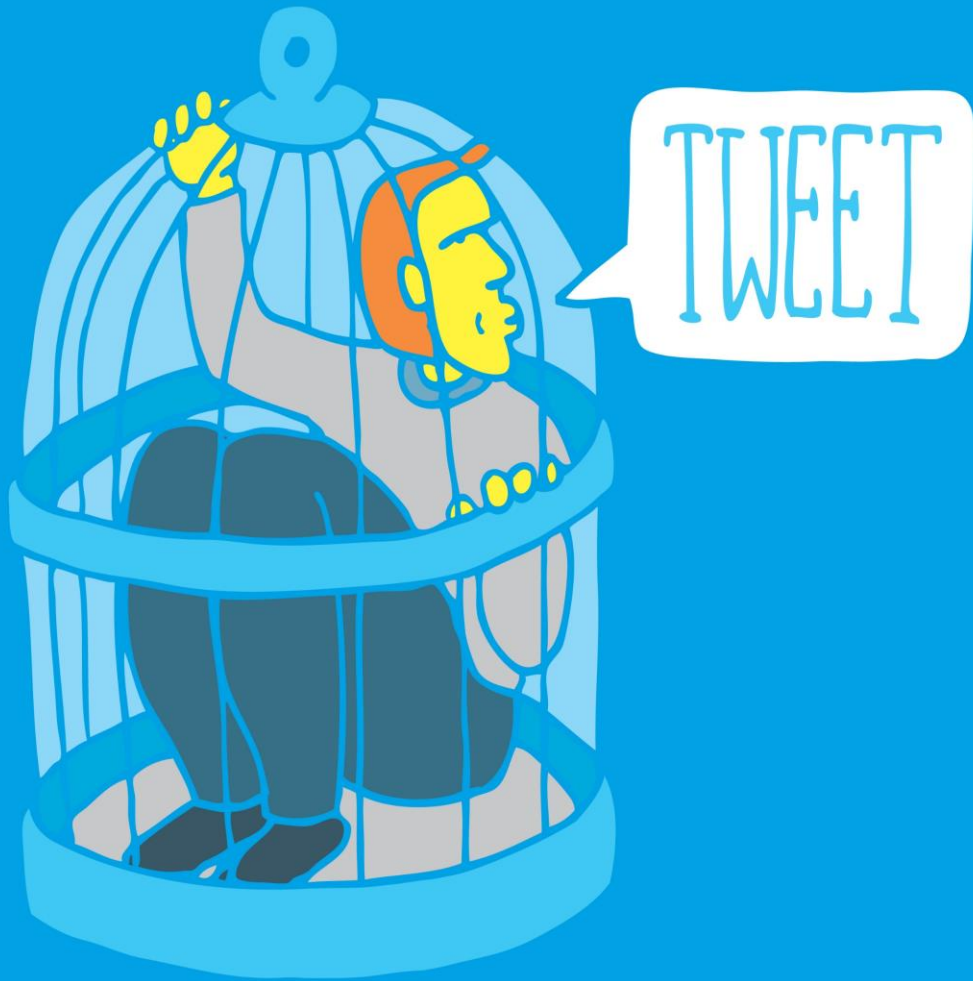
Get medical and dental check-ups.



Be sociable



Limit social media!

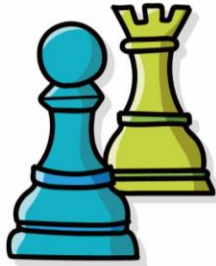


Do things!

- Join a class
- Join a club
- Volunteer
- Take part in hobbies
- Go to local events
- Go to movies
- Visit a friend
- Take a walk in nature
- Stay in touch with family
- Go to sports events



Some hobbies



A neat, organised home



Cleaning out

Get rid of stuff you do not need.



Clean and tidy

How does it help you if your cupboards are tidy?

Before



After



Too busy!



What advice
can you give this
woman?

Kitchen hygiene

How might this be unhealthy?

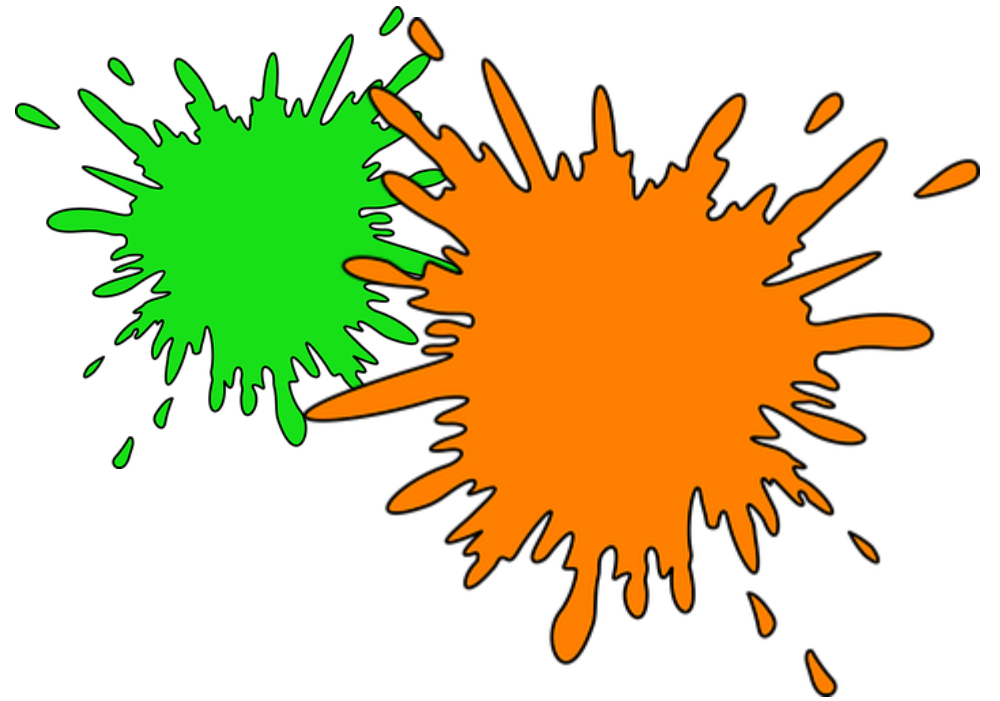


Read it



“You missed a spot.”

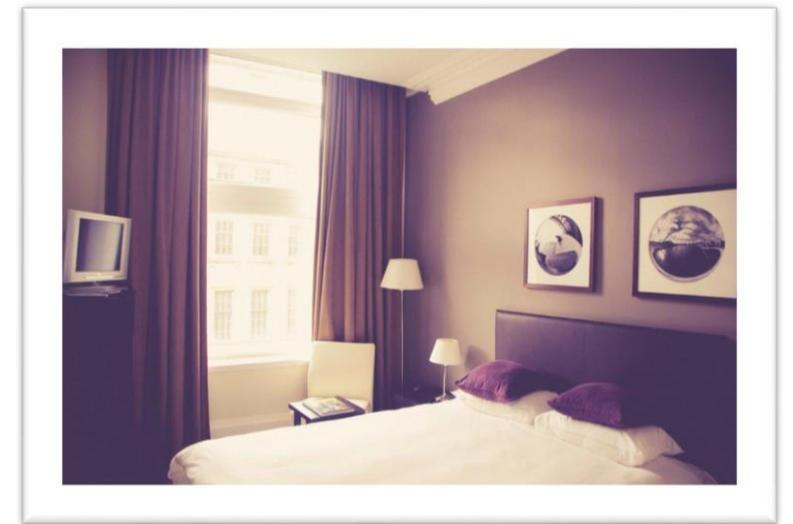
What happened?



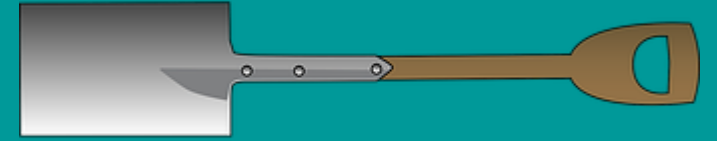
Nice bedroom



Your bedroom should be tidy and calm!



Great gardens



Keep your garden tidy so that you can enjoy it!



Looking after Earth

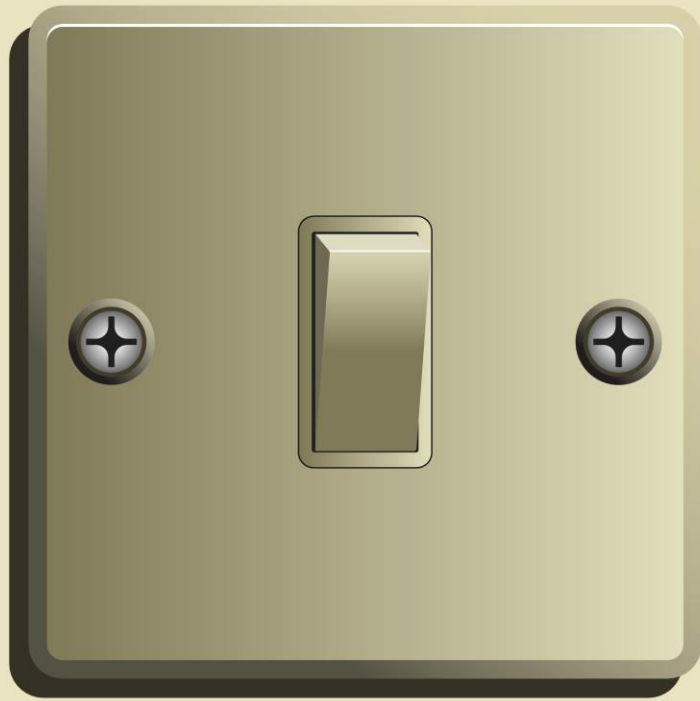
What does the picture say?



Let's take care of the Earth for the future of our children!



Save energy



Please turn
off the
lights when
not in use





Your clothing

Washing rules

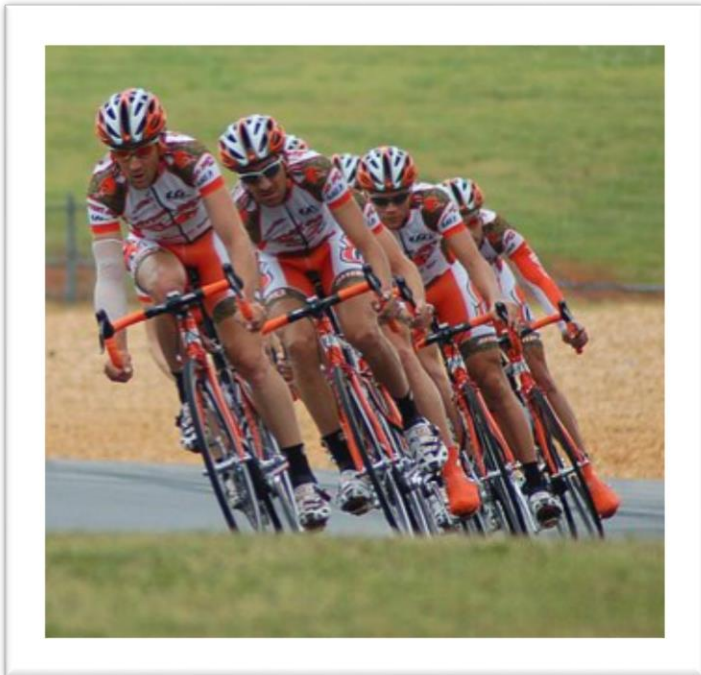
Follow laundry labels.



- | | | | | |
|----------------------------------|--------------|-----------------|------------------------|------------------------|
| Machine wash | Do not wash | Bleach | Tumble dry | Drip in the shade |
| Machine wash, permanent press | water 30°C | Do not bleach | Do not tumble dry | Iron any temp steam |
| Machine wash, gentle or delicate | water 40°C | Dryclean | Dry normal low heat | Do not iron |
| Any solvent | water 50°C | Do not dryclean | Dry normal medium heat | Max. temperature 110°C |
| Any solvent tetrachlorethylene | Hand wash | Dry | Dry normal high heat | Max. temperature 150°C |
| Petroleum solvent only | Do not wring | Do not dry | Drip dry | Max. temperature 200°C |

Protective clothing

Talk about the clothes that a cyclist wears, and how the clothing protects them.



Choosing clothes

MENSWEAR & ACCESSORIES



Talk about which clothes would suit different situations or events.



Hats

When might you wear these hats?



Work clothes

Talk about their clothes.

