

**Prevention/Comprehensive
Health Education
Workbook
Grade 4**





Hygiene News

My Name is "Healthy Hygiene" and I am here to help you learn Hygiene tips.

As you enter puberty, certain sweat glands become active and you begin to sweat differently and more. It's when this different sweat comes into contact with bacteria on skin that odor results. So this is a good time to start washing more often and using deodorant. Deodorants help to reduce odor not wetness. Antiperspirants help to protect against wetness. For maximum protection, look for products labeled "antiperspirant and deodorant".



DO wash your face daily and take a shower or bath regularly.



DO shampoo your hair as often as your hair type needs.



DO wash your hands with soap and water after using the bathroom and before eating.



DO drink plenty of water and eat healthy foods.



DO brush your teeth with your own toothbrush and toothpaste.

DO make exercise a part of your daily routine to help you stay fit.



DO use sunscreen with SPF to protect your skin when you are in the sun.

Now that you are "hygiene smart" share what you have learned with your family.



List three choices you can make to help stay healthy

- 1.
 - 2.
 - 3.
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Lesson Notes