

Hygiene

Human Growth and Development
6th Grade FACE

Feb 28-10:58 AM

What is hygiene?

Feb 28-11:01 AM

Healthy Skin....

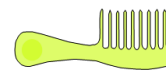
- Keep skin clean...hands need to always be clean
- Hormones cause glands to produce a lot of oil!
- Wash your face once or twice a day with warm water and gentle soap.
- Leave zits and pimples alone!
- Ask your parents or see a dermatologist.



Feb 28-11:02 AM

Healthy Hair....

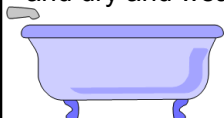
- The oily glands on your face are also on our scalp.
- Wash hair every day or every other day.
- Avoid using a lot of gel and hair spray.
- Pick products that say "oil free" or "greaseless."



Feb 28-11:06 AM

Body Basics...

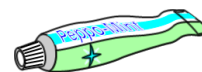
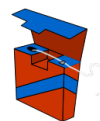
- Sweat glands produce odor and sweat.
- Bathe every day and wash with soap.
- Always wear clean clothes, socks, and underwear. Cotton absorbs lots of sweat.
- Use deodorant or antiperspirant.
- Beat stinky feet by keeping your feet warm and dry and wearing CLEAN socks.



Feb 28-11:09 AM

Clean Teeth...

- Brush your teeth for at least 2 minutes, twice a day.
- Brush tongue too and FLOSS!
- If you have braces ask you dentist how to keep your teeth nice and clean!



Feb 28-11:12 AM

Smooth Shaving...

- If you want to shave ask a parent or older sibling to show you how.
- Use a sharp razor and soap or gel to prevent nicks and cuts.
- Don't rush! Be careful so you don't cut yourself!



Feb 28-11:14 AM

Apr 7-8:54 AM