Personal Hygiene

Explanatory Notes for Teachers

Level: S1

Topic: Personal Hygiene

Supporting Teaching Materials: Students' worksheet

Students' Prior Knowledge

Before this ELA unit, students have gained relevant life experiences about healthy living and personal hygiene. They should also have learnt about these topics through the medium of Chinese.

Aims and Objectives

I.   Content Objectives

After the ELA activities, students should be able to use English to:

1.   give examples of good healthcare habits and health problems caused by poor personal hygiene; and

2.   describe ways in which to keep healthy

II.   Language Objectives

After the ELA activities, students should be able to

1.   understand and use the English terms related to this topic (e.g., *personal hygiene, taking care of the body, wash hair, use towel, go to bed early, get up early, drink water, enough light source, dental check, grease, dust, periodontal disease, tooth decay, enamel, dental floss, toothbrush, toothpaste, dental check*); and

2.   understand and use the English expressions for discussing personal hygiene and ways to take care of the body, e.g.,
    - *We need to have good healthcare habits to keep us healthy.*
    - *We need to pay attention to our personal hygiene to keep us healthy.*
    - *Health problems arise from poor personal hygiene.*
    - *Keeping my body clean is an important part of keeping me healthy*
    - *I keep my hair clean by washing it regularly with shampoo.*

- *I get up early and go to bed early every day.*
- *I take a bath daily.*
- *I wear clean clothes / socks / shoes.*
- *I eat healthy food.*
- *I pay attention to my oral hygiene so that I don't have decaying teeth.*
- *I brush my teeth twice a day.*
- *I use dental floss and tooth paste to clean and brush my teeth every day.*
- *I take more calcium to keep my teeth healthy.*
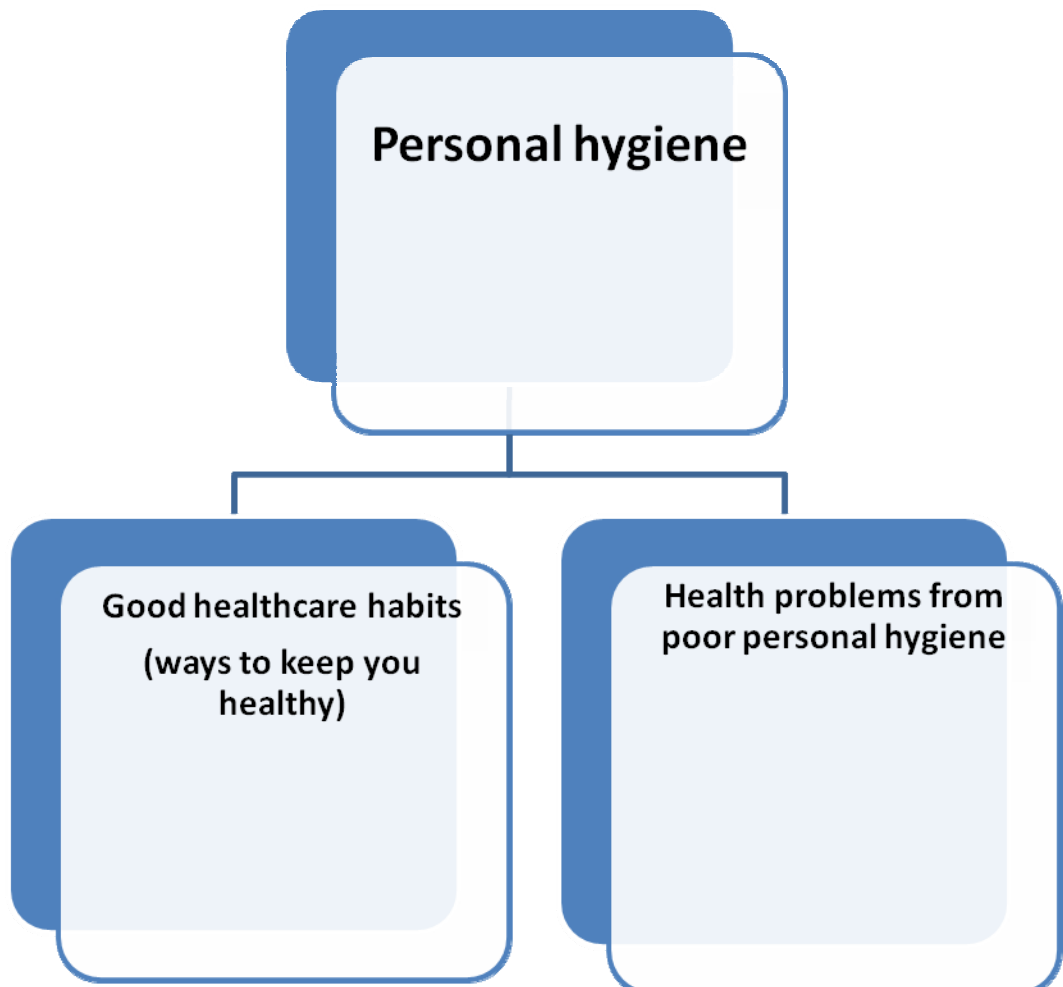- *I have a dental check regularly.*

Procedure:

1. The teacher should first discuss the topic of personal hygiene using Chinese to remind students of their general knowledge of the topic, which they have also studied through the medium of Chinese in primary school. In the course of the discussion, the teacher should introduce the key English terms which occur in the Word Splash activity. The teacher should then review the topic using simple English, mentioning the key words again and encouraging students to repeat them.

2. The teacher should then ask students to complete the **Word Splash** activity, asking students to divide the words into 2 groups: healthcare practices and health problems. This activity should help students understand the semantic relationships between the words.

3. **Task 2 Vocabulary revision**: The students work on the 2 sets of words. They have to choose the right combination of words to describe the 4 pictures about dental care.

4. **Task 3 Revision activities**: **Level 1** – with the pictures given as clues, students use the correct vocabulary to complete the text. **Level 2 –** this activity is an information gap activity and is designed to engage students in reading a short text. After the reading, students need to find out useful words or phrases to complete the diagram.

Task 1 – Word Splash

✎ Give the meanings (in Chinese / in English) of the words in the box below.

wash my hair	use dental floss	go to bed early	drink water
get up early	get enough calcium	have a dental check	use shampoo
take a bath	periodontal disease	tooth decay	brush my teeth

✎ Use the words to complete the diagram below.

Personal hygiene

Good healthcare habits (ways to keep you healthy)

Health problems from poor personal hygiene

Vocabulary Revision:

✎ Use the correct word combination to tell how we can keep our teeth healthy.

✎

A. teeth B. dental C. tooth	1. floss 2. brush 3. paste 4. check
Use of words in the 2 columns to make the correct words for the pictures below.	

_____	_____	_____	_____

Revision Activities

Complete the paragraph below. The pictures are given as clues.

To have healthy teeth, what do we need to do?

We use (1)_____ _____ and (2) _____ _____to clean

and brush our teeth every day.

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Also we need to take more (3)_____ and less _____

things.

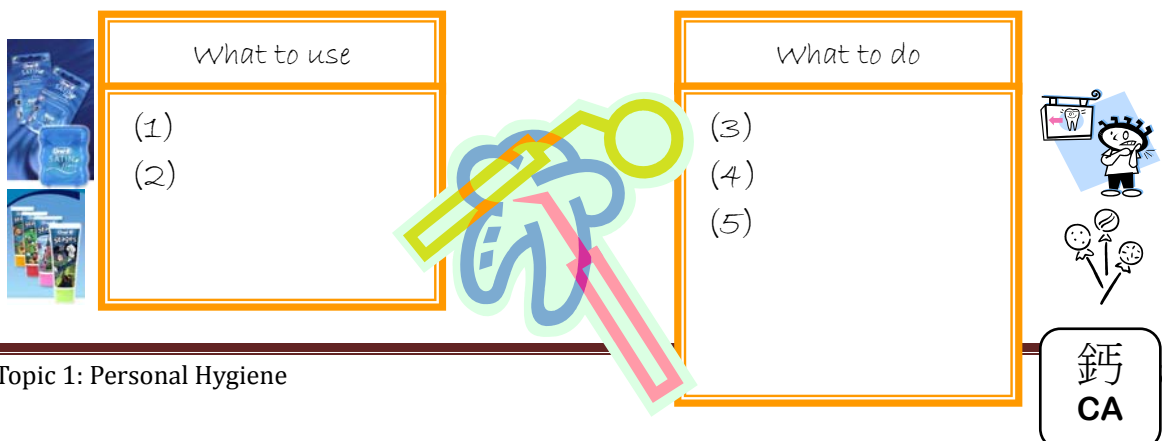We visit our dentist if we have problems with our teeth.

Level 2

Read the short paragraph below and complete the diagram.

Teeth Care / Dental Care

We use dental floss and tooth paste to clean and brush our teeth every day. Also we need to take more calcium but eat less sweet things to keep our teeth healthy. Ask our dentist for regular teeth check when we have dental problems.
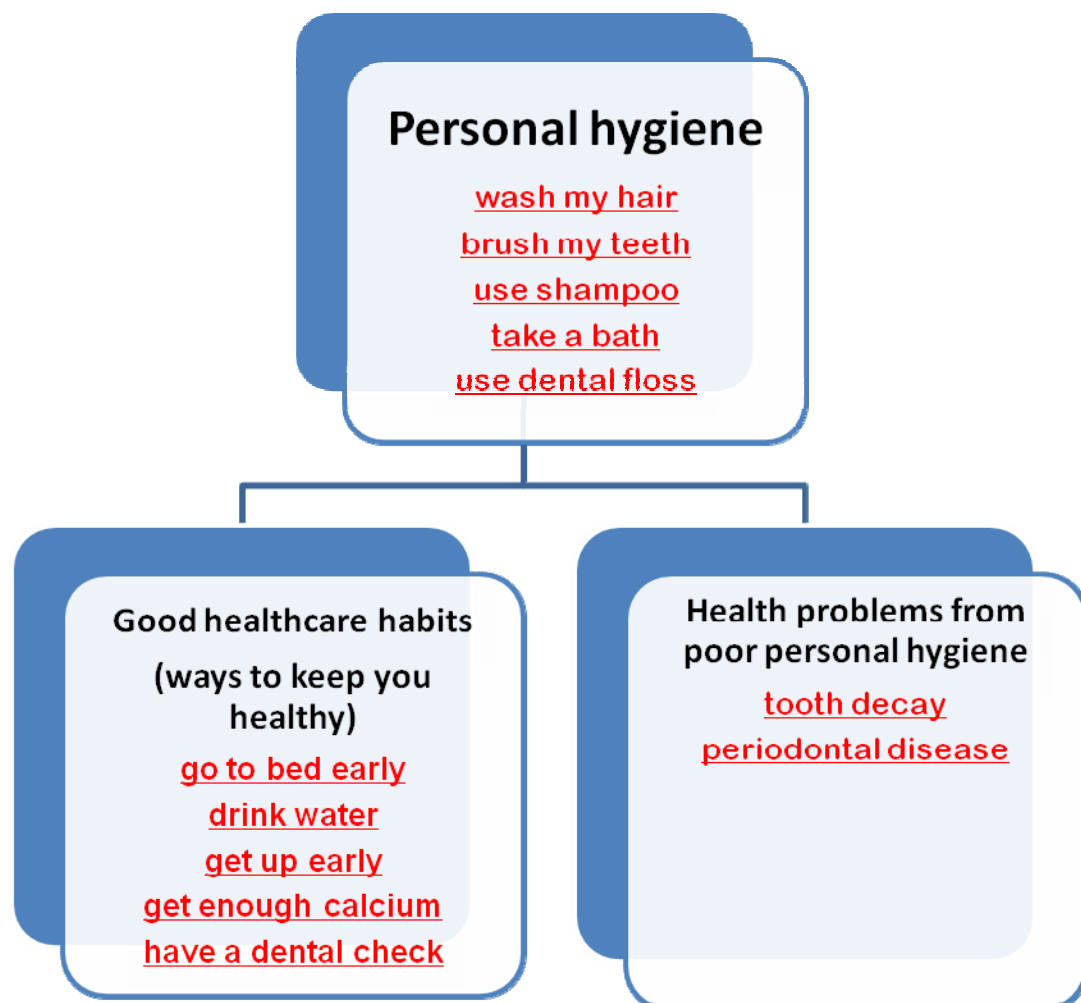
What to use	What to do
(1)	(3)
(2)	(4)
	(5)

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Task 1 – Word Splash

✐ Give the meanings (in Chinese / in English) of the words in the box below.

wash my hair	use dental floss	go to bed early	drink water
get up early	get enough calcium	have a dental check	use shampoo
take a bath	periodontal disease	tooth decay	brush my teeth

✐ Use the words to complete the diagram below.

Personal hygiene

wash my hair
brush my teeth
use shampoo
take a bath
use dental floss

Good healthcare habits

(ways to keep you healthy)

go to bed early
drink water
get up early
get enough calcium
have a dental check

Health problems from poor personal hygiene

tooth decay
periodontal disease

Vocabulary Revision:

✎   Use the correct word combination to tell how we can keep our teeth healthy.
✎

A. teeth B. dental C. tooth	1. floss 2. brush 3. paste 4. check
Use of words in the 2 columns to make the correct words for the pictures below.	
C. tooth- 2. brush	B. dental- 4. check	A. dental- 1. floss	A. tooth – 3. paste

Revision Activities

Complete the paragraph below. The pictures are given as clues.

Level 1

To have healthy teeth, what do we need to do?

We use (1) <u>dental floss</u> and (2) <u>tooth paste</u> to clean and brush

our teeth every day.

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Also we need to take more (3) <u>calcium</u> and eat less <u>sweet</u>

things.

We visit our dentist if we have problems with our teeth.

Level 2

Read the short paragraph below and complete the diagram.

Teeth Care / Dental Care

We use dental floss and tooth paste to clean and brush our teeth every day. Also we need to take more calcium but eat less sweet things to keep our teeth healthy. Ask our dentist for regular teeth check when we have dental problems.

What to use	What to do
(1) <u>dental floss</u> (2) <u>tooth paste</u>	(3) <u>take more calcium</u> (4) <u>eat less sweet things</u> (5) <u>visit the dentist</u>

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