

Blackbelt 'Warrior' programme.

11. Health and Hygiene-

Student name:

Training venue:

Good personal hygiene is important, as you grow up, it is necessary to develop the habit of being healthy and hygienic.

We quite often discuss our food and drink intake so now its time to look at our hygiene habits.

Just like with most of the tasks, some of you will already have excellent levels of hygiene and some of you will think that what I'm asking is impossible.

I have tried to choose minimum levels of personal hygiene here, so please feel free to do more than I've suggested if you would like to.

Good personal hygiene habits include:

- washing the body often. If possible, everybody should have a shower or a bath every day. However, there may be times when this is not possible, for example, when people are out camping or there is a shortage of water
- If this happens, a wash all over the body with a wet sponge or cloth will do
- cleaning the teeth at least once a day. Brushing the teeth after each meal is the best way of making sure that gum disease and tooth decay are avoided. It is very important to clean teeth after breakfast and immediately before going to bed
- washing the hair with soap or shampoo at least once a week
- washing hands with soap after going to the toilet
- washing hands with soap before preparing and/or eating food. During normal daily activities, such as working and playing, disease causing germs may get onto the hands and under the nails. If the germs are not washed off before preparing food or eating, they may get onto the food
- changing into clean clothes. Dirty clothes should be washed with laundry soap before wearing them again
- Brushing/combing hair to look tidy.



- hanging clothes in the sun to dry. The sun's rays will kill some disease-causing germs and parasites
- turning away from other people and covering the nose and mouth with a tissue or the hand when coughing or sneezing. If this is not done, droplets of liquid containing germs from the nose and mouth will be spread in the air and other people can breathe them in, or the droplets can get onto food

Be Polite-

Being clean and smelling pleasant is a polite thing to do. Imagine if you were in a hot classroom all day, sitting next to a person who had not washed properly recently. There may be a strong BO smell coming from them.

Imagine, If you have to sit opposite a person all day who has not cleaned their teeth properly and has bad breath.

And of course our clothes and hair need to clean so that they do not offend anyone during the day (or evening).

This is a very simple, yet very important task. Many people will make decisions about your ability and your skills based upon the tidiness of your appearance, what your clothes are like and the way you smell.

So, I have placed a little chart here that you need to tick to say that you have completed these tasks.

It is a weekly chart and this task continues for 11 weeks, please try to complete this sheet every week to help create (or reinforce) good habits. I do not need you to hand in 11 sheets at the next grading BUT, I would like you to hand in 2 sheets. The sheet from your first week, where you have honestly ticked the things you remember to do and the sheet from the last week before the grading, where you have honestly ticked all of the things you've remembered to do.

I would also like your parents to sign the sheets to say that your personal hygiene habits are exactly what they would prefer them to be.

Name:

Training venue:

Daily Hygiene Chart							
<i>For Teens</i>		http://www.chartjungle.com					
What To Do	S	M	T	W	T	F	S
Morning							
Bath/Shower or Wash Face							
Shave if needed							
Put on Deodorant							
Put on Clean Clothes							
Brush Hair							
Eat Breakfast							
Brush Teeth							
Make Bed							
Evening							
Bath/Shower or Wash Face							
Put on Pajamas							
Brush Teeth							
Sometime each day							
Exercise							
Sometime each week							
Cut Nails							

Parents signature: