

Weller Health Education Center

Hygiene Confidential
Hygiene
Grades 4-5

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Program Objectives

Program Description:

Students will enjoy playing detectives on a mission to find out where body odor and other foul smells come from and how to prevent them.

Standards:

PA Standards 10.1.3ae, 10.1.6a, 10.2.3ab, 10.2.6a

NJ Standards 2.1.2ab, 2.1.4a, 2.2.2abc, 2.2.4bc

Objectives:

Upon completion of the program, students will:

1. Define the term Hygiene
2. Identify the three conditions necessary for bacteria to grow
3. Describe the areas of the body most susceptible to bacteria growth
4. Describe how body odor develops
5. Evaluate their current hygiene habits and make improvements, if necessary

Terms:

Athlete's Foot:—fungal infection usually occurring on the foot

Bacteria—microorganism that can cause illness

Hygiene—the act of keeping clean to stay healthy

Normal Flora—bacteria that lives safely on/in the body

Sweat Glands—glands in the body that excrete water and salt waste onto the skin



Reading Activity

Objective: To use reading comprehension skills to evaluate your own hygiene habits.

Directions:

1. Read the article below and use the information to answer the following questions about your own hygiene habits.

Questions:

1. What does the term Hygiene mean?
2. What is the scientific term for “Bad Breath”?
3. List 3 causes of bad breath.
4. Do you have good dental hygiene? Explain.
5. Create step-by-step plan to improve your dental hygiene. Be sure you use techniques mentioned in the article.



Bad Breath

You lean over to whisper something to your friend and you can tell by the look on your friend's face that something is up. Could it be your breath? Maybe you shouldn't have put extra onions on your hamburger at lunch. What's a kid with smelly breath to do?

The good news is that bad breath happens to everyone once in a while. Let's find out how to detect it, prevent it, and even treat it.

What's That Smell?

Bad breath is the common name for the medical condition known as **halitosis** (say: hal-uh-**toe**-sis). Many different things can cause halitosis — from not brushing your teeth to certain medical conditions.

Sometimes, a person's bad breath can blow you away — and he or she may not realize there's a problem. There are tactful (nice) ways of letting someone know about bad breath. You could offer mints or sugarless gum without having to say anything.

If you need to tell a friend he or she has bad breath, you could say that you understand foods can cause bad breath because you've had it before yourself. By letting someone know that bad breath isn't something unusual, you'll make the person feel more comfortable and less embarrassed about accepting your piece of chewing gum.

If you suspect your own breath is foul, ask someone who will give you an honest answer without making fun of you. (Just don't ask your brother or sister — they just might tell you your breath stinks even when it doesn't!) Although everyone gets bad breath sometimes, if you have bad breath a lot, you may need to visit your dentist or doctor.



What Causes Bad Breath?

Here are three common causes of bad breath:

- foods and drinks, such as garlic, onions, cheese, orange juice, and soda
- poor dental **hygiene** (say: **hi**-jeen), meaning you don't brush and floss as you should
- smoking and other tobacco use

Poor oral hygiene leads to bad breath because when you leave food particles in your mouth, these pieces of food can rot and start to smell. The food particles may begin to collect bacteria, which can be smelly, too. Plus, by not brushing your teeth regularly, plaque (a sticky, colorless film) builds up on your teeth. Plaque is a great place for bacteria to live and yet another reason why breath can turn foul.

Preventing Smelly Breath

So what's a kid to do? Don't smoke or use tobacco products, of course. And take care of your mouth by brushing your teeth at least twice a day and flossing once a day. Brush your tongue, too, because bacteria can grow there. Flossing once a day helps get rid of particles wedged between your teeth. Also, visit your dentist twice a year for regular checkups and cleanings.

Not only will you get a thorough cleaning, the dentist will look around your mouth for any potential problems, including those that can affect breath. For example, gum disease, also known as **periodontal** (say: per-ee-uh-**don**-tul) **disease**, can cause bad breath and damage your teeth.

If you're concerned about bad breath, tell your doctor or dentist. But don't be surprised if he or she leans in and take a big whiff! Smell is one way doctors and dentists can help figure out what's causing the problem. The way a person's breath smells can be a clue to what's wrong. For instance, if someone has uncontrolled diabetes, his or her breath might smell like acetone (the same stuff that's in nail polish remover).

If you have bad breath all the time and the reason can't be determined by your dentist, he or she may refer you to a doctor to make sure there is no other medical condition that could be causing it. Sometimes sinus problems, and rarely liver or kidney problems, can cause bad breath.

Usually, there's a less complicated reason for a kid's bad breath — like what you had for lunch. So keep up with your brushing and flossing and you should be breathing easy — and odor free!

Reviewed by: Lisa A. Goss, RDH, BS, and Charlie J. Inga, DDS

Date reviewed: September 2007



Math Worksheet

Objective: Utilize math skills to reinforce product knowledge necessary for maintaining proper hygiene.

Directions:

1. Read the scenario.
2. Use the information to complete the word problems below.

Scenario:

After watching a program about hygiene at school, a group of 4th grade students at Elmwood Elementary decided to work together to improve their hygiene habits. Each student has a different goal they would like to attain. They have decided that they will sit down together and make a list of what they need to do and how. The list is below:

Students:	Problem:
Alicia	Bad Breath
Emmanuel	Body Odor
Louie	Athlete's Foot
Nathasja	Handwashing
Isabella	Body Odor

Product List:	Price:
Deodorant	\$4.50
Toothpaste	\$3.75
Toothbrush	\$2.00
Hand Soap	\$1.75
Foot Powder	\$5.75
Dental Floss	\$1.25
Mouthwash	\$3.50

1. List what product each student will need:
 - a. Alicia
 - b. Emmanuel
 - c. Louie
 - d. Nathasja
 - e. Isabella



Moldy Bread Lab

Objective: To observe the effects of warm, dark, and moist areas on bacterial growth using a slice of white bread.

Directions:

1. This activity can be done as a class or in small lab groups.
2. Assign each group a Team Color or Name so they can keep track of their specimen.
3. Each group will get 4 slices of white bread. Be sure to label them with the group name.
4. Have the group find a location in the classroom that meets the description in Table 1.
5. Observe the bread and record your findings over the course of 5 days.

Table 1

Location	Day 1	Day 2	Day 3	Day 4	Day 5
Direct Sunlight					
Complete Darkness					
Sandwich Bag with moist paper towel					
All Three: Dark, Warm, and Moist					
Control: Light, Cool, and Dry Area					



Math Worksheet-Answer Sheet

Objective: Utilize math skills to reinforce product knowledge necessary for maintaining proper hygiene.

Directions:

1. Read the scenario.
2. Determine what hygiene products are necessary for each student to be successful.
3. Use the information to complete the word problems below.

Scenario:

After watching a program about hygiene at school, a group of 4th grade students at Elmwood Elementary decided to work together to improve their hygiene habits. Each student has a different goal they would like to attain. They have decided that they will sit down together and make a list of what they need to do and how. The list is below:

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Toothbrush	\$2.00
Hand Soap	\$1.75
Foot Powder	\$5.75
Dental Floss	\$1.25
Mouthwash	\$3.50

1. List what product each student will need:
 - a. Alicia
Toothpaste, Toothbrush, Dental Floss, Mouthwash
 - b. Emmanuel
Deodorant
 - c. Louie
Foot Powder
 - d. Nathasja
Hand Soap
 - e. Isabella
Deodorant
2. Emmanuel and Isabella decide to go shopping together. They go to their local drug store and purchase the products they need. According to the list, how much will their total cost be? (Note: Sales Tax is 6%)

\$9.54



3. Alicia, Louie and Nathasja also go shopping together. They go to their local grocery store to purchase the products they need. According to the list, how much will their total cost be? (Note: Sales Tax is 6%)

\$19.08

4. Alicia gets home and realizes the dental floss she purchased had been opened, so she returns it to the store. How much will the store refund to her? (Note: Sales Tax is 6%)

\$1.33

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Hygiene Confidential” presented by the Weller Health Education Center. This program introduced students to the basics of bacteria including, how it grows and where it can be found, in reference to proper hygiene. The program focused on where body odor and bacteria occur most, such as their underarms, mouths and hands. The students then learn the different ways to address and manage their hygiene routines to enhance health and reduce potential embarrassing hygiene-related situations. The Weller Health Education Center encourages teaching students about hygiene so they can grow up feeling comfortable with the new changes that are occurring in their bodies.

Many students notice as they grow that they have a body odor and aren’t always sure what to do about it. They don’t realize that it is a part of growing up and that everyone goes through changes. Puberty brings about so many changes. It’s easy for a child to feel insecure, as if he or she is the only one experiencing these changes. It can help them to know that everyone goes through the same things and that there is usually variation in their timing from person to person. When addressing hygiene, emphasis is typically put on our “school” clothing and bathing. However, PE uniforms, sports clothing and equipment and the like can also be breeding grounds for disease and deserve attention as well.

Below you will find some tips to guide you in taking steps to improve your family’s hygiene habits. These activities can help to continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Sample Tips:

- 1) Children can see changes happening to each other as they develop. Talk to your child about how bodies change and how the opposite sex’s bodies change, too.
 - a. Research topics so you can answer their questions appropriately. A great place to start is at www.kidshealth.org, or our website in the TeenCenter.
- 2) Encourage the practice of bathing regularly and wearing clean clothes each and every day.
- 3) If your child has concerns about their body odor, advise them to wear deodorant and help them choose a brand that will work best for them.
- 4) Let your children know that all the changes that are or will be happening to them are just a part of getting older. Remind them that their friends are going through it, just like you when you were their age.
- 5) Observe your habits-Be a good role model and practice good hygiene habits also.

Yours in good health,
Weller Health Education Center