

Health and Hygiene

I. Importance of Health and Hygiene

1. **Physical health:** overall well-being, physical fitness

2. **Mental health:** emotional stability, self-esteem

3. **Social health:** relationships, communication

4. **Benefits of good health and hygiene:** increased energy, better academic performance, improved self-confidence

II. Personal Hygiene

1. **Hand hygiene:** washing hands with soap and water, using hand sanitizer
2. **Oral hygiene:** brushing teeth twice a day, flossing daily, regular dental check-ups
3. **Body hygiene:** showering or bathing regularly, using deodorant or antiperspirant
4. **Hair and nail hygiene:** washing hair regularly, trimming nails regularly

III. Nutrition and Diet

1. **Balanced diet:** fruits, vegetables, whole grains, lean proteins, healthy fats
2. **Nutrient deficiencies:** protein, iron, calcium, vitamin D
3. **Healthy eating habits:** eating regular meals, avoiding junk food and sugary drinks
4. **Benefits of a balanced diet:** increased energy, improved concentration

IV. Disease Prevention

1. Infectious diseases: common cold, flu, tuberculosis, HIV/AIDS
2. Non-infectious diseases: heart disease, diabetes, cancer, mental health disorders
3. Prevention methods: vaccination, screening tests, healthy lifestyle choices

V. Mental Health

1. Stress management: exercise, meditation, time management
2. Anxiety and depression: recognizing symptoms, seeking professional help
3. Building positive relationships: communication skills, conflict resolution

VI. Safety and First Aid

1. **Accident prevention:** home safety, road safety, workplace safety
2. **First aid:** basic life support, wound care, burn care

VII. Substance Abuse

1. **Types of substances:** tobacco, alcohol, drugs
2. **Risks and consequences:** addiction, health problems, social problems
3. **Prevention and support:** education, counseling, support groups

Key Terms

1. Hygiene
2. Nutrition
3. Disease prevention
4. Mental health
5. First aid

Discussion Questions

1. Why is health and hygiene important?
2. How can we maintain good personal hygiene?
3. What are the benefits of a balanced diet?
4. How can we prevent infectious diseases?
5. What are the signs of mental health issues?

Activities

1. Create a health and hygiene poster
2. Research a specific disease or disorder
3. Develop a healthy eating plan
4. Practice first aid techniques
5. Create a mental health awareness campaign