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Cleanliness, Health and Hygiene

We'll cover the following key points:

- How to maintain personal cleanliness
- Looking after your body
- Cleanliness in the surroundings.
- Ways to improve the surroundings.
- Swachh Bharat Abhiyan



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Learning Outcomes

By the end of this chapter, students will be able to:

- Understand the importance of personal cleanliness, including maintaining hygiene for hands, nails, hair, clothes, and other body parts.
- Learn how proper food, rest, exercise, and recreational activities contribute to maintaining a healthy body.
- Recognize the significance of cleanliness in the surroundings for overall health and well-being.

Guidelines for Teachers

The teacher can start the chapter by introducing the topic of Cleanliness, Health, and Hygiene, emphasizing its importance for personal well-being and environmental health. Discussions can focus on simple and practical ways to maintain personal cleanliness, like washing hands, trimming nails, and keeping hair and clothes clean. The teacher can also guide students on the value of balanced food, proper rest, exercise, and recreational activities in maintaining a healthy lifestyle.

Furthermore, the teacher can highlight the importance of keeping the surroundings clean and introduce Swachh Bharat Abhiyan as an initiative to inspire students to contribute to cleanliness in their homes, schools, and communities.



Write whether Healthy/Unhealthy

1. Eat lots of fruits and vegetables. _____
2. Yell at parents when you're in a bad mood. _____
3. Getting 8-10 hours of sleep a night. _____
4. Only brush your teeth after dinner. _____
5. Wash under arms, belly button and private parts. _____
6. Wear sunscreen when you are outside on day time. _____
7. Exercise every day. _____
8. Wear a helmet when riding your bike. _____
9. Use only water when washing your hands. _____
10. Floss your teeth once a day. _____

Fun Fact



Did you know that in just 30 minutes, you can meet up with 840,000 tiny germs? That's a lot of little bugs! But don't worry – you can fight them off like a superhero!

The best way to keep yourself safe is to wash your hands with anti-bacterial soap or hand wash. Just scrub those hands for 20 seconds and do it about 8-12 times a day.

'**Cleanliness is next to Godliness**', is a very famous saying. Cleanliness is one of the most important practices for a clean and healthy environment. It may be related to keeping ourselves as well as our environment clean. It is essential for everyone to learn about cleanliness, hygiene, sanitation and the various diseases that are caused due to poor hygienic conditions.

Let us learn how we can keep ourselves and our surroundings clean.

Personal Cleanliness - taking care of our body

Personal cleanliness is how you care for your body. Everyone likes a person who is clean and tidy. Every day, you come into contact with millions of outside germs and viruses. They can stick on your body, and in some cases, they may make you sick.



All the activities that you do to keep yourself clean and healthy are called **hygiene**. Personal hygiene practices can help you and the people around you to prevent illnesses. They can also help you feel good about your appearance.

This practice includes bathing, washing your hands, brushing your teeth, and more.

Hand Washing

Germs on your hands can easily enter your body through your mouth, nose, eyes, or ears. Wash your hands:

- ✦ When you handle food
- ✦ Before and after meals
- ✦ If you handle garbage
- ✦ When you sneeze
- ✦ Any time you touch an animal

Did you know ?

Researchers in London estimate that if everyone routinely washed their hands, a million deaths a year could be prevented.

Oral hygiene

Oral hygiene means to keep your mouth and teeth clean. Caring for your teeth and gums is a smart way to prevent gum diseases and cavities.

Brush at least twice a day for 2 minutes. Aim to brush after you wake up and before bed. If you can, brush after every meal, too. Floss between your teeth daily. Visit a dentist after every six months.

Bathing

One of the simplest ways to keep your skin clean and healthy is to bathe daily. We should clean the different parts of the body – the hands, armpits, legs, feet, groin, joints, back, belly button (navel), elbows and knees regularly. Cleaning the face, ears and neck should not be avoided. Bathe with lukewarm water in winter instead of avoiding bathing. Bathing during bedtime can also be a part of the routine.

Hair Care

Poor hair care can lead to problems like head lice, dandruff and other scalp infections. We should regularly wash our hair with a good shampoo. Oil massaging our scalp at least twice a week gets rid of dandruff and prevents hair fall. We should comb our hair regularly. Never share your personal objects like combs, pillows, and hats with anyone.



Did you know ?

Have you ever heard of the phrase “smelly feet”? That's what happens when germs on the feet comes into contact with sweat. Kids who wear shoes all day, especially without socks, tend to accumulate more dirt on their feet, which the germs feed off. Keep your feet clean with these tips:

- ✦ Wash your feet at least twice a day, when you take your bath.
- ✦ Clean the feet properly by scrubbing with soap between the toes, the soles of the feet and under the toenails.
- ✦ Use a clean cloth or towel to wipe them dry.
- ✦ Keep your shoes clean and dry.

Nails

We should trim our nails every week. Wash under the nails at each shower and then trim them. Your nails are softer and clip more easily after a shower. Nail biting should be discouraged as the nails and nail beds might have germs and can spread to the mouth.



CHECK 'N' MATE

Write 'T' for true and 'F' for false statements.

1. Personal hygiene practices can help you to prevent illness.
2. Oral hygiene means to keep our mouth and teeth clean.
3. We should regularly wash our hair with a good shampoo.
4. Clothes should be properly washed and dried in the sun.

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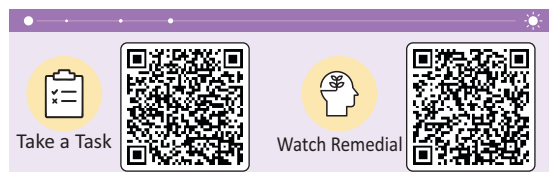

Clothing

We should wear clean and washed clothes. Dirt and germs collect on dirty clothes and can cause skin problems or infections. Clothes should be properly washed and dried in the Sun. Always wear clean clothes especially undergarments.

Looking After Our Body

Keeping your body clean is good for health. To remain fit and free from diseases you should do a few other things as well:

- ✦ Eat a variety of food, especially fruits and vegetables to get the right amount of nutrients that the body needs and will help you fight diseases.
- ✦ Drink 8-10 glasses of water every day. Water keeps you hydrated.
- ✦ Wash your hands properly before and after meals.
- ✦ Sleep at least 7-8 hours a day. This will help your body to regain strength and energy and will refresh you.
- ✦ Exercise daily for at least an hour. Jogging, playing outdoor games and swimming are the best exercises.
- ✦ Do not eat uncovered food sold by hawkers as it could be full of germs transferred by houseflies.
- ✦ Always eat freshly prepared home food and avoid junk food.



Cleanliness in the Surroundings

Besides personal hygiene and cleanliness, it is also the responsibility of each and every person living at home or in the society to keep the surroundings clean. We must know the causes that make our surroundings dirty and find out ways to improve it.

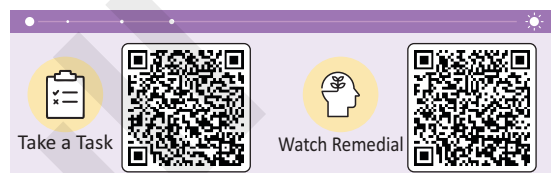
Causes of unhealthy surroundings

Human activities directly or indirectly affect our environment and make it unhealthy. The garbage that we throw in our surroundings makes our surroundings unclean. Inhaling impure air and drinking impure water can make us sick. Cutting down trees, using plastic bags, spitting on roads and walls, misusing public places like parks and throwing garbage in the nearby lake or river are some of the human activities that makes our environment dirty and unpleasant.

Ways to improve the Surroundings

There are various ways to keep our surroundings clean:

- ✦ Use reusable and environment friendly bags like jute and paper bags instead of plastic bags.
- ✦ Reduce, reuse and recycle. Buy only what you need and use all of what you buy. Reuse items like food storage bags, plastic bottles etc. Make new items from recycled ones (like cans, bottles, paper, and cardboard).
- ✦ Always throw waste in the dustbins.
- ✦ Do not spit on roads or walls. It is a very unhealthy habit.
- ✦ Do not let water collect in your surroundings as mosquitoes breed in stagnant water and spread harmful diseases like dengue and malaria.
- ✦ Plant more and more trees to make your surroundings fresh and beautiful.



Swachh Bharat Abhiyan

Swachh Bharat Abhiyan or Clean India Mission is a nation-wide campaign started by the Government of India on 2nd October 2014. It was launched by our honourable Prime Minister, Mr Narendra Modi. It is India's biggest ever cleanliness drive with a large number of government employees and school and college students participating in it. It aims to improve the level of cleanliness by proper waste management and building a large number of toilets across the country.



एक कदम स्वच्छता की ओर

Official logo of Swachh Bharat Mission

Objectives:

To make India open defecation free by 2019.

To provide toilets, separately for boys and girls in all schools by 15.8.2015.

Village to be kept clean with solid and liquid waste management.



In a Nutshell

- ✦ Cleanliness is one of the most important practices for a clean and healthy environment and to lead a healthy life.
- ✦ Personal hygiene practices can help you and the people around you to prevent illnesses.
- ✦ We can maintain personal hygiene by adopting habits like : hand washing, bathing, hair care, nail hygiene, oral hygiene and proper clothing.
- ✦ We must eat healthy food, take rest and exercise daily for keep ourselves healthy.
- ✦ Besides personal hygiene and cleanliness, we should also keep our surroundings clean.
- ✦ The Swachh Bharat Abhiyan is the cleanliness campaign run by the Government of India to make India clean and hygienic.



Key Words

Improving Vocabulary

- Hygiene : Practices to maintain good health and prevent diseases, especially through cleanliness.
- Accumulate : Gather
- Hydrated : To make your body absorb water or other liquid.
- Hawkers : A person who sells food on the street.
- Reusable : Anything that can be used again.



Time to Discuss

Pondering and Communicating

1. If you go to a sleepover and forget your toothbrush, should you borrow your friend's toothbrush?" Why and why not?
2. What do you do if you have a runny nose and need a tissue? If your friend offers you one that he/she has used, should you take it? Give reason for your answer.



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EXERCISE

That turn curiosity into confidence—let's begin!



A. Objective Type Questions:

- When should one wash hands?
(A) Before and after meals (B) After using toilets
(C) After playing with a pet (D) All of above
- After cleaning the house, what will you do with the waste materials?
(A) Throw on the streets (B) Throw outside the house
(C) Keep it in the dust bin (D) Keep it in the garden
- What is the logo of Swachh Bharat Mission?

(A)



(B)



(C)

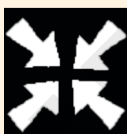


(D)



- Who is the inspiration behind the concept of SBM?
(A) Mahatma Gandhi (B) Jawaharlal Nehru
(C) Sardar Patel (D) Morarji Desai
- What is the logo of Recyclables?

(A)



(B)



(C)



(D)



B. Put a tick (✓) against the correct sentences and cross (✗) against the wrong ones:

- Germes and dirt causes many diseases.
- We should wash our hands before eating food.
- We should take a bath daily.
- We should wear clean clothes daily.
- We should sleep for three hours a day.

C. Very Short Answer Questions:

Answer in one word:

- Practices to maintain good health and prevent diseases, especially through cleanliness _____

2. To keep our mouth and teeth clean is called _____
3. Jute and paper bags are examples of _____
4. Swachh Bharat Abhiyan was launched by _____

D. Short Answer Questions:

1. Why should we maintain cleanliness and proper hygiene?
2. When do you need to wash your hands?
3. Why should we trim our nails regularly?
4. How do we make our surroundings unhealthy?

E. Answer the Following Questions:

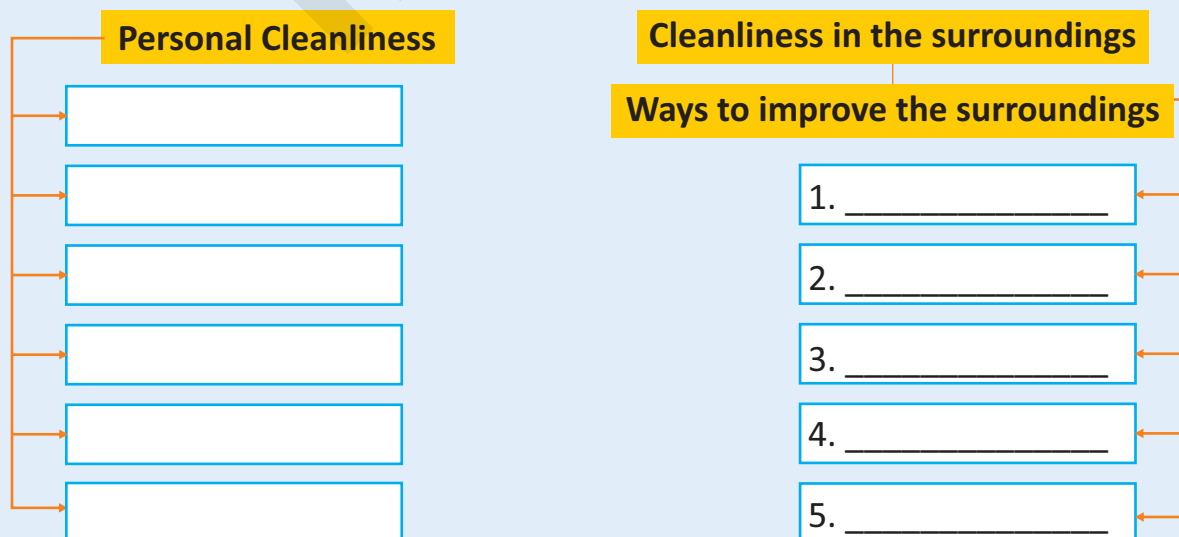
1. What are the ways of taking proper care of your hair?
2. Write four ways of keeping your body fit and free from diseases.
3. What are the causes of unhealthy surroundings?
4. Write few ways in which you can keep your surroundings clean.
5. Who launched the cleanliness campaign “Swachh Bharat Abhiyan”? What are the objectives of the campaign?



Time to Recall

Remembering and Analysing

Recall and complete the concept map given below.



Time to Apply

Applying and Creating

1. There are a lot of mosquitoes in the stagnant water near Piya's house? What do you think they should do to get rid of it? What health hazards will they face if they don't do so?
2. Piyush spends most of his time on his mother's smart phone. His friends keep calling him to play outside but he finds the smart phone more interesting than playing with his friends. Do you think he has a healthy day-to-day routine? If not then suggest a proper routine for him.



Time to Observe

Observing, Critical Thinking, Analysing

Personal Care Checklist.....

How Often Do I	Daily	Regularly
Brush my teeth		
Take a bath or shower		
Change my underwear		
Change my socks		
Change my clothes		
Wash my hair		
Cut my nails		
Cut my hair		



Time to Create

Creating and Collaborating

Work in groups of two. Meet at least five families in your neighbourhood and discuss ways to reduce garbage on roads and your surroundings. Make a report and suggest ways to improve it.