

Adventurer Award

Hygiene

Presented by Faith

Moyo and Pamela

Moyo



# Requirements

Read: psalm 119:11...proverbs 25:11....psalms  
19:14

1...Personal cleanliness

2...Importance of washing our hands

3...Going to the dentist

4...Bathing and hair care

5...Keeping our clothes clean

6...Helping clean our home

7...Helping with laundry

A close-up photograph of a brown leather Bible cover. The cover has gold lettering, including the word 'BIBLE' in the center and 'HOLY BIBLE' at the bottom. The lighting is warm, highlighting the texture of the leather.

Psalm 119:11

Your word I have hidden in my heart,


That I might not sin against You.

Proverbs 25:11

A word fitly spoken *is like* apples of gold

In settings of silver





Psalm 19:14

Let the words of my mouth and the meditation of  
my heart

Be acceptable in Your sight,

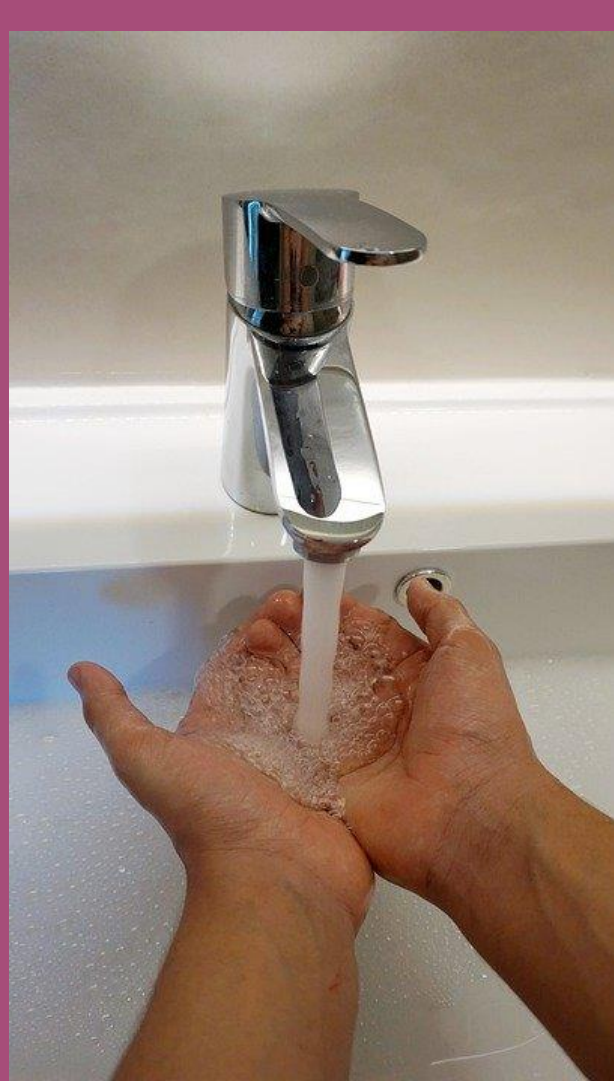
O Lord, my [h]strength and my Redeemer.

## Personal cleanliness

Personal cleanliness is the act of keeping oneself neat. It helps to maintain good health and prevent diseases and is a continuous exercise. It involves cleaning the nails, hair, clothes, and brushing the teeth in the morning and at night

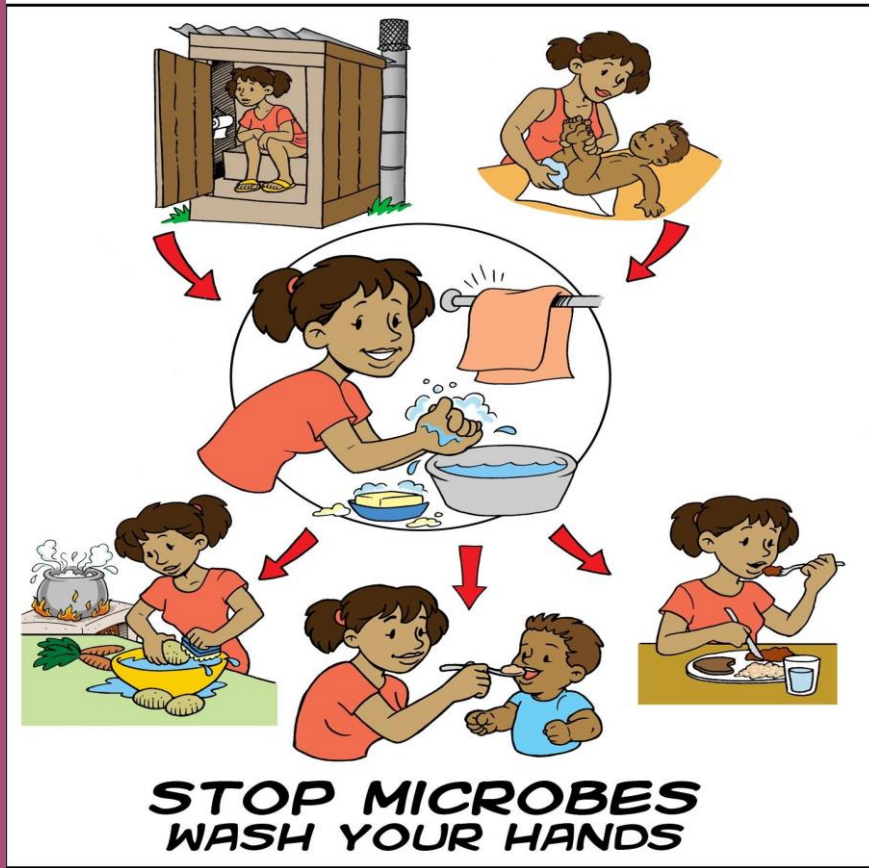
# Personal cleanliness includes







It is important to wash my hands when:



**How long do we need to wash our hands?**

**When should we wash our hands?**

**Why do we wash our hands?**

**What do we use to wash our hands?**

# Importance of washing hands

**Washing** your **hands** properly can help prevent the spread of the germs (like bacteria and viruses) that cause these diseases.

Some forms of gastrointestinal and respiratory infections can cause serious complications, especially for young children, the elderly, or those with a weakened immune system

**Handwashing** with soap removes germs from **hands**.

This helps prevent infections because: People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.

The dentist came to see us



# Importance of brushing our teeth

It is **important to brush your teeth** to prevent gum disease.

Refusal to **brush** one's **teeth** for several days can lead to the onset of gum disease.

**Brushing** ensures the removal of plaque, which is the primary cause for **tooth** decay and gum disease; it also arrests the build-up of any plaque formation.

# Bathing and hair care



# Importance of bathing and hair care

One **purpose** of bathing is for personal hygiene.

It is a means of achieving cleanliness by washing away dead skin cells, dirt, and soil and as a preventative measure to reduce the incidence and spread of disease. It also may reduce body odors, however, some people note that may not be so necessary as commonly thought

Beautiful and shiny **hair** always leaves good impression, which is why proper **hair care** is **important**.

Also, good **care** of your **hair** plays an **important** part in having healthy **hair** and helps avoid extensive damage that can lead to **hair** loss. Regular washing with celebrity advertised shampoos and conditioners is not enough.

We should drink \_\_\_\_\_ glasses of water





# Importance of water

**Drinking Water** Helps Maintain the Balance of Body Fluids.

Your body is composed of about 60% **water**.

The functions of these bodily fluids include digestion,

Absorption,

circulation,

creation of saliva,

transportation of nutrients,

and maintenance of body temperature

# Keeping our clothes clean

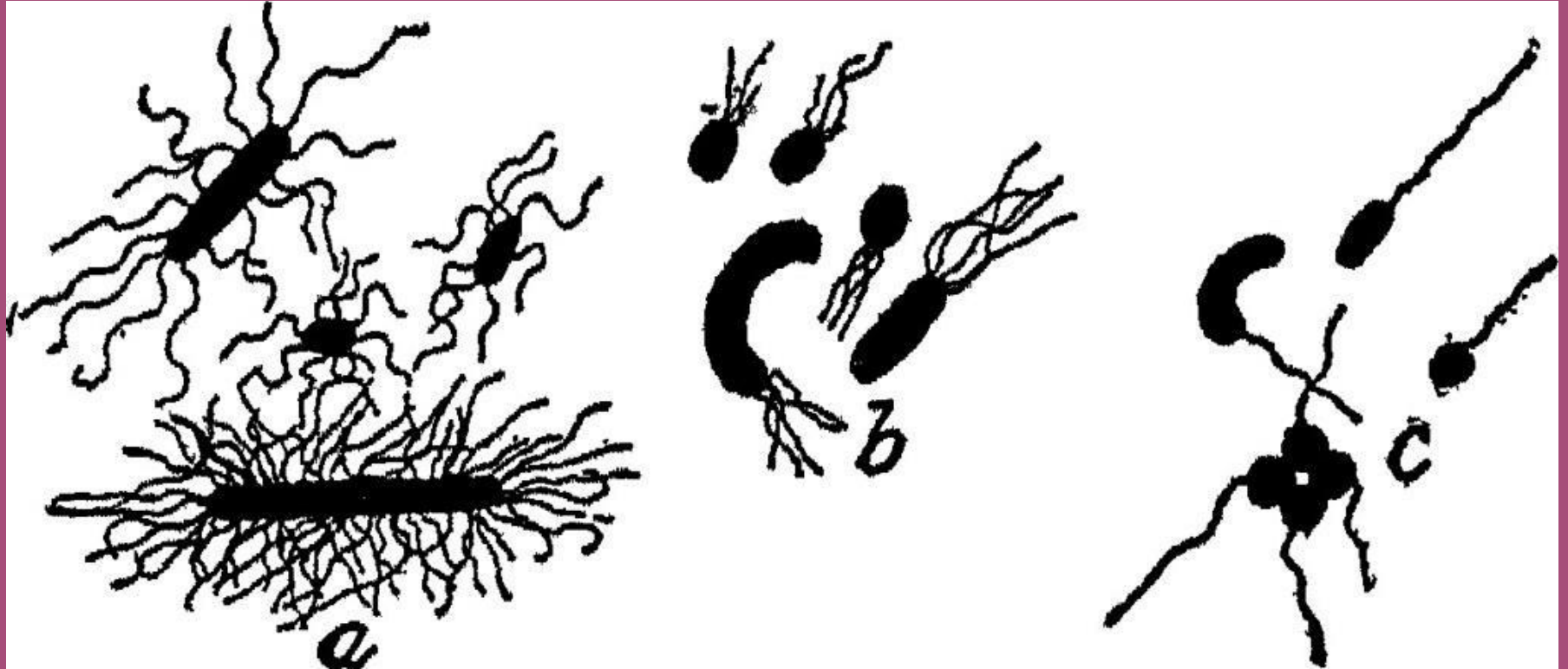




# Dirty clothes



microorganism



# Skin infection



# Bad body odor



# Importance of keeping our clothes clean

Dirty **clothes** can harbor microorganisms, and can lead to skin infections.

Bad body odor can occur wearing **clothes** with **the** bacteria and fungi found on them. ...

**The** only way to prevent **the** spread of germs found on **clothes** from normal wear is to **wash** them, and it is **important** to **wash** hands after contact with dirty laundry



Is this how your home should look like?



Your room should be like this? Yes or No



# Keeping my home clean



# Importance of keeping our house clean

Regular **house cleaning** kills germs

Germs suppress the immune system and cause you to become sick.

However, by continuously **cleaning your** home with a quality disinfectant, you can kill up to 98 percent of the daily germs and it also helps to **keep your** family healthy

What do you think is the dirtiest part of our home?

How often should we clean our toilet?









# Doing laundry



# Summary

**Personal cleanliness includes brushing our teeth , washing our clothes ,washing our hands , taking a bath etc.**

**It is important to wash our hands so that we kill all the germs.**

**We should always visit our dentist.**

**We should at least drink 8 glasses of water**

**We should always help keep our home clean and also help doing laundry.**

# Quiz

**Personal cleanliness includes what?**

**Why is it important to wash our hands?**

**How do we take care of our body?**

**How many glasses of water should we drink a day?**

**Why is it important to keep our clothes clean?**

**Why should we keep our house clean?**