



HOME PERSONAL CARE AWARD

PROJECT: HYGIENE

GOALS

A. HYGIENE QUIZ: Test your knowledge of hygiene facts and habits.

B. HYGIENE CHALLENGE: Complete one of four.

A. HYGIENE QUIZ:

Take the following test to quiz your hygiene.

QUIZ (True/False)

1. T/F I should brush my teeth everyday.
2. T/F My feet never smell.
3. T/F Clothes don't usually smell after I sweat in them.
4. T/F The reason my hair looks dirty is because of oil, sweat, and dead skin cells.
5. T/F Germs are large insects that live in the ground.
6. T/F Shampoo and conditioner are used to clean hair.
7. T/F I should wash under my fingernails
8. T/F After I use the bathroom, handle raw meat, or touch doorknobs and handles in a public area, it's good to wash my hands.
9. T/F Deodorant is for using on my feet every day.
10. T/F Hygiene and cleanliness matters to me

FUN FACT: In the days before modern showers and baths, bathing took much more effort. Families might take baths only once a week and share bath water. They would heat the water on a stove.

ANSWERS: 1:T, 2:F, 3:F, 4:T, 5:F, 6:T, 7:T, 8:T, 9:F, 10:T/F (answers will vary)

B. HYGIENE CHALLENGE:

Complete one of the five activities below.

Option 1—How Germs Spread

Germs spread easily and it is tough to get them off your hands.

Supply Checklist

- glitter and lotion OR chalk to represent germs
- sink
- soap
- paper towels

FUN FACT: Some germs spread through tiny droplets in the air! When people sneeze, those airborne drops can enter your body through your nose and mouth!

1. Rub lotion on your hands and then have a helper place a pinch of glitter on your hands OR rub a large amount of chalk all over your hands. This will represent your germs.
2. Press your hands together. What do you notice about the glitter or chalk?
3. Touch your helper's hand. What happened with the glitter or chalk?
4. Wipe your hands with a paper towel. Did this work? Did the glitter or chalk come off?
5. Now try washing your hands with soap. Now does the glitter/chalk come off?

Option 2—Germs and Soap

All day long you touch things that have invisible germs on them. The best way to see them is to use a microscope. Grab a partner for this activity.

Supply Checklist

- dirt
- magnifying glass
- soap
- paper towels

FUN FACT: The human body hosts over 1,000 species of bacteria.

1. Cover your hands with dirt. Take a look at your hands through the magnifying glass. Can you see germs? Can you see dirt?
2. One of you will wash your hands with just water, the other with soap and water.
 - *Just Water:* Wash your hands with just water and then look at your hands with the magnifying glass. What do you see?
 - *Soap and Water:* Have the other person wash with soap and water. Observe the hands under the magnifying glass. Does it look any different than the hands cleaned with just water?
3. Place the following steps in order. (Number 1-5 to put in the right order)
 - ___ Rinsing the soap
 - ___ Drying your hands
 - ___ Rubbing the soap on your hands
 - ___ Rinsing your hands/turning on the water
 - ___ Putting soap on your hands

ANSWERS: 1) Rinsing your hands, 2) Putting soap on your hands, 3) Rubbing soap on your hands, 4) Rinsing the soap, 5) Drying your hands.

Option 3—Teeth and Toothpaste

When we eat, plaque forms on our teeth. If teeth are not cleaned of this plaque, they will turn yellow and develop cavities.

Supply Checklist

- two hard-boiled eggs (white)
- two glasses, one with dark brown soda, one with water
- toothpaste
- toothbrush

FUN FACT: Brushing with toothbrushes and toothpaste became popular during WW2 when the government asked the soldiers to brush their teeth twice a day.

1. Place the hard-boiled egg in the glass and pour soda over that until the egg is submerged. Place the other egg in a glass filled with water.
2. What do you think will happen to the egg in the soda? In the water?
3. Leave both eggs overnight to soak. Remove the egg the next day. Observe what happened to each egg.
4. Now take out the egg soaked in the soda and use your toothbrush and toothpaste to clean. What do you notice?

Option 4—Make Your Own Deodorant

You can make a healthy natural deodorant that will help control body odor.

Supply Checklist

- 6 Tablespoons coconut oil
- 4 Tablespoons baking soda
- 4 Tablespoons cornstarch
- cupcake tin liner and cupcake tin
- (optional) 6-8 drops of essential oils such as lavender

FUN FACT: The “5 Second Rule” is a myth with dropping food on the ground. Bacteria contaminate your food in no time at all!

1. Melt the coconut oil in the microwave. Do not overheat-microwave for 20-30 seconds.
2. Mix in baking soda and cornstarch into the liquid coconut oil.
3. Mix well.
4. Add in essential oils (optional). Ask adult for help. A little bit goes a long way!
5. Line the cupcake tin with a liner. Pour the contents into the liner.
6. Allow the contents to cool before use.

Apply the deodorant in the morning and before physical activity. Enjoy your natural deodorant!

RESEARCH MORE

- *Germs Make me Sick* by Melvin Berger and Marilyn Hafner
- *Personal Hygiene?: What’s that Got to do with Me* by Pat Crissey
- *No B.O.!: The Head to Toe Book of Hygiene for Preteens* by Marguerite Crump M.A. M.Ed.
- *Sid the Science Kid: Trouble with Germs* by Jennifer Frantz
- *A Germ’s Journey (Follow It!)* by M.D. Thom Rook and Tony Trimmer
- Look up PBS’s “Sid the Science Kid” for “The Journey of a Germ” and “Clean it Up.”
- themayoclinic.com and thecleaninginstitute.org for hygiene standards.

My child has successfully completed the Project Goals for the topic—Hygiene.

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your PERSONAL CARE award)