

JSS 1 Home Economics.

TOPIC : HYGIENE AND PUBERTY.

OBJECTIVES :At the end of the lessons , the students should be able to :

--Define puberty.

--Mention the signs of puberty in boys and girls.

---Explain hygiene, body odour,causes of body odour and it's preventions and the importance of good personal hygiene.

HYGIENE AND PUBERTY

The period of puberty requires a more proper care and personal hygiene. This is because it is the stage when vital parts of the body undergo changes and development. The boys, like the girls, start growing pimples, hair in the armpits and the pubic region, and they sweat a lot.

The girls also start menstruating. All these require proper hygiene to take care of body odour.

MEANING OF BODY ODOUR

Body odour is an unpleasant smell that comes from the body of someone and is perceived by other people around.

CAUSES OF BODY ODOUR

Body odour in male and female can be caused by many factors.

1. Body odour may be natural.
2. The sweat from the body can react together with the dress we wear to generate unpleasant odour.
3. Body odour can come from wearing dirty underwear
4. Lack of proper hygiene during menstruation.
5. Excessive smoking and drinking of alcohol.
6. Poor care of the hair, eyes, ears,mouth.
7. Lack of regular bathing of the body.

PREVENTION OF BODY ODOUR

Prevention of body odour is the measure taken in order not to allow body odour to at all.

1. The girls should maintain good hygiene during menstruation

2. We should wash our underwear regularly and change them very often
3. we should wash our hair regularly and dress it well at all times
4. Brush your teeth at least twice a day.
5. Ladies should change menstrual pads and pants regularly
6. If body odour becomes difficult to control, see the doctor (dermatologist)

PERSONAL HYGIENE

Personal hygiene means the general care given to parts of the human body. It includes taking care of the skin; treating the hands and fingernails (i.e. manicure); caring for the feet and toenails (i.e. pedicure); grooming the hair; washing the mouth and teeth; and so on.

Importance of good personal hygiene.

1. It keeps us free from diseases and infections.
2. It makes us look neat and tidy.
3. It helps to prevent body odour.
4. It reduces wastage of family resources.
5. It helps to prolong our lives.

ASSIGNMENT

1. List three things a girl or boy at puberty should do in order to maintain good hygiene.
2. a. Mention three causes of body odour
b. Explain two ways of preventing body odour
3. List four benefits of personal hygiene in your home.

Same text book, page 14 --16.