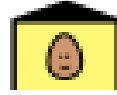
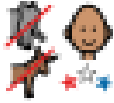


Life skills

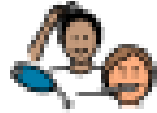
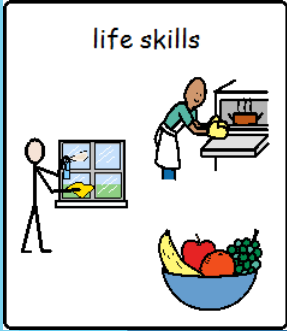
Independent Living



Topic: Independent Living

life skills





Personal hygiene

Keeping healthy:

To keep healthy we need to:

- ▶ Eat and drink healthy food.
- ▶ Keep active
- ▶ Personal hygiene



Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day



Maximum once or twice a week

Fats, spreads and oils



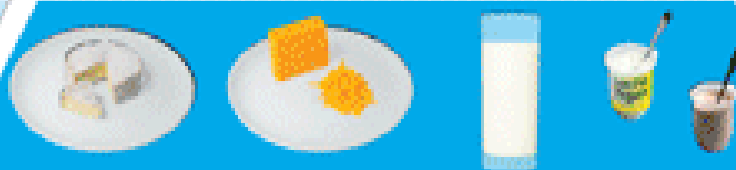
In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

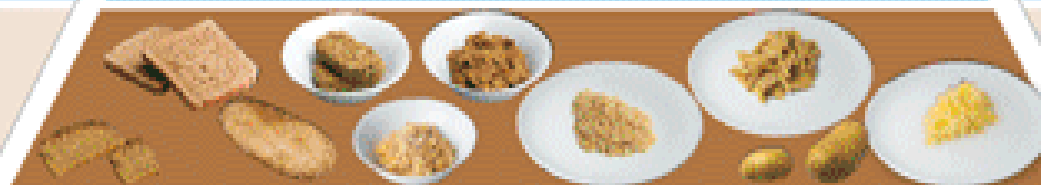
Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

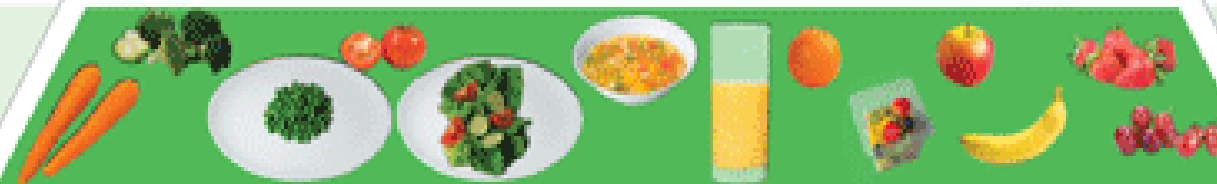
Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit



5-7 Servings a day

Needed for good health. Enjoy a variety every day.

For adults, teenagers and children aged five and over

life skills



What activities could you do to keep healthy?



Name three activities you have been doing at home to keep healthy:

- ▶
- ▶
- ▶

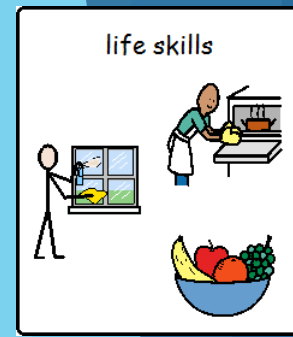
Exercise ideas:



<https://www.youtube.com/watch?v=X655B4ISakg>



https://www.youtube.com/watch?v=L_A_HjHZxfl





What is personal hygiene?

Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more. Every day, you come into contact with millions of outside germs and viruses. They can linger on your body, and in some cases, they may make you sick.

Washing clothes:

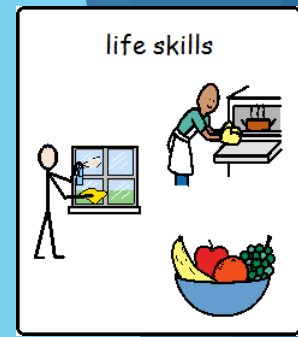
- ▶ Part of personal hygiene is wearing clean clothes.
- ▶ Dirty **clothes** can have microorganisms on them, and can lead to skin infections. Bad body odour can occur wearing **clothes** with bacteria and fungi found on them. The only way to prevent the spread of germs found on dirty **clothes** is to **wash** them, and it is important to **wash** hands after contact with dirty clothes.

Can you help wash your clothes at home?

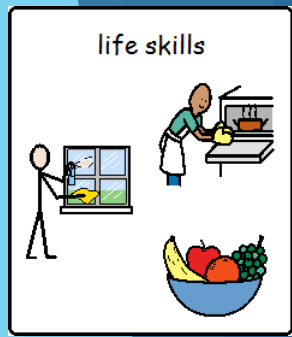


Personal hygiene checklist:

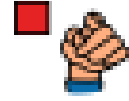
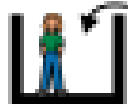
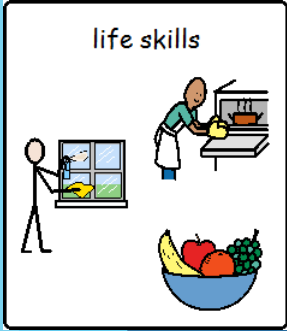
What To Do	S	M	T	W	T	F	S
Morning							
Bath/Shower or Wash Face							
Shave if needed							
Put on Deodorant							
Put on Clean Clothes							
Brush Hair							
Eat Breakfast							
Brush Teeth							
Make Bed							
Evening							
Bath/Shower or Wash Face							
Put on Pajamas							
Brush Teeth							



Make a food and exercise diary:



	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday
 Breakfast							
 Lunch							
 Teatime							
 Snack							
 Exercise							



Don` t forget to send in your work and pictures