LIFEPAC®

ELECTIVE

STUDENT BOOK

Family and Consumer Science

Unit 8

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FAMILY AND CONSUMER SCIENCE

HYGIENE AND YOUR HEALTH

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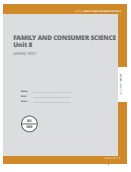


LIFEPAC Test is located at the back of the booklet. Please remove before starting the unit.

Hygiene and Your Health

Introduction

Your health can be greatly impacted by your personal hygiene habits and the cleanliness of the environments you inhabit each day. In Units 1 and 2, you learned about the importance of eating a healthy diet packed with the nutrients your body needs to function properly. You also learned about the importance of regularly exercising and how different types of exercise improve physical and mental health. In this unit, you'll learn about the ways your hygiene habits can affect your health.

As an independent adult, you'll be responsible for taking care of yourself, including hygiene, which is the practice of keeping yourself and your surroundings clean to prevent illness and the spread of disease. Personal hygiene practices include (personal hygiene includes behaviors like frequent handwashing, cleaning your face, bathing with soap and water, and much more.) These routines help keep your body healthy. You'll learn about the connections between hygiene habits and disease and infection, personal hygiene practices that will keep you clean and healthy, and hygiene tasks to complete in your home to ensure your home environment is also clean and healthy.

Objectives

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAC®. When you have finished this LIFEPAC, you should be able to:

1. Recognize the connection between personal hygiene and health.
2. Understand hygiene-related illness risks.
3. Know hygienic practices that reduce risks of infection and disease.
4. Identify six areas of focus for personal hygiene.
5. Understand how germs can enter the body through vulnerable areas.
6. Recognize the ways hygiene can impact appearance.
7. Explain good personal hygiene habits for skin, hair, and nails.
8. Understand healthy oral hygiene practices.
9. Describe hygienic practices for eyes and ears.
10. Explain hygiene routines that should be completed daily.
11. Recognize the importance of ensuring your environment is hygienic.
12. Describe home cleaning chores that promote a hygienic environment.
13. Understand the risks associated with poor cleaning and maintenance of the home.
14. Recognize the medical and dental checkup procedures needed to maintain health.
15. Describe hygiene, safety, and emergency supplies needed in the home.

1. WHY IS PERSONAL HYGIENE IMPORTANT?

Although we all care about our appearance and may practice some **hygiene** habits that impact appearance, **personal hygiene** impacts more than the way we look and smell. In this section, you'll learn about illnesses and diseases that can be prevented through good personal hygiene behaviors, such as covering you mouth when you sneeze or cough, washing your hands when handling food or animals, and showering before and after swimming.

Section Objectives

Review these objectives. When you have completed this section, you should be able to:

1. Recognize the connection between personal hygiene and health.
2. Understand hygiene-related illness risks.
3. Know hygienic practices that reduce risks of infection and disease.
4. Identify six areas of focus for personal hygiene.
5. Understand how germs can enter the body through vulnerable areas.
6. Recognize the ways hygiene can impact appearance.

Vocabulary

Study these words to enhance your learning success in this section.

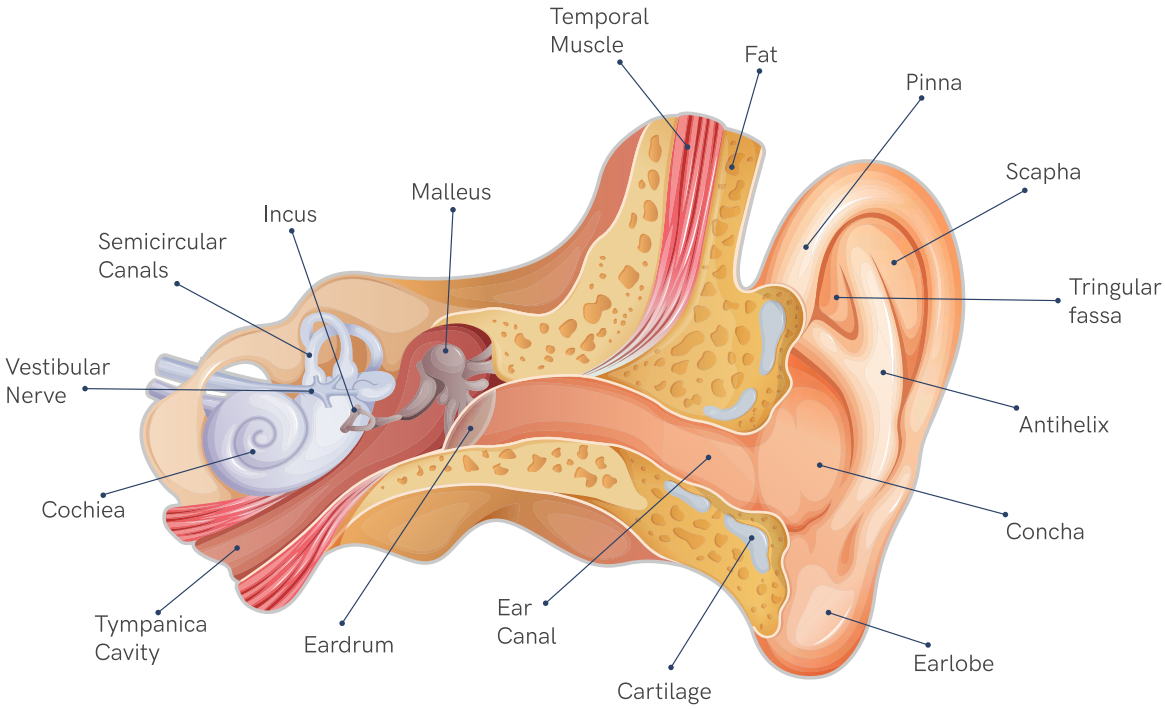
common cold
flu
fungus
hygiene
infestation
keratin
melanin
mucous membrane
personal hygiene
respiratory

Note: All vocabulary words in this unit appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

Separating the outer ear from the middle ear is the eardrum. The eardrum is a thin membrane that is extremely sensitive to changes in air pressure caused by sound. When the eardrum vibrates, it moves a set of small bones called ossicles. Included in the small bones are the hammer, the anvil, and the stirrup. The ossicles transmit sound waves from the eardrum to the inner ear.

The inner ear is the most complex structure of the ear. It consists of the cochlea and the semicircular canals. The cochlea receives the transfer of sound waves from the ossicles and converts them into electrochemical impulses which are sent to the brain. The cochlea is shaped like a snail and is lined with hair cells. The semicircular canals are concerned with the body's balance. They contain fluid and hair cells that interpret changes in the body's position.

Your ears can be vulnerable to bacterial infection and viruses. As mentioned earlier, cleaning your ears and thoroughly drying them after swimming is important. Ear infections can differ but most will have symptoms of fever and ear pain. Symptoms of swimmers ear often include itchiness inside the ear, drainage, and redness and swelling in the ear.



Write *T* for True or *F* for False.

1.21 _____ Diet and nutrition play a role in the health of your nails.

1.22 _____ Enamel is the hardest surface found in your body.

1.23 _____ The common cold is caused by bacteria.

1.24 _____ Poor dental hygiene can be associated with diabetes and heart disease.

1.25 _____ Blinking helps keep eyes moist and clears debris.

1.26 _____ The eardrum interprets changes in body position to help you balance.

1.27 _____ Good hygiene can prevent many diseases, illnesses, and other conditions.

Hand and nail hygiene. Your hands are a reflection of your personal hygiene. Good fingernail and toenail personal hygiene not only protects you from injury and disease, but it also projects an image of cleanliness and care. Chewing on your nails not only puts you at risk for bacterial and viral infections, but it also projects an unhealthy personal image. Keeping your nails groomed is healthy and attractive. If you visit a nail salon for a manicure or pedicure, be sure to carefully research the business to ensure they practice good hygiene. It's important that salons use new tools for each customer, launder any materials for each use, and wear single-use gloves. Tubs for pedicures should also be sanitized between uses. If you develop any symptoms of infection after visiting a nail salon, be sure to seek medical treatment immediately.

Use of cosmetics. Any cosmetics, including soaps, lotions, fragrances, hair products, and makeup, may include potential allergens, so it's important to know what's in the products you use. Allergic reactions are an immune system's overreaction to substances that may otherwise be harmless. Allergic reactions to cosmetics most often appear as itchy, red rashes, also known as contact dermatitis. Some allergens the FDA lists as common in cosmetic products include:

- Latex
- Fragrances such as benzyl alcohol, cinnamyl alcohol, and citral
- Preservatives such as methylisothiazolinone, methylchloroisothiazolinone, formaldehyde and formaldehyde releasing ingredients
- Dyes or chemicals in dyes and color additives such as p-phenylenediamine and coal-tar
- Metals such as nickel and gold

U.S. law does not require cosmetic products and ingredients get FDA approval before they go to market, so it's important you review ingredients and carefully watch for any reactions you have to the products you use. Even if you do not have an allergic reaction to the products you use, some may include oils that can increase acne, cause dandruff, or result in other physical reactions. It may be helpful to test products out to find the ones that work best for your skin and hair type.

Body odor. Another factor to consider is the ways our bodies remove waste. One such way is through perspiration. When we sweat, we are not only being cooled, but we are also ridding ourselves of waste. As we sweat, waste materials are brought to the surface of the skin. This is part of the cleansing process. An unfortunate effect of this process is body odor. The sweat itself is typically odorless, but it combines with the bacteria that live on your skin, which create the odor. The foods you eat and hormones also impact your body odor.

Sweat is released onto your skin's surface through eccrine and apocrine sweat glands. Apocrine glands, which open up into your hair follicles, are the glands responsible for producing body odor. You can find apocrine glands in your groin and armpits. Taking daily showers with antibacterial soap and focusing on those areas can help prevent unpleasant body odor. Shaving can also help sweat evaporate quickly,

at 45 degrees. Brush teeth by making small circles with the bristles of your toothbrush in a gentle sweeping motion. This movement removes debris at the gum line. Brushing should always be gentle to avoid irritating or damaging the gums. Be sure to rinse your mouth and your brush well to remove any toothpaste and food debris. You should replace your toothbrush every few months.

Floss once a day. Many people make the mistake of flossing after they brush, but it's actually better to floss before you brush your teeth! Flossing can clean up to a third of a tooth's surface that your toothbrush isn't reaching. Using dental floss, pull out a strand to hold between your fingers and slide it between each tooth, going down the side of one tooth and then up the adjacent one. Then repeat going down the other tooth, and then up the adjacent one. You'll move around your mouth until you've flossed between all teeth. Then follow up with your toothbrush.

Some people use a water flosser which shoots a high-speed stream of water from a canister between teeth. These can work in place of floss but may not remove plaque quite as effectively. If your gums bleed when you floss, you may be flossing too hard or it may be a sign of **gingivitis**, which is an early stage of gum disease. Visiting the dentist regularly for check-ups can help you keep an eye on the health of your gums and treat any early signs of gum disease before it becomes serious.

Write *T* for True or *F* for False.

3.1 _____ It is recommended to take a shower every day to maintain good personal hygiene.

3.2 _____ Brushing your teeth at least once a day is sufficient for maintaining oral hygiene.

3.3 _____ A hard brush toothbrush will help you with better oral hygiene.

3.4 _____ You should focus on areas where sweat and body odor accumulate when showering.

3.5 _____ Flossing should be done after brushing your teeth.

3.6 _____ Using a water flosser is more effective than traditional flossing for removing plaque.

It can be helpful to keep a daily personal hygiene checklist to make sure you're taking care of all your hygiene tasks. Here's an example hygiene to-do list.

TO DO LIST

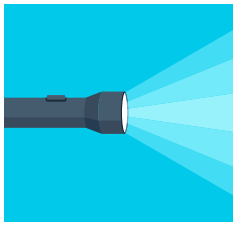
- ☐ **Brush teeth x2**
- ☐ **Floss teeth**
- ☐ **Wash face x2**
- ☐ **Shower**
- ☐ **Shampoo and condition hair**
- ☐ **Dry body, ears, and feet**
- ☐ **Moisturize skin**
- ☐ **Trim nails (as needed)**
- ☐ **Apply antiperspirant deodorant**
- ☐

It's also better to plan ahead for instances of the common cold or even the flu. If you become ill, you likely won't feel up to taking a trip to a store or pharmacy to buy a thermometer to check your temperature or to purchase throat lozenges to soothe a sore throat. Medications and other items you should keep stocked include:

- antibiotic ointment
- hydrocortisone cream (1%)
- calamine lotion
- an antihistamine (allergy medicine)
- acetaminophen and ibuprofen
- thermometer

Other medications you may find helpful include cold medications for coughing or nasal congestion, sore throat lozenges, over-the-counter burn relief creams, an eye wash solution, and aloe vera or other solutions for sunburns. Having these medications on hand will keep you prepared for accidents around the home or illnesses like the cold or flu.

Depending on where you live, it's also important to plan for natural disasters like earthquakes, tornadoes, and hurricanes which can cause power outages and more. First aid items and medications are important for these types of emergencies, but there are additional items that would be useful as well, such as:

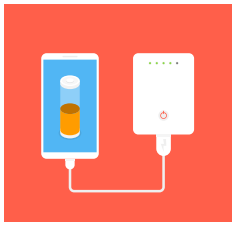


Flashlights and extra batteries

Jugs and bottled water

Canned goods and other non-perishable food

Can opener



Cell phone chargers with backup batteries

Moist towlettes

Tools to turn off utilities

Lighters or matches

Fire extinguisher

SELF TEST 3

Write the letter of the vocabulary word that matches the correct definition (each answer, 3 points).

3.01	_____	to purify
3.02	_____	microscopic bug that lives in household dust
3.03	_____	a structure on which certain fungi can form
3.04	_____	enclosed collection of puss in tissues or confined space in the body
3.05	_____	areas of the hard surface of teeth that are damaged
3.06	_____	inflammation of the gums
3.07	_____	environmental substance that produces strong immune response
3.08	_____	basic building blocks of the skin, on the skin's surface
3.09	_____	object or space to contain something
3.010	_____	waste matter discharged from the bowels

a. allergen
b. clarifying
c. cavities
d. gingivitis
e. feces
f. mold
g. abscess
h. receptacle
i. dust mite
j. skin cells

Write *T* for True or *F* for False (each answer, 3 points).

3.011	_____	Bacteria can grow on dirty dishes and kitchen surfaces.
3.012	_____	Storing perishable foods in the refrigerator helps prevent bacterial growth.
3.013	_____	Leaving trash and debris around the house does not contribute to unhygienic conditions.
3.014	_____	Keeping floors and countertops clean helps reduce risk of illness.
3.015	_____	If your gums bleed when you floss, it's a sign of proper flossing technique.
3.016	_____	A high-sugar diet, smoking, and some medical conditions may increase risk for gum disease.
3.017	_____	All emergency supply items should be the same no matter where you live.
3.018	_____	Frequent hand washing is a frontline defense against illness.
3.019	_____	Everyone should wash their hair daily.
3.020	_____	Ears should be cleaned daily with cotton swabs.

Complete the activities (each answer, 8 points).

3.029 In 1-2 sentences, explain why the hygiene of your home is important in addition to your personal hygiene.

_____

_____

_____

_____

_____

_____

3.030 In 1-2 sentences, describe two personal hygiene activities that may not need to be done daily, but should be done periodically.

_____

_____

_____

_____

_____

_____

82/102 **SCORE** _____ **CHECK** _____ _____
Teacher Date

Before taking the LIFEPAC Test, you may want to do one or more of these self checks.

1. _____ Read the objectives. Determine if you can do them.
2. _____ Restudy the material related to any objectives that you cannot do.
3. _____ Use the **SQ3R** study procedure to review the material.
4. _____ Review activities, Self Tests, and LIFEPAC vocabulary words.
5. _____ Restudy areas of weakness indicated by the last Self Test.

GLOSSARY

abscess . . . . . Enclosed collection of puss in tissues or confined space in the body.

allergen . . . . . Environmental substance that produces an abnormally strong immune response.

blackhead . . . . . Plug of sebum in pore or hair follicle.

cavities . . . . . Areas of the hard surface of teeth that are damaged clarifying. to purify.

common cold . . . . . Common viral infection of the nose and throat.

dust mite . . . . . Microscopic bug that lives in household dust.

exfoliator . . . . . Tool to remove surface of skin cells and built-up dirt.

feces . . . . . Waste matter discharged from the bowels.

flu . . . . . Common, sometimes serious viral infection of the nose, throat, and lungs.

fungus . . . . . Wide variety of organisms that reproduce by spores and feed off dead and decaying matter.

gingivitis . . . . . Inflammation of the gums.

hygiene . . . . . Practice of keeping yourself and environment clean.

infestation . . . . . Presence of large number of animals or insects that can carry disease.

keratin . . . . . Protein structure of hair, feathers, nails, and more in vertebrates.

malady . . . . . Disease, disorder, or illness.

melanin . . . . . Amino acid that provides pigment or color of hair, skin, and iris in the eye.

mold . . . . . Structure on which certain fungi can form.

mucous membrane . . . . . Membrane lining body cavities and canals, leads to outside the body.

oral . . . . . Related to the mouth.

personal hygiene . . . . . Practice of keeping yourself clean.

plaque . . . . . Sticky deposit of sugars and bacteria on teeth.

pore . . . . . Small openings in skin, gases, liquids, and microscopic particles can pass.

receptacle . . . . . Object or space to contain something.

residue . . . . . Estimated or forecast based on current trends or data.

respiratory . . . . . Related to organs and structures for breathing.

sebum . . . . . Oily substance that protects and hydrates the skin's surface.

skin cells . . . . . Basic building blocks of the skin, on the skin's surface.

susceptible . . . . . Easily influenced by something.

topical . . . . . Medication applied to body surfaces.

FAMILY AND CONSUMER SCIENCE
Unit 8

LIFEPAC TEST

Name _____

Date _____

Score _____

80
100

Circle the correct answer (each answer, 3 points).

21. Hygiene is the practice of keeping yourself and surroundings _____.

a. organized b. clean c. safe

22. Personal hygiene practices focus on your _____.

a. body b. thoughts c. surroundings

23. The function of sebum is to _____.

a. cool the body b. lubricate the skin c. produce melanin

24. Dry and brittle nails are a sign of a _____ deficiency.

a. calcium b. carbohydrates c. melanin

25. Hormonal changes, bacteria, and clogged pores are the primary causes of _____.

a. thinning hair b. acne c. hangnails

26. Cavities result from a buildup of _____ on teeth.

a. plaque b. enamel c. saliva

27. Because dust is a(n) _____ for many people, it's important to routinely dust your home.

a. phobia b. dislike c. allergen

28. Animal _____ can breed parasites and dangerous bacteria.

a. saliva b. toys c. feces

29. Body odor results from _____.

a. sweat b. dirt c. bacteria

30. Failing to routinely replace the filter in an evaporative humidifier can result in _____.

a. decrease humidity b. mold and bacteria growth c. stronger immune system

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