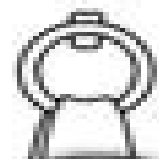


PERSONAL HYGIENE

Workbook 3rd-5th



personal hygiene WORKBOOK

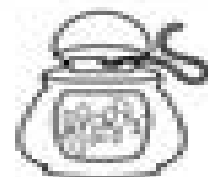


growing
IN
GUIDANCE



Oral Hygiene

*Good oral hygiene helps prevent
your mouth from getting sick.*



- ☐ Brush your teeth 2-3x a day with toothpaste.
- ☐ Floss between your teeth every day (especially your molars or teeth at the back of your mouth).
- ☐ Rinse with mouthwash.
- ☐ See a dentist at least twice a year.
- ☐ Don't put things in your mouth such as your pencil eraser, pen or fingernails.
- ☐ Change out your toothbrush when the bristles start falling out.
- ☐ Change out your toothbrush after being sick (especially if you had strep throat).

Good oral hygiene
habits help prevent
sickness, tooth decay,
and gum disease!



Dentists, nurses,
dentists in your
school can help
you keep your
teeth healthy.

Eating for healthy teeth:

Eat & Drink More:

Fruits
Milk/Dairy
Egg

Sugar Free Gum

Vegetables
Water
Herb

Unpackaged Foods

Eat & Drink Less:

Candy
Sports Drinks
Fast Food

Sweetened
Beverages
Pre-packaged snacks
candy

Teaching Personal Hygiene To 5th Graders

L Darling-Hammond



Teaching Personal Hygiene To 5th Graders:

The Essentials of Teaching Health Education Sarah Benes, Holly Alperin, 2016-02-18 The Essentials of Teaching Health Education presents a skills based approach to teaching K 12 health education that prepares students for success in the 21st century This practical text is endorsed by SHAPE America and written by seasoned and highly credentialed authors with experience in both university and K 12 settings It provides all you need in order to build teach and assess a health education program that will help your students become health literate individuals develop the 21st century skills that they need for success in college and in their careers beyond and maintain or improve health outcomes What Sets This Book Apart This text meets the unique needs of schools teachers and students It emphasizes an individualized approach to enhancing student learning and developing skills based on current research and national health education standards The Essentials of Teaching Health Education features the following Practical strategies for curriculum design and program development with a skills based approach one that makes it easy to put the contents into action and make a meaningful impact on students Real world examples to help readers understand and apply the content along with summaries key points and review questions that aid in retaining the information Vocabulary words and definitions to help students keep up with the ever changing terminology in health education Ancillaries to Facilitate Teaching and Enhance Course Content The text is accompanied by a test bank a presentation package a web resource and an instructor guide all designed to facilitate your preparation teaching and assessment of students knowledge These ancillaries come with tools Teaching slides and tests for each chapter Supplemental learning activities and web links Chapter review questions and answers teaching tips suggested readings and chapter objectives and summaries Book Organization The book is arranged in five parts Part I delves into the skills based approach to health education explaining the importance of the approach and how to understand student motivation Part II focuses on how to teach skills that are based on the National Health Education Standards accessing valid and reliable information products and services analyzing influences interpersonal communication decision making and goal setting self management and advocacy Part III explores how to use data to inform your curriculum planning outlines the eight steps for curriculum development and shows you how to design meaningful assessments In part IV you learn how to create a positive learning environment implement a skills based approach and meet the unique needs of elementary health education Finally in part V you examine pertinent topics beyond the classroom including professional development advocacy and cross curricular connections A Framework for Successful Acquisition of Skills The Essentials of Teaching Health Education offers evidence informed strategies as it guides you through the critical process of supplying students with the tools they need for success in school and in life The authors use the Partnership for 21st Century Skills framework to set the foundation for teaching the skills students need The text is comprehensive and flexible to meet all of your students needs With all the ancillaries and tools it provides you are set to deliver a complete well rounded curriculum that will prepare future teachers

for success **Teaching** ,1920 A Health Education Procedure for the Grades and Grade Teachers Kathleen Wilkinson Wootten,1926 Educational Foundations ,1914 Teachers' Monographs ,1924 **Teachers Magazine** ,1913
 American Primary Teacher ,1912 *New York Teachers' Monographs* ,1914 **Developing Health Skills** David A. Birch,1987 Non readers learn how to develop healthy lifestyles protect themselves from sexual exploitation and avoid unsafe situations with the effective activities in this reproducible book All activities are accompanied by clear illustrations and diagrams that require no reading Each area contains an introduction a skills checklist and objectives for each activity
 Curricula Designed for the Professional Preparation of Teachers for American Public Schools Carnegie Foundation for the Advancement of Teaching,1917 On the Teaching of Hygiene in the Schools and Colleges of the United States of America Alice Ravenhill,1902 Bulletin ,1916 *National Evaluation of the Even Start Family Literacy Program* ,1995 *National Evaluation of the Even Start Family Literacy Program* Robert G. St. Pierre,1995 **Report** Mississippi. State Department of Education,1921 A Study of the Courses in Health Education Myra Hulst Harman,Taliaferro Clark,1925 *Educational Bulletin* ,1922 **Fading Memories** Ms. Joyce Smith,2020-06-19 Fading Memories is a non fiction book about children and how ancestors cultures geography history languages events parents relatives memoirs health and moral standards are imposed on the life of a child Psalms 127 5 Children are a heritage from the Lord Children are the stars in this book and as adults we need to protect educate understand their culture and needs and to respect them is to love them Fading Memories explains disappointing health problems from cholera on an immigration voyage to a young boy losing an arm and other health problems Working with children in six of the seven continents have been a true blessing with the knowledge of educators medical staff parents student helpers and Operation Smile Operation Smile operates on children with cleft lips palates in developing countries Children are the supporting factors of love honesty happiness gratitude and curiosity Adults must be honest positive role models because our children as future leaders can build BRIDGES between the continents to bring PEACE to our world **Some Facts Concerning the People, Industries and Schools of Hammond and a Suggestive Program for Elementary Industrial, Prevocational and Vocational Education** Robert Josselyn Leonard,1915
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