



Award Hygiene

Various items in the file were provided by Robyn Dunlop of North New Zealand Conference, (worksheet) by Julie Rainey of Western Australian Conference in April 2004 and by Margaret Tay of North New Zealand Conference in June 2004 and more material in August 2005.

First I would note that there is no need for written work in this award, the requirements are either to "tell" something, or "do" something. Any helps here must be treated as supplementary material not the main work sheets. If you wish the children to do written work, you should talk about what they are doing,

The health chart is given on this page.

The scroll can be used for one of the texts in the award.

The remaining worksheets and illustrations can be used as you think fit.

Finally there are some general notes which can be useful for teaching this award.

My Hygiene Record Sheet

Actions	SUN	MON	TUE	WED	THUR	FRI	SAT
Teeth Cleaned (am)							
Teeth cleaned (pm)							
Bath / Shower							
Hair Washed							
Glasses of water ////							
Washed hands before breakfast							
Washed hands before noon meal							
Washed hands before evening meal							
Set table / did dishes							
Emptied rubbish bins							
Helped with laundry							
Made my bed							
Tidied my room							

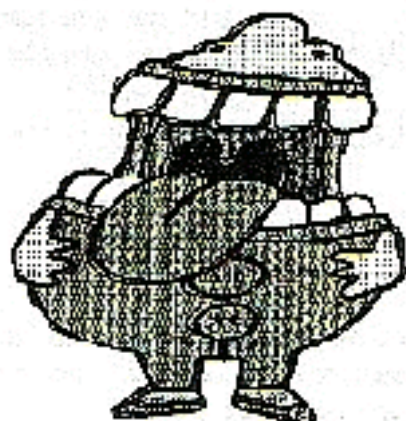
Hygiene Award

Psalms 119:11 says _____

Proverbs 25:11 says _____

Psalms 19:14 says _____

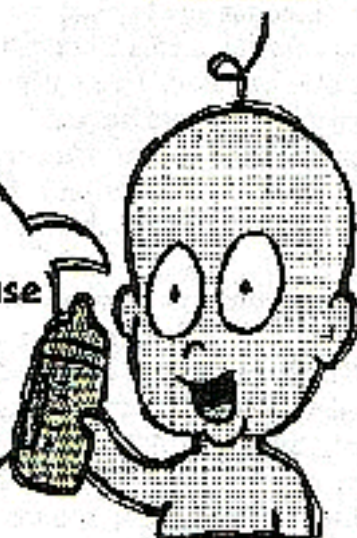
I should wash my hands when _____



I should _____
my teeth _____
a day.
When cleaning my
teeth I should _____



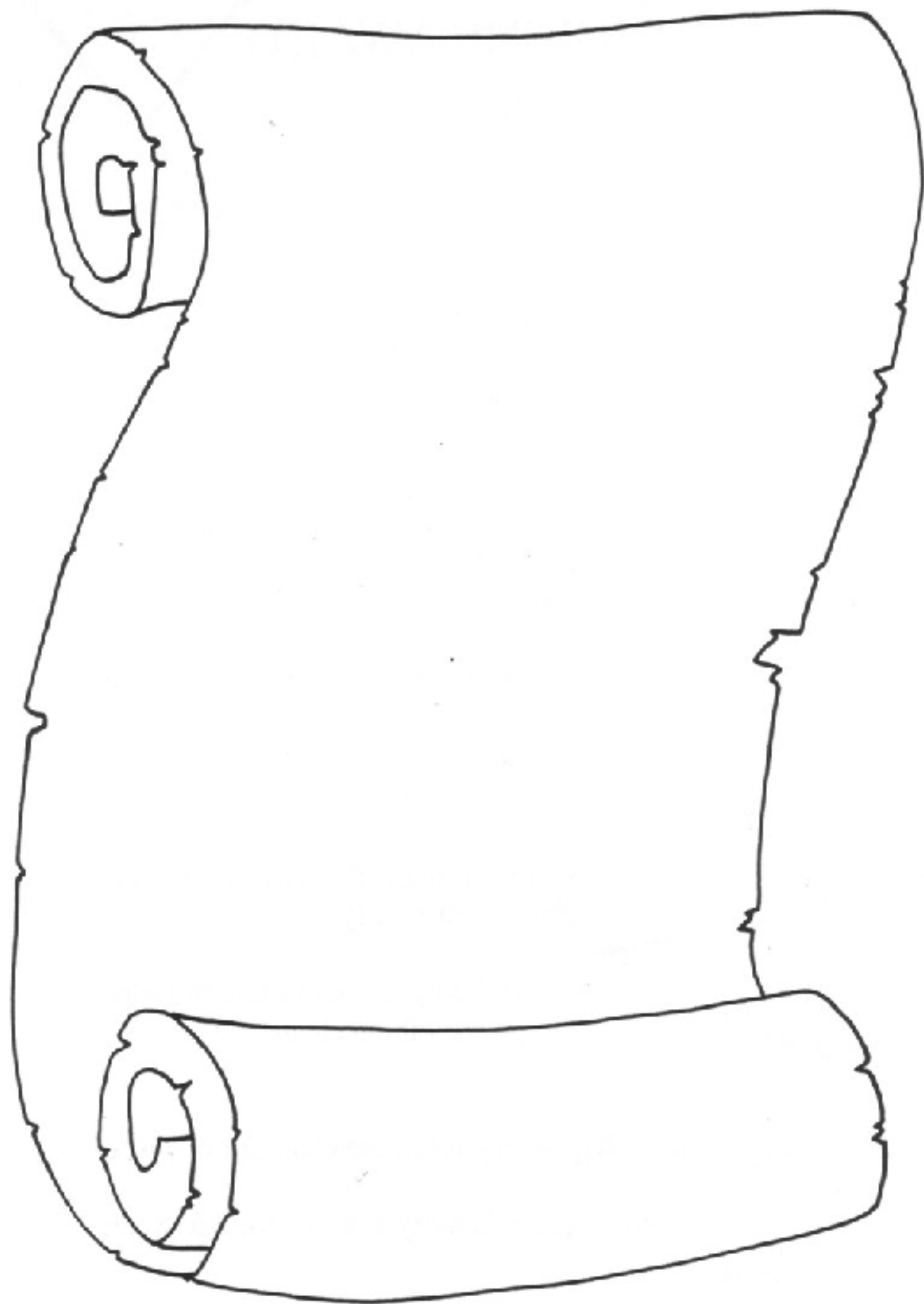
I need to drink
_____ glasses of
water every day because



I need to keep my clothing clean because _____

I will help my family keep the house clean for one week and will help with the laundry.

Signed: _____ Date: _____





Food Hygiene



1. Colour the picture. Colour the unhealthy parts black.

dirt on windows

hands in sink

draining board

food standing on bench

open window

dirty teatowel

cobwebs

flies

food on floor

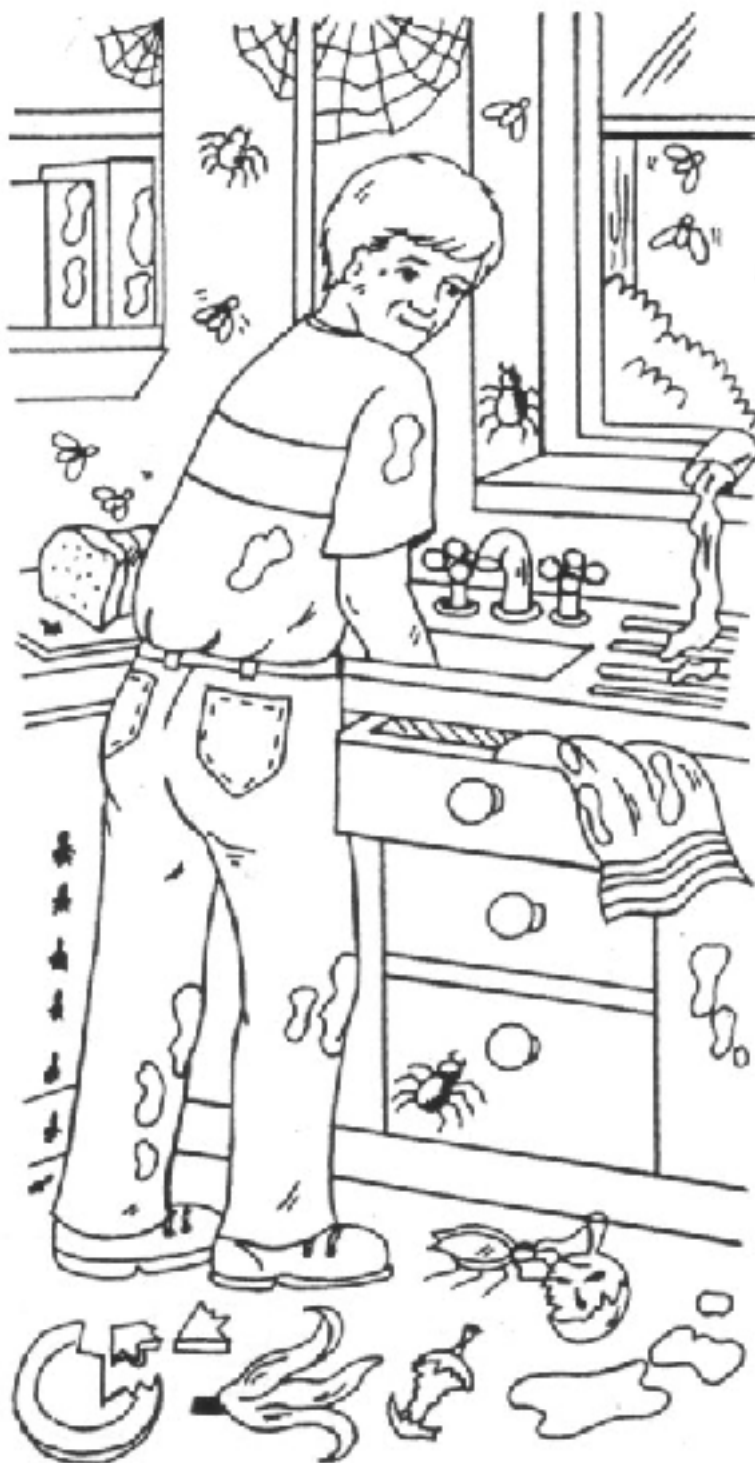
dirty clothes

taps

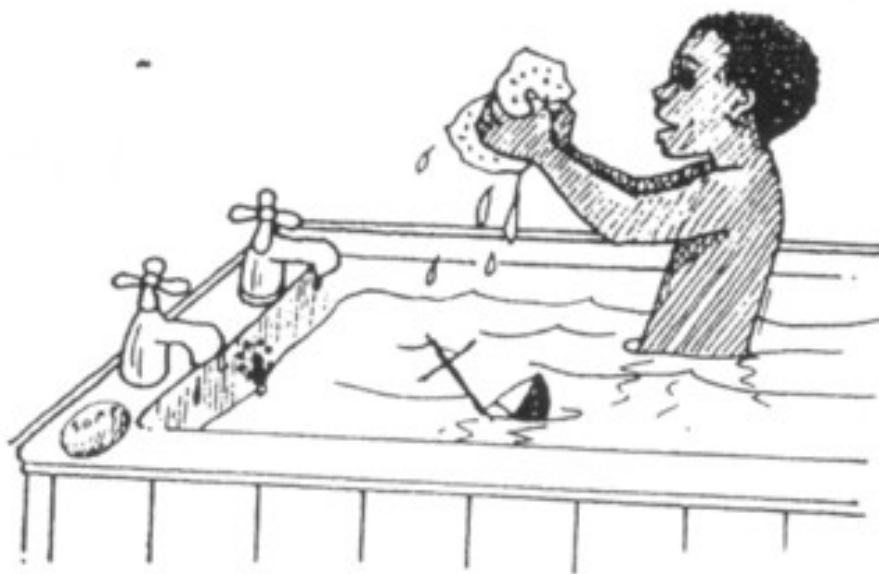
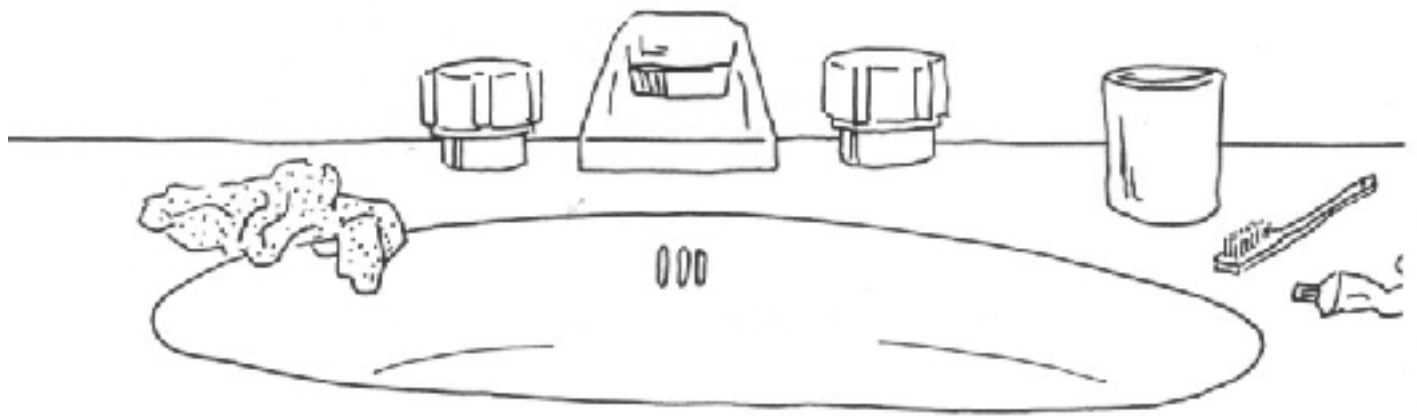
open drawer

spiders

spilt food



Extra Activities: Can you think of three things the boy could do to make the kitchen clean? Write them down.





The Requirements are numbered (see the manual for the details), here are some helpful comments.

Videos - Margaret rang the New Zealand government Health Department and asked them if there were any videos available on loan. They loaned two "Clean up your act" and "Some of your bits ain't nice". You might find your local school has some also. It is these videos that are mentioned below.

Manual Helps - for this award the helps in the manual (below the requirements) are particularly useful. Read them also as many of them are not repeated here.

- 1 These texts talk about having 'clean' thoughts and words that God finds acceptable, 'unclean' thoughts and words are not accepted by God. Where do we get unclean thoughts and words? (Books, TV, friends etc). What should we do about this? (Not read those books, or watch unclean programs and tell our friends that those type of words etc are not to be used in our presence).
- 2 You may like to read books, watch videos or discuss this with a visiting adult, teacher or health specialist.
- 3 Before handling food in food preparation
After using the toilet
Before eating
After any dirty work with our hands
After handling animals
- 4 Teeth should be brushed for two minutes, twice a day, three times if possible. They could wash their hands and pretend their finger is a tooth brush and let them clean their teeth for two minutes (see if they can estimate the length of time).
In connection with this the types of food that are bad for teeth could be discussed (ie not too much sweet food). The use of dental floss and regular check-ups could also be discussed.
- 5 A clean body is healthier. If you do not keep clean you may get problems such as infections, colds, lice etc. The American army proved that regular hand washing reduced the number of colds etc among the troops. Nails also need to be cleaned. Shower or bath daily or every second day. There is no point in putting dirty clothes onto a clean body! When washing your hair also wash your brush and comb or you will put the 'dirt' right back onto your hair. The video covers these points.
- 6 We need water to keep the outside of our body clean and healthy, in the same way we need water to keep the INSIDE of our body clean and healthy. We should drink 8 glasses of water everyday (though some of this is included in other fluids such as breakfast milk, though straight water is better for the body).
- 7 Clean clothes make us feel healthy. Unclean clothes may make us smell bad and we could

lose our friends. Unclean clothes may also introduce infection into cuts etc.

- 8 Brainstorm which jobs at home are done for cleanliness. The web page has a work sheet to record how well this is done.
- 9 Sorting clothes ready for the washing, putting the stuff in the machine, helping to hang clothes out to dry, folding and putting away, and hand washing of small items are all tasks that children can learn.

Do not forget to let the children provide the answers wherever possible, before making suggestions.