



# Health: Self-Care

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## **Key Vocabulary:**

<i>Leg</i>	<i>Arm</i>
<i>Head</i>	<i>Foot</i>
<i>Hand</i>	<i>Back</i>
<i>Finger</i>	<i>Toe</i>
<i>Bones</i>	<i>Blood</i>
<i>Heart</i>	<i>Shoulder</i>
<i>Knee</i>	<i>Hips</i>
<i>Hair</i>	<i>Ear</i>
<i>Eyes</i>	<i>Nose</i>
<i>Skin</i>	<i>Mouth</i>
<i>Teeth</i>	<i>Neck</i>
<i>Face</i>	<i>Chest</i>
<i>Soap</i>	<i>Floss</i>
<i>Toothpaste</i>	<i>Razor</i>
<i>Toothbrush</i>	<i>Shower</i>
<i>Deodorant</i>	<i>Shampoo</i>

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## **Lesson Overview:**

In this lesson, students will be introduced to the parts of the body and basic daily personal hygiene. They will learn and practice the use of personal pronouns (I, he/she) + has/have and useful present progressive phrases related to hygiene. Activities include “Teacher Says”, Body Part Memory Game and Hygiene Charades. Students will have the opportunity to meet with a nurse to further discuss self-care as an extension activity.

## **Objectives:**

- Students will be able to recognize and say vocabulary related to the parts of the body and personal hygiene items.
- Students will learn self care skills for everyday living.
- Students will be exposed to typical American hygiene practices and discuss their home countries typical hygiene practices.
- Students will learn and practice personal pronouns + has/have for use in everyday conversation.
- Students will learn useful present progressive phrases related to hygiene.

## **Materials Needed:**

- Conversation card: *Self-Care*
- Operation Game
- Worksheet: Self-Care vocabulary
- PowerPoint: Body Parts
- Card Sets: Body Parts, Personal Hygiene
- Hygiene Items: toothbrush, toothpaste, soap, shampoo, razor, deodorant, shower photo, floss