

HOME SCIENCE NOTES

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PERSONAL HYGIENE SUB-TOPICS

1. Good grooming:
 1. care of the body
 2. ways of enhancing personal appearance
 3. care of personal items- handkerchiefs, combs, hair brushes, towels, tooth brushes, underwear
2. Choice, use and misuse of cosmetics
3. Changes in adolescence
 1. physical
 1. personal hygiene
 2. emotional
 3. Social
4. Choice, use and care of clothes and shoes- leather and canvas shoes

PERSONAL HYGIENE TOPIC OBJECTIVES

By the end of the topic the learner should be able to:

1. practice principles of good grooming
2. choose and use cosmetics appropriately
3. state changes in adolescence and relate them to personal hygiene
4. make correct choice, use and care for clothes and shoes.



WHAT IS GROOMING?

Grooming Involves:

1. Taking care of oneself in order to look presentable and acceptable.
2. Care of the body, clothes and developing good habits.

STATE THE FEATURES OF A WELL GROOMED PERSON.

A well groomed person is:

1. appealing
2. has good personality
3. has confidence

'GOOD GROOMING IS A SIGN OF GOOD HEALTH'. STATE FOUR FACTORS THAT BRING ABOUT GOOD HEALTH.

Good grooming is a sign of good health that is brought about by;

1. eating a well balanced diet
2. getting enough exercise and rest
3. clean bodily habits and posture
4. clean and appropriate clothing.

Care of the body:

The skin:

STATE THE FUNCTIONS OF THE SKIN.

Functions of the skin:

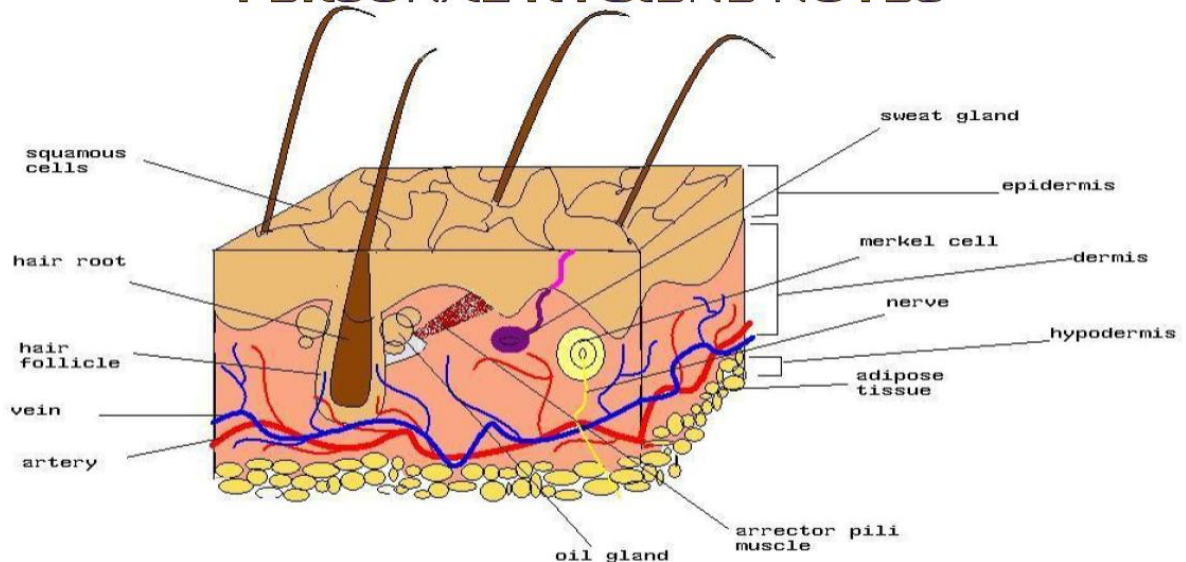
1. protection of body from germs and harmful agents e.g Ultra violet rays from the sun.
2. a sensory organ for body through nerve endings which responds to stimuli e.g touch, cold, heat and pain.
3. Regulation of body temperature
Keeps it cool when hot and warm when cold
4. Excretory organ
Gets rid of waste matter through pores in the form of sweat.

The structure of the skin

Parts of the skin skin:

DESCRIBE VARIOUS PARTS OF THE HUMAN SKIN.

PERSONAL HYGIENE NOTES



THE HUMAN SKIN

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The human skin is divided into:

1. epidermis
2. dermis

The epidermis

This is the protective outer layer

The epidermis is the outermost of the three layers that make up the skin, the inner layers being the dermis and hypodermis. The epidermis layer provides a barrier to infection from environmental pathogens and regulates the amount of water released from the body into the atmosphere through transepidermal water loss.

The dermis

The dermis is the layer of skin that lies beneath the epidermis and above the subcutaneous layer. It is the thickest layer of the skin, and is made up of fibrous and elastic tissue. Thus it provides strength and flexibility to the skin.

Has the following parts;

1. Blood capillaries

1. supply skin with food and oxygen
2. bring water and waste products to sweat glands for removal.

2. Sweat glands

Consists of secretory cells that absorb fluids from surrounding cells and capillaries then pass urine to duct to be removed as sweat.

3. Hair follicles

Are deep pits of granular and malpighian layers.

Have nerve endings which respond to movement of the hair.

4. Sebaceous glands

They produce an oily substance sebum that

1. keeps skin oily preventing it from crusting, drying and being scaly.
2. Makes skin water proof
3. Kills micro-organisms.

STATE WHY IT IS NECESSARY TO TAKE GOOD CARE OF THE SKIN.

Care of the skin

Why it is necessary to take good care of the skin.

1. After evaporation of sweat, salt, oils, dead cells and dust from dirt on skin, if not removed they clog block pores of skin preventing it from breathing.
2. The dirt can become greasy and smelly causing skin irritation.
3. It can produce unpleasant odours and
4. Can be a breeding place of bacteria

STATE VARIOUS MEASURES THAT ARE NECESSARY FOR THE CARE OF THE SKIN.

Points on care of the skin

1. Bathing regularly using warm water and good quality soap.
2. Pay attention to skin folds e.g armpit, neck groin, between toes etc.
3. Rinsing skin with cold water to refreshen.
4. Using towel to dry skin attention to skin folds.
5. Applying deodorant to enhance freshness.
6. Not sharing personal items / if shared must be sterilized.
7. Underclothes never to be shared.
8. Doing enough exercise, airing clothes and exposing it to the sun.
9. Having a balanced diet rich in Vitamins and minerals.
10. Drinking plenty of clean water
11. Avoiding sharing blades and shavers.

STATE THE THREE TYPES OF SKINS.

Types of skins:

1. Dry
2. Oily
3. Normal skin

DISCUSS COMMON SKIN PROBLEMS AND THEIR REMEDIES.

Common skin problems and their remedies

1. Dry skin

Use correct skin lotions, creams and oils

2. Oily skin

1. Eat less fat and oil.
2. Washing face frequently with warm water and good soap.
3. Drying well with a soft towel.

3. Blackheads & whiteheads

1. washing face with medicated soap,
2. application of an antiseptic cream,
3. avoiding make-ups,
4. eating a balanced diet and less fatty foods.

4. Pimples

1. Pay special attention to hygiene and diet.
2. Use medicated soap and avoid squeezing pimples.

CLEANING THE BODY

STATE THE MEASURES FOR CLEANING UP THE FACE

THE FACE

1. Use toilet soap warm water and face towel to remove dirt and open pores,
2. Rinse with cold water to close pores.
3. Dry with a soft towel.
4. Apply cosmetics before sleeping to refreshen the skin.

NOTE

1. Pay attention to eyes, ears and nose.
2. Clean external parts of ear.
3. Use soft cotton lids to remove excessive max
4. Avoid inserting sharp objects in the ear.
5. Use clean soft handkerchief to remove mucus from nose.
6. Wash eyes paying attention to corners.
7. For good eyesight and healthy mucus membrane eat a diet rich in Vitamin A.

STATE THE MEASURES FOR CLEANING UP FEET AND TOES

The feet and toes:

Points on care of feet and toes.

1. clean using soap, water and disinfect.
2. remove dead skin from heels using a pumice skin.
3. to avoid bad smell, foot not and athletes for dry between toes properly.
4. use correct size of shoes to prevent corns and bunions for comfort.
5. frequent airing of feet to prevent bad smell.
6. putting on clean shoes and socks.
7. putting on shoes to avoid injury diseases etc.
8. not wearing high heeled shoes when pregnant and when in the kitchen
9. not sharing shoes and socks.
10. toe nails to be kept short

11. using Talcom powder / deodorant with foot powder.

STATE THE MEASURES FOR CLEANING UP HAIR

Hair

1. keeping hair clean all times.
2. washing frequently using shampoo or soap to prevent dandruffs and parasites.
3. styling according to occasion and face (shape)
4. men to keep hair short to look clean and tidy.
5. Ladies hair can be natural, plaited/braided/could be permed.
6. avoiding excessive heat when blow drying or hot combing hair.
7. not plaiting hair tightly.

Cleaning hair

1. wetting hair with warm water,
2. applying shampoo, rubbing scalp gently to remove grease, massaging to stimulate blood flow.
3. using warm water to rinse.
4. if still dirty, shampoo twice and rinse drying with towel.
5. permed hair to be put on rollers while wet and dried under a drier,
6. oil and comb then style.
7. if plaited plaits should remain neat for 1 to 3 weeks.
8. it should be undone before washing,
9. shampooing it should be done at least once a week of it by hair piece.

Problems of the scalp

a) Dandruffs

It is caused by bits of dead skins collecting in the hair. Makes hair dry and neglected. Scalp gets itchy and uncomfortable, passed from one person to another by sharing combs and brushes.

Prevention

1. Avoid sharing combs and brushes,
2. Brushes and combs should be kept clean,
3. Hair should be washed frequently,
4. Drying and oiling the scalp thoroughly,
5. Using medicated shampoo to remove fungi and protect more damage of the skin.

b) Parasites

e.g lice

1. Passed from one person to another through sharing of combs, hair brushes, towels, wigs etc.
2. cause irritation, rashes and discomfort.

Prevention

1. dust hair with crushed mothballs, wash off shampoo and style.
2. hot combing
3. cutting off
4. consulting a dermatologists

Cleaning combs and hair brushes

1. remove hair with a nail brush, soak in detergent water and brush well while in water/ tap bristles in water and comb to remove dirt of brush.
2. wash in warm soapy water having household ammonia that aids in removing oily dirt,
3. dip in warm soap water beat bristles until clean,
4. rinse in warm water thoroughly finally in cold shake off and dry on the side for water to drip.
5. If wooden handle should be upper most, dry appropriately, store properly

Mirrors

For checking make-up, hair styles and dressing up.

Cleaning:-

1. Dust with a clean non fluffy cloth,
2. Clean frame depending on type,
3. Clean mirror with a soft cloth wrung from soapy warm water.
4. Rinse it with a cloth wrung from warm water,
5. Buff with newspaper/glass cloth to shine.

The teeth

Why keep teeth clean?

1. to give one confident,
2. to keep teeth healthy,
3. to prevent interfering with eating
4. to prevent public embarrassment,

1. Enamel

hardest layer of the tooth,
prevents wear during eating.

2. Dentine

visible to eye
softer than enamel

3. Pulp cavity

sensitive part
has soft tissues, nerve endings and blood vessels and blood vessels they link tooth to rest of the body.

4. Cement

covers the dentine and root portion, if tooth of damage tooth is sensitive to cold fold cold drink/hot ones

Dental hygiene:

1. brushing twice a day
2. removing all food particles by brushing up and down
3. avoiding too many sweets and sugary foods.
4. eating vegetables, fresh fruits, sugarcane, maize etc. to exercise jaws.
5. avoid using sharp, objects , pointed tooth picks to prevent damaging gum,
6. dental check – ups twice a year,
7. avoid sharing toothbrushes to prevent spreading infections.

Choice and care of toothbrushes

1. should have firmly fixed bristles,
2. should be rinsed properly,
3. should be stored with bristles up in a holder/tumble,
4. clean between bristles with a toothpick to dislodge/remove dirt and disinfect with salty solution.
5. replacement should be done of worn out toothbrushes
6. an improvised stick may be used if one has no modern one, if one has no toothpaste, use a mixture of bicarbonate of soda and salt.

Care of personal items:

Handkerchiefs:

Choice

1. should be of absorbent material
2. reasonable size
3. should be clean
4. presentable

care:

1. soak in salty water for 5minutes
2. rinse and wash in warm soapy water using friction
3. rinse in warm water finally, cold water

Care of teeth

- Care of teeth is called dental hygiene.

- Teeth need to be taken care of because there are many bacteria that live in the human mouth. They cause tooth decay. They also combine in saliva and foods forming plaque a sticky substance on teeth. When it builds up it can cause gum disease.
- It can be removed by brushing if not remove it hardens forming tartar that can only be removed by a doctor. Bacteria in mouth feed on food residues especially sugar producing an acid that attack enamel and dentine.
- When pulp cavity is infected, it will cause pain (toothache). If infection spreads deep into teeth, it becomes rotten and has to be extracted.

Ways of enhancing personal appearance

Cosmetics:

- Are substances that enhance personal appearance.
- Are chemical preparations natural/artificial designed to make skin, hair, nails, eyes etc. attractive and appealing.
- Are also used to hide skin chemicals that spoil beauty and perfection of the skin.

Examples

- creams
- oils
- lotions
- conditioners
- deodorants
- nail polish
- lipsticks
- bleaching creams
- powders.

How to choose and use cosmetics

- should be ones that suit your skin type,
- to improve the natural looks,
- one should get advice from expert before use,
- avoid one with mercury which is harmful,
- read and understand instructions before use
- brand chosen should be one that is widely used and well tested,
- avoid using in case of skin irritation
- avoid applying on broken skin
- should be ones that are environmentally friendly and empty packets should be disposed safely.
- use them sparingly,
- wash the face before sleeping to allow skin to breathe,
- remove nail polish when it starts flaking,
- checking expiry dates on packaging.

NB:

- Men to choose ones with lime/spicy scents because they are considered masculine.
- Shaving creams and after shaves should fit their skin type.

Advantages of using cosmetics

1. skin becomes smooth and radiant hence beautiful.
2. protect skin from sunburn and excessive cold,
3. some have vitamin 3 which is an anti-ageing agent because it reduces and decays occurrence of wrinkles and stretch muscles.
4. they enhance freshness and confidence
5. some with medicinal value cure skin ailments.

Disadvantages of using cosmetics

1. are expensive
2. some have harmful chemicals
3. the clog/block skin pores if not used well, may spoil the skin and cause permanent marks.
4. they have strong scents that can be offensive.

Misuse of cosmetics

misuse lead to:-

1. skin bleaches – they allow Ultra-violet rays from the sun to damage the skin.
2. falling off hair, baldness, burns, blindness from hair chemicals.
3. spoil kidneys incase of high mercury in skin lightness
4. they make one feel inadequate if absent.

ADOLESCENCE

It is end of childhood and beginning of adulthood.

Symptoms:

Physical, psychological and emotional changes that leads to mood swings,

1. the young feel misunderstood by their parents and society. Oversensitivity and easily influenced by peer
2. they become vulnerable to problems like sex, that leads to pregnancy, premature fatherhood and STDS.
3. eating disorders.
4. drug abuse
5. running away from authority e.g teachers and monk etc. searching for freedom.

Physical changes during adolescence

Boys

- hair around pubic area, armpits and chest,
- reproductive organs enlarge (boys) voice breaks and depends.
- broadening of shoulders,
- wet dreams,
- increase in height and weight
- may develop acne (a skin infection which blackheads and pimples develop on face and neck).

Girls

- growth of pubic hair,
- enlargement of breasts,
- distinct waist and increase of hip size,
- menstruation periods starts,
- increase in weight and height.

Both have more sweating so shave hair in the armpits,
Pimples on the face are common problem, but clears when one matures.

Personal hygiene in adolescence

- bathing ones/twice daily,
- shaving/trimming pubic hair,
- putting on clean clothes, underwears and socks,
- washing face regularly,
- using quality toilet soap and deodorants and other cosmetics skillfully and sparingly,
- bathing twice a day/regularly,
- shaving beards and moustaches,
- use deodorants if possible.

Hygiene during menstruation

- one should have enough pads, tampons or improvised pads,
- bathing twice a day ensuring genitals are clean,
- changing pads frequently depending on flow,
- change underwears also and soak stained ones in cold water,
- avoid throwing pads carelessly and don't flush them, they cause blockage,
- wrap them in newspaper and polythene papers and burn/throw in a dustbin,
- use tampons though they cause infection. Improvised cotton materials may be used but should be washed and disinfected after use.

Hygiene for boys

- bathing frequently,
- changing clothes, under wears and socks,
- using a suitable deodorant/cologne for men,
- cutting hair short and combing neatly.

FACTORS TO BEAR IN MIND WHEN CHOOSING CLOTHES

1. **Figure type** –

One has to identify the best features and bad/less attractive ones. The clothes chosen should be ones that enhance the good part on the body and hide the less attractive ones.

2. **Occasion** –

They should suit the occasion; e.g if occasion, weddings, funeral etc.

3. **Existing fashion** –

Should be clothes that are on fashion

4. **Fabric design** –

Large patterned designs make figure looks large, vertical ones makes it taller and slender while horizontal ones makes it plumper.

5. **Fabric texture** –

Shiny ones makes a figure larger while heavy ones make it smaller.

6. **Weather** –

Lightened absorbent ones suit warm places while heavy ones suit cold places, Dark coloured ones absorb heat should be used in cold places and bright ones reflect heat so give a cooling effect, therefore are for warm places,

7. **Size of the garments** –

Garment should be one that fit the wearer. Not too tight or too loose.

8. **Care** –

If they are for daily wear, should be easy to handle and maintain. Fabric should be one that is affordable when it comes to maintenance.

9. **Cost of clothing** –

Should be affordable

CARE OF CLOTHES

Clothes need good care and maintenance and storage:

Why?

- to last long
- to look presentable

Points on care:

1. keep clean and free from creases,
2. each should be laundered according to fabric type,
3. avoid sitting/leaving against rough surfaces,
4. reading of the instructions on care label for good handling,
5. repairing frequently.
6. Should not wash clothes that require dry cleaning, they fade, loose shape (loose body).
7. loose one to be laundered separately,
8. best clothes should not be worn for long,

9. brush clothes that are not washed frequently. Sponge them, air and store in polythene bags in wardrobes.
10. Store them completely dry.
11. use mothballs in wardrobes/drawers with clothes.

Shoes

Choice, use and care

Choice

- Should fit well and comfortable why:
 - to prevent injury to feet
 - for no interference with blood circulation
- should be for the purpose intended.
- should be durable i.e of good quality, attractive in colour and well made,

Care:

- use for one right purpose,
- should be stored on racks,
- stuffed to maintain shape
- avoid the sun, they loose shape,
- clean according to type of material for them to last long,
- repairing when torn,

Cleaning leather shoes:

1. protecting working surface with newspaper,
2. remove shoe laces,
3. removing loose dust and mud with blunt stick,
4. wipe with a cloth wrung out of warm soapy water from inside out repeatedly till clean,
5. rinse with cloth from clean water and dry a cloth,
6. dry under a shade because direct sun makes the leather crack, brittle and shrink,
7. polish when dry using circular movement. Allow it to soak in for a few minutes, shine with a dry brush/non-fluffy cloth,
8. stuff them to maintain shape,
9. store in a dry place,
10. stuff with clean cloth and fasten shoe lace.

Cleaning canvas shoes:-

- Remove shoe laces wash them repeatedly,
- Remove dust and mud,
- wash in warm soapy water, scrub with a scrubbing brush,
- clean inside and outside,

- avoid soaking since it loosens the gum,
- rinse using warm water, then in cold
- shake to remove excess water,
- tilt against the walls/stones under a shade if coloured and on sun if white to dry,
- if white, apply polish while damp and leave to dry,
- wipe off excess polish with a dry duster,
- store dry in a warm place, slightly tilted, fasten shoe laces and store.

Cleaning plastic shoes:-

- remove dust and mud,
- wash in warm soapy water with a soft cloth,
- rinse well,
- dry in a cool airy place,
- stuff to maintain shape and store.

Cleaning suede shoes:-

1. remove dust and mud with a stiff brush,
2. remove grease and stain,
3. wipe the insides with a cloth wrung out of warm soapy water, rinse and air,
4. apply suede polish when dry,
5. bring out the rough finish using fine brush,
6. stuff and store.

ACCESSORIES

Are items worn with clothing to highlight points of interest:

NB:

- They should not be too many worn at the same time because they produce an undesirable effect.
- Many should be able to accent, compliment, highlight/camouflage certain parts of the body.
- They should match/contrast the outfit worn.

Types of accessories;

- Handbags, purses and briefcases.
- is good to have a variety to rhyme with a variety of clothes, although black, white/grey are good because they rhyme with many garments.
- size, shape and colour.

Ties and scarves

- are worn to match, contrast/complement dressing,
- ties and scarves should be dry-cleaned.

Belts

Choice:

- should be durable,
- suitable,
- versatile

Hats

Choice:

1. should blend with the dressing,
2. should match with other accessories to accentuate/contrast outfit,
3. should go/rhyme with shape of face,
4. for formal occasions, they should be elaborate e.g weddings, graduations etc.
5. hats and caps e.g berets should be for casual wear,

Care

1. airing after use,
2. storing appropriately to maintain shape.

Tights and stockings;

- worn to accentuate dressing,
- to keep one warm,
- to hide ugly marks e.g soars and stretch,

Care:

1. launder them carefully because they are delicate and easily spoil,
2. store in clean plastic bags.

Socks

Are for keeping feet warm,

Choice

1. should be absorbent to absorb sweat and keep feet dry,
2. should be ones that blend well,
3. should be attractive,

Care

1. change them daily to avoid bad odour,
2. keep toe nails short and neat to avoid tears on socks,
3. darn tears on socks as soon as they occur and should be before washing,

4. store them one in another to avoid misplacement,
5. wash according to fabric.

Gloves: (NB: from synthetic knitted fabric/leather) Choice;

should match shoes, handbags, hats etc.,

Care:

1. clean frequently and according to type,
2. store one in another.

Headscarves and bandanas

1. for protection of hair from dust, rain and direct sun,
2. for warmth.

Choice

1. should be from dainty fabrics,
2. should be clean and well laundered.

Jewellery

E.g

- Rings
- Earrings
- Cuff links
- Tie clips
- Brooches
- Chains
- Bangles etc.

Use

1. avoid fancy jewellery when in uniform and during work hours – should be simple to prevent interfering with work.
2. Choose glittering and jangling ones if for evening occasions and leisure time,
3. Avoid overdressing them, they give an overdone effect,

Care:

- Should be cleaned depending on type,
- Should be stored in a jewellery box.

PERSONAL HABITS

-
1. Understanding others;
 2. To understand others, one needs to understand her/himself,
 3. Understanding your parents.