

RINGWOOD PUBLIC SCHOOLS

WHAT EVERY STUDENT SHOULD KNOW BY THE END OF GRADE PERSONAL HEALTH – HYGIENE PRACTICES

THE STUDENT WILL BE ABLE TO:

- Demonstrate appropriate hand washing techniques. Know critical times (after bathroom, before eating).
- Cover nose and mouth when sneezing and coughing.
- Demonstrate awareness of body parts and the five (5) senses.
- Demonstrate awareness and appreciation of each person's uniqueness (height, weight, cultural, ethnic and religious differences).
- Understand factors that contribute to physical, emotional and intellectual growth (i.e., exercise, proper rest and good communication skills).
- Demonstrate an understanding of the concept of germs and how they are spread (i.e., coughing, sneezing, uncooked or under-cooked foods, un-washed hands, etc.).
- Investigate the use of universal precautions to help prevent disease (how to handle a bloody nose, cuts, etc., and the use of gloves).
- Recognize the importance of healthy eating.
- Understand basic safety and first aid measures.

