

Chapter 12

Cleanliness and Hygiene

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ❖ cleanliness of body and care of body parts
- ❖ cleanliness of clothes, food and water
- ❖ healthy habits
- ❖ diseases due to lack of personal hygiene and unclean surroundings
- ❖ degradable and nondegradable garbage
- ❖ reducing nondegradable garbage in the surroundings

Teaching Aids

Pictures/charts/models/animation on the topics given in the chapter.

Lesson Plan

- ❖ Teacher will start the chapter with 'Gear Up' section and help students in doing activity given in the section.
- ❖ Teacher will define hygiene and cleanliness and explain personal cleanliness.
- ❖ Teacher will explain the importance and ways for looking after the body.
- ❖ Teacher will discuss the ways for cleanliness of clothes, food and water.
- ❖ Teacher will discuss the healthy habits for good health.
- ❖ To check the understanding of students about the topic, teacher will ask them to solve 'Check Point 1'.
- ❖ Now, teacher will discuss cleanliness in the surroundings and the ways to improve it.
- ❖ Teacher will discuss communicable diseases and their modes of transmission.
- ❖ Now, teacher will define degradable and nondegradable garbage and their impact on the surroundings.
- ❖ Teacher will discuss the ways for reducing nondegradable garbage in the surroundings.
- ❖ Now, teacher will ask students to solve 'Check Point 2'.

- ❖ At last, teacher will sum up the chapter by going through all the points given under the head 'Wrap up now' and revising the 'New Words'.
- ❖ Finally, teacher will help students to solve all the exercises given under the head 'Practice Time'.

Boost Up

- ❖ Teacher should help students in carrying out activities given in the chapter.
- ❖ Teacher should encourage students for keeping personal hygiene and clean surroundings for good health.
- ❖ Teacher should encourage students to explore more ways for reducing nondegradable garbage.

Expected Learning Outcomes

The students understand and know

- ❖ personal cleanliness and cleanliness of surroundings.
- ❖ healthy habits for good health.
- ❖ diseases caused due to lack of personal hygiene and unclean environment.
- ❖ degradable and nondegradable garbage and their harms.
- ❖ ways to reduce nondegradable garbage in the surroundings.

Evaluative Questions

Teacher may ask the following questions for evaluating learning and understanding of students:

1. What is hygiene?
2. What is personal hygiene?
3. What is community hygiene?
4. What are communicable diseases? Name them.
5. What is the difference between degradable and nondegradable garbage?