

## GROOMING~~~~~INFORMATION

## QUIZ

Have the students complete the following oral quiz. Discuss each answer with the students.

1. Everybody perspires.  
TRUE--WE PERSPIRE ALL THE TIME, EVEN WHEN NO NOTICEABLE MOISTURE APPEARS ON THE SKIN.
2. The body gives off about one quart of perspiration each day. TRUE
3. If you take a bath or shower every day, you do not need to use a deodorant.  
FALSE--A BATH OR SHOWER GETS YOU CLEAN, BUT PERSPIRATION STARTS TO FLOW AND ODOR STARTS TO FORM AGAIN, AS SOON AS YOU STEP OUT OF THE TUB/SHOWER. USE A DEODORANT EVERY DAY, IMMEDIATELY FOLLOWING YOUR BATH/SHOWER.
4. You do not always know when you offend with perspiration odor.  
TRUE--YOUR OWN NOSE WILL NOT WARN YOU, BECAUSE IT BECOMES INSENSITIVE TO ODORS IT ENCOUNTERS CONSTANTLY. DO NOT TAKE CHANCES. USE A DEODORANT EVERY DAY.
5. It is expensive to keep clothes clean and neat.  
FALSE--BUY WASHABLE CLOTHING, CHANGE YOUR CLOTHES AFTER SCHOOL AND HANG THEM ON HANGERS TO AIR EACH NIGHT.
6. If you keep your hair combed, you do not need to brush it.  
FALSE--HAIR SHOULD BE BRUSHED AT LEAST ONCE A DAY TO REMOVE SURFACE DIRT AND KEEP HAIR LOOKING HEALTHY.
7. A good remedy for mild skin problems is to keep your face and hair clean.  
TRUE--WASH YOUR FACE AT LEAST TWICE A DAY, HAIR TWICE A WEEK AND KEEP HANDS AWAY FROM YOUR FACE.
8. Being well groomed improves your self-confidence.  
TRUE--WHEN YOU KNOW YOU LOOK RIGHT, YOU ARE MORE RELAXED AND FEEL AT EASE WITH PEOPLE.
9. One way to help prevent athletes' foot is to wear white socks.  
FALSE--ONE WAY TO PREVENT ATHLETE'S FOOT IS TO DRY THOROUGHLY BETWEEN THE TOES.
10. Toenails should be trimmed once a month.  
FALSE--TOENAILS GROW JUST LIKE FINGERNAILS. THEY SHOULD BE TRIMMED WEEKLY.
11. Eating correctly helps your complexion.  
TRUE--YOUR BODY NEEDS A WIDE VARIETY OF FOODS TO KEEP YOUR COMPLEXION CLEAR.
12. Good health habits are basic to energy and good looks. You must get enough sleep each night, eat correctly and get exercise every day.  
TRUE--IF YOU WANT YOUR BODY TO LOOK ITS BEST, YOU MUST TAKE PROPER CARE OF IT.

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

## THE IMPORTANCE OF YOU--A SPECIAL INDIVIDUAL

Many of you are at a unique stage we call puberty. This is the stage when many physical changes begin to take place in the body. It is important that you know how to care for your body to help you through this challenging time of life. The pituitary gland is the master gland that is responsible for these changes. It produces the hormones that regulate growth.

### GOOD HEALTH HABITS

1. Proper diet
2. Proper rest
3. Exercise
4. Water--You should drink eight glasses of water each day to aid in the digestion and absorption of foods.
5. Cleanliness--These are the essentials:
  - a. soap and water
  - b. shampoo
  - c. toothpaste, brush, floss
  - d. brush and comb
  - e. deodorant, antiperspirant
  - f. nail file, clippers

How much time do you think is reasonable to spend on daily grooming?

### SKIN CARE

Oil glands (Eccrine) are located in all layers of skin. They regulate the body temperature and keep the skin moist. Their function increases during the teenage years. Excess oil mixes with bacteria and plugs the pores. If dirt becomes clogged in pores, it is called a blackhead. If this blackhead becomes infected, it is called a pimple.

Proper skin care includes keeping skin clean. It should be washed often, but not roughly. Your face should be washed twice a day, more often if the skin is oily. Wash your face using upward strokes. Do not forget to wash your neck and behind your ears. Pay special attention to the forehead, alongside the nose and the crevice of the chin. Be sure to rinse your face well with warm water, then use cool water for a final rinse. Pat your face dry. Do not rub it dry. Girls should always remove make-up before going to bed.

If blemishes are not controlled by regularly washing your face, you may need to see a dermatologist, a doctor that specializes in skin care. Bad acne can cause scarring of the skin.

Additional helps for clear skin include:

1. Getting plenty of rest.
2. Staying calm--emotional upsets can cause blemishes.
3. Drinking lots of water.
4. Using products with benzol peroxide may be useful for minor acne problems.

## GROOMING----- INDIVIDUALIZED ACTIVITY

**SWEAT GLANDS**

The sweat glands (Apocrine) are located under the arms. Organic material mixes with perspiration to form odor. Some people may not know that they are offending others. They are accustomed to the way their body smells and think it is normal. Therefore, it is important to use deodorants to prevent these odors.

Most people need to bathe and use a deodorant or antiperspirant daily. If you have a problem with excess perspiration, apply antiperspirant once in the morning and once at night. It may help to lie down a few minutes after applying it for extra absorption.

**BATHING/SHOWERING**

The temperature of the water should be about the same as the body temperature when bathing or taking a shower. A very hot bath in the winter can cause the skin to dry and even crack. You may wish to add a little baby oil to keep your skin soft. Lather your whole body. Do not forget to clean your fingernails. Rinse thoroughly. Towel dry gently until all dead skin is removed.

**HAIR CARE**

Oil glands are located at the side of each hair follicle. They feed oil to make the hair shiny. If there is not enough oil, hair will look lifeless and may get brittle and break.

1. Begin with a good haircut.
2. Brush your hair often (boys, as well as girls). This helps distribute the oil and keep hair shiny and lustrous. It also removes dust and grime. Be sure to brush along your neck line, as well as the top of your hair.
3. Shampoo as often as is necessary. This depends on your hair, how active you are, where you live., etc. Once a week is a minimum. Use a shampoo made for your type of hair. Remember to rinse thoroughly when you are finished shampooing. Do not forget to wash your brush and comb weekly, also.
4. The skin on the scalp is constantly renewing itself. New cells from the lower layers move up to the top layers of the hair. Usually they are so tiny they are not noticeable. When there is a dandruff condition, the cell growth and the shedding process are upset and the cells which are shed are much larger, causing the white flakes. These cells often don't complete the 28-day cycle they are used to. Because they are interrupted, irritation and itching may develop. This condition may be hereditary. The actual cause really is not known. Regular use of a dandruff shampoo can help. You may also need to visit the dermatologist for special shampoos.
5. Head lice is an increasing problem. It effects every social class. Lice are insects that are transmitted from one infected person to another by direct contact--clothing, combs, brushes, towels, hats, or scarves. Head lice have nothing to do with uncleanliness and can easily be treated by a doctor.

GROOMING----- INDIVIDUALIZED ACTIVITY

### NAIL CARE

Nail care for the hands is called a manicure. Nail care for the toes is called a pedicure.

To cleanse your nails, use a file and a nail brush.

1. Remove old polish (if you wear it).
2. File nails in one direction only. Do not file the sides. This will tend to make them break more easily.
3. Push back cuticles. Use cuticle remover or some oil in warm water to soak them.
4. Clean under the fingernails.

### TEETH CARE

Want a super smile? It takes more than a hit or miss swipe with your toothbrush! To keep your whole mouth healthy and sweet, you need time, technique, and the right tools.

Harmful bacteria, called plaque, is a major cause of tooth decay and gum disease. Plaque forms on the enamel of the tooth. Enamel is the hard, white substance that covers the teeth and protects them from decay. The crown of the tooth is that part which shows, above the gums. Plaque is a colorless film like layer which combines with sugar to create acids which eat away tooth enamel and eventually attack gums. If dental plaque is not removed, it can eventually destroy the bone that holds the tooth in place and lead to other serious problems involving the teeth and the gums. The best way to keep teeth and gums healthy is to remove plaque every day by flossing and brushing your teeth. It is also a good idea to eat firm, crunchy vegetables to give the mouth, teeth and gums exercise.

### CASE STUDY:

Jeanette, a 38 year-old mother of two teenagers, thought she had taken good care of her teeth. She brushed twice a day and had annual checkups and cleanings. She had very few cavities. She was surprised when X-rays showed she had periodontal disease and was in danger of losing her teeth. The dentist explained that the bone that supports the teeth was deteriorating. If the process was not stopped, her teeth would eventually fall out. She went to a periodontist (someone who specializes in problems with tissues around the teeth) who told her she would need extensive treatment, including surgery, if she wanted to save her teeth.

Approximately 80% of Americans over fifteen have the beginning of periodontal disease. Since it is usually painless in the early stages, most people are unaware of the destruction taking place. Periodontal disease, not tooth decay--is the leading cause of tooth loss among adult Americans. This disease is almost always preventable if you avoid the habits that promote it. Brush and floss your teeth properly every day and have a professional cleaning at least twice a year. If you have red or puffy, tender gums, persistent bad breath, bleeding of gums when you brush, gum itching, pus between gums and teeth, loose teeth or shrinking of gums--see your dentist.

These are the essentials of good oral hygiene:

1. Toothbrushes should have bristles that are slim, rounded and soft. Soft brushes loosen food particles, but do not scour away tooth enamel. A soft brush is also gentle on your gums, which you should massage as you brush, by sweeping the bristles over the gums. Bristles can either be nylon or natural. Nylon lasts longer, but you should not let bristles get scraggly. Get a new toothbrush about every three months.
2. Toothpastes should give you more than a tingly taste. Read the labels. The ingredient "fluoride" strengthens teeth against decay. It also fights plaque, the sticky film that clings to teeth and is a cause of gum disease. Avoid toothpastes that are too tough; they wear away the protective tooth enamel.
3. Dental floss looks like sturdy thread. Use it to loosen food particles and plaque build-up between the teeth. Dental floss comes waxed or unwaxed. To use floss, cut a long piece--about 18 inches--and wrap the ends loosely around the middle fingers. Flip the floss between teeth; holding it taut, gently moving it back and forth, up and down, five or six times on each side of each tooth. Do not slide it into the gums. After flossing, rinse the mouth thoroughly.
4. Repeated use of a toothbrush after one has a cold can re-infect a person. Sterilize your toothbrush often or change to a new brush after any illness.

NOTE: To avoid transferring colds or flu from one person to another, wash hands often and avoid rubbing the face, nose, and eyes. These are entries to the body which can transfer bacteria or infectious (communicable) illnesses.

GROOMING-----INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

## GOOD GROOMING PUZZLE

## ACROSS CLUES:

3. Firm and crunchy vegetables give the mouth, teeth, and gums \_\_\_\_\_.
9. For serious skin problems, you should see a \_\_\_\_\_.
11. Drinking enough \_\_\_\_\_ is important in the digestion and absorption of foods.
13. The hard, white substance that covers the teeth to protect them from decay.
14. A method of cleaning your body by standing under a stream of water.
15. A creamy substance used to clean teeth which usually contains a flouride compound.
16. The master gland of the body. It produces the hormone that regulates growth.

## DOWN CLUES

1. The time when many physical changes begin taking place in the body.
2. This is what happens to the teeth when the sugar compounds work with mouth bacteria.
4. You should have a dental check-up every \_\_\_\_\_.
5. The part of the tooth that shows above the gum.
6. A method of cleaning your whole body by getting into a tub of hot water.
7. A blackhead is a combination of oil, dead skin and dirt mixed together in a \_\_\_\_\_.
8. Be sure to \_\_\_\_\_ all shampoo completely out of your hair.
9. A person who specializes in the care of teeth.
10. Good grooming requires cleanliness, rest, exercise and proper \_\_\_\_\_ habits.
12. The leading cause of tooth loss is \_\_\_\_\_ disease.
14. The time when many physical changes begin taking place in the body.

## WORD LIST:

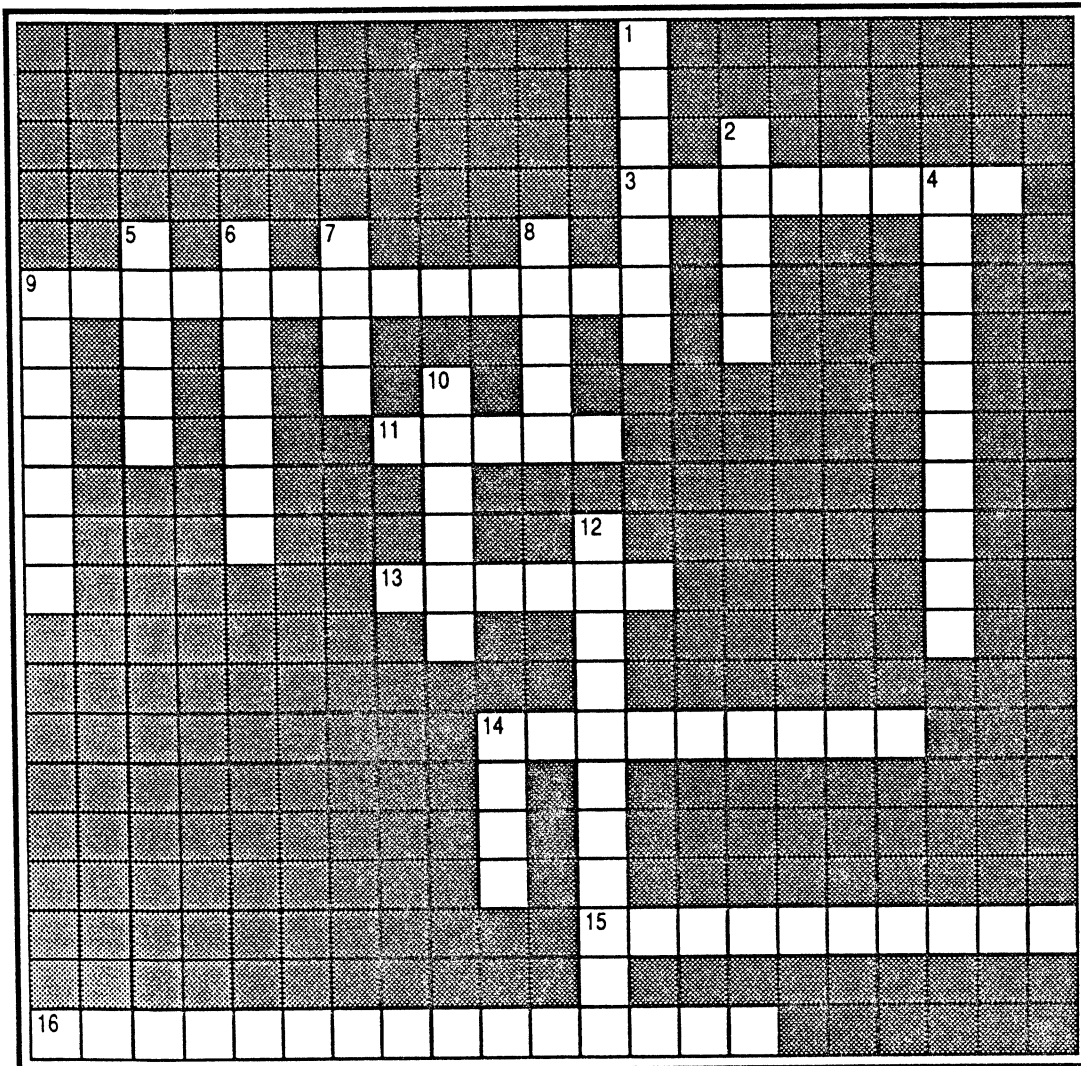
BATHING	CROWN	DECAY	DENTIST	SOAP
DERMATOLOGIST	EATING	ENAMEL	EXERCISE	PORE
PERIODONTAL	PITUITARY GLAND	WATER	PUBERTY	
RINSE	SHOWERING	SIX MONTHS	TOOTHPASTE	

GROOMING-----INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

# GOOD GROOMING CROSSWORD PUZZLE



## ANSWERS TO CROSSWORD PUZZLE:

## ACROSS:

1. EXERCISE
9. DERMATOLOGIST
11. WATER
13. ENAMEL
14. SHOWERING
15. TOOTHPASTE
16. PITUITARY GLAND

## DOWN:

1. PUBERTY
2. DECAY
4. SIX MONTHS
5. CROWN
6. BATHING
7. PORE
8. RINSE
9. DENTIST
10. EATING
12. PERIODONTAL
14. SOAP



GROOMING-----INDIVIDUALIZED ACTIVITY  
15 POINTS POSSIBLE

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

### DEAR SHABBY

Select three of the following letters and find the answers to the problems by reading text books, pamphlets, talking to experts, etc. Write your answers on a separate sheet of paper.

Dear Shabby,  
My skin used to be very clear and beautiful. About 2 months ago, it became very oily and I now have a problem with acne and blackheads. It has become so embarrassing that I do not even like to leave the house. HELP!  
Signed,  
Stuck at Home

Dear Shabby,  
Last night after the school basketball game, I got a ride home with my friend's mom. She insisted that someone in the car smelled really badly and told us to all go home and take a shower. I know it was me who stunk, and my friends kept turning and pointing to me and laughing. It was really embarrassing. What can I do to prevent it from ever happening again?  
Signed,  
B.O.

Dear Shabby,  
My friends all seem to have really nice hair, but mine always looks oily and stringy. Lately I've noticed dandruff flakes on my shoulders and in my hair. What can I do to have healthy looking hair like everyone else?  
Signed,  
Snowing in the Summer

Dear Shabby,  
I need help immediately! I don't dare to attend any of our school dances because I'm afraid I will get asked to dance and my partner will try to hold my hand. My hands are very rough and cracked and all of my fingernails are cracked and dirty. I am too embarrassed to let anyone touch my hand.  
Signed,  
Sandpaper

Dear Shabby,  
I hope you can help me. Lately I just do not feel well at all. I am not sick, but I have a very difficult time staying awake during class. I have no energy, and many of my friends tell me that I look like I am getting sick. My Mom says that my eating and sleeping habits are the cause of all this. What do you think?  
Signed,  
Not Feeling So Well

Dear Shabby,  
Recently I have noticed that my friends turn away from me while I am talking to them. They seem to be unwilling to stand close to me and talk face to face. I am beginning to wonder if it's my breath that drives them away. I brush my teeth every night before I go to bed. What do you think is wrong?  
Signed,  
Halitosis

GROOMING----- INDIVIDUALIZED ACTIVITY  
35 POINTS POSSIBLE

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

### GROOMING GOALS

Set five personal grooming goals for yourself for the next two weeks. Use a chart to record your progress. For example: I will brush my teeth every morning before I go to school.



GROOMING-----INDIVIDUALIZED ACTIVITY  
20 POINTS POSSIBLE

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

### GOOD GROOMING COUNTS

In the space below identify five jobs you would like to have. Beside each job, list grooming tips that would improve your work and grooming errors that would hinder your performance at work.

	<b>Job Title</b>	<b>Tips for Improvement</b>	<b>Errors to Avoid</b>
1.	_____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
2.	_____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
3.	_____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
4.	_____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
5.	_____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____

GROUP ACTIVITY  
15 POINTS POSSIBLE

Name \_\_\_\_\_ Class \_\_\_\_\_

GROOMING ANALYSIS

Look at the pictures in this packet. In the space below, rate these pictures as follows:  
1=Well groomed 2=Looks OK 3=Poorly groomed

If the picture is rated 2 or 3, explain how you would improve the appearance of the person in the picture.

Rating	Improvements you would suggest:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____

GROUP ACTIVITY  
20 POINTS POSSIBLE

Name \_\_\_\_\_ Class \_\_\_\_\_

### GROOMING DAY

Tomorrow will be Grooming Day for our class. You may do any of the following:

- a. Model an outfit you really like and explain why you feel good in it.
- b. Model an outfit you think is not appropriate and explain what is wrong with it.
- c. Show a grooming product and explain whether it is useful or not, giving reasons for your opinion.
- d. Display a grooming collage centered around a theme such as, "How to Look Your Best" or "Pitfalls in Grooming."
- e. Any other special project approved by your teacher.

GROOMINGCHALLENGE PROJECT20 POINTS POSSIBLE

Name \_\_\_\_\_

Class \_\_\_\_\_

**MAGAZINE ARTICLE**

Write a magazine article on one grooming topic. The article should explain good grooming practices for this particular subject, as well as problems that can be overcome. Some subjects are: hair, skin, teeth, posture, hands, feet, exercise, sleeping habits, dress, or facial care. Be sure to title the article and include all important information. You may wish to use pictures to illustrate the article.

GROOMINGCHALLENGE PROJECT20 POINTS POSSIBLE

Name \_\_\_\_\_

Class \_\_\_\_\_

### CLEANING OUT

This project requires that you clean out your closets and clothing drawers. Give away clothing that no longer fits, repair clothing in need of care, and assess if clothing fits correctly, etc. Explain what you did in the space below. Also, have your mom or dad comment on how well you did this assignment.