

HAIR CARE

(see also Competency #2)

ACTIVITIES FOR HAIR SECTION

Using text books from your classroom or library discuss with the class the proper care for hair.

OPTIONS

Invite a hair care professional to instruct students on hair care, personal hair styles and hair products.

WHAT DO YOU KNOW ABOUT HAIR?

The hair is an outgrowth of the skin. The root or hair follicle is formed by an infolding of the skin layers and burying itself under the skin surface. The hair root has tiny blood vessels and nerve endings attached to it supplying nourishment to the root and hair.

Each hair is made up of three layers of cells: the outer layer or cuticle is made up of flat, scalelike cells; the next layer (the cortex) consists of elongated, fiberlike cells which contain the pigment giving the hair its color; the center of the hair is called the medulla and is made up of many-sided, diamond-shaped cells containing coloring matter and fat granules.

Nature has supplied the hair with all the necessities to keep itself prim, trim and colorful and to thrive and survive. But you need to give nature a chance to perform its function by treating it with respect. Harsh treatment such as permanents, hot irons, chemicals and exposure to weather extremes tend to damage the hair. The primary need of keeping the hair healthy is to keep the body healthy by an adequate diet.

Cleanliness is all important. Oily or greasy hair is unattractive and unhealthy. Regular washing with a gentle shampoo will keep the hair shiny and lustrous.