

COMPETENCY #1: Understand proper care of skin, nails, hair, teeth and posture.

CONCEPT

A person's appearance is reflected by the care taken of the skin, nails, hair and teeth and in the posture exhibited.

MOTIVATOR

Give students a piece of clear tape as they come into class, have them put it on their arm. When you are ready to begin your discussion, instruct students to pull off the tape, hold it up to the light and write down what they see. Discuss pores, hair, and skin that has flaked off.

ACTIVITIES FOR SKIN SECTION

1. Invite a dermatologist to discuss skin problems and care.
2. Invite a make-up specialist to discuss skin care and proper use of make-up.

Discuss with students current topics related to skin care i.e. greasy foods, make up and blemishes, suntans, tanning booths, proper nutrition, skin cancer related to tanning. This information should be recorded on note paper with the heading "Skin care and make up".

Discuss different skin types i.e. oily, dry, combination skin.