



# Health Virtual Learning

## Chapter 8.1 Taking Care of Skin, Hair, & Nails

# Truman High School

5/8/2020



Lesson: 5/8/2020

## Objective/Learning Target:

1. Describe the three distinct layers of skin.
2. Explain ways to control body odor.
3. Demonstrate techniques for hair care.
4. Practice effective nail care.

# Personal Hygiene and Health

*How is personal hygiene related to good health?*

Give one example of a disease or disorder related to poor personal hygiene.



# Your Skin

- The skin plays a very important role in keeping you healthy
  - Protects everything inside the body
  - Serves as a barrier for keeping out bacteria and viruses
  - Helps regulate body temperature

# Body Odor

- Your sweat glands produce perspiration, or sweat
- Sweat can have a strong odor
- Bathe daily and use deodorant to control body odor



# Hair

- Teenagers may experience hair problems
  - Oily hair
  - Dandruff
- Some teenagers become infected with lice
- Lice are easily transmitted from one person to another



# Think Further...

*What are some strategies you can use to keep your hair healthy and looking good?*

- Wash your hair regularly to keep it clean
- Eat a healthful diet
- Use a medicated shampoo if you have dandruff
- Avoid sharing combs with others
- Treat your hair and clothing or bedding if you get lice

# Nails



- Healthy nails are smooth, free of spots, and consistent in color
- Always keep your nails dry and clean
- Trim your nails regularly
- Moisturize your hands regularly, including your fingernails and cuticles
- Do not* bite your nails, pick at your cuticles, or pull off your hangnails