

Personal Care Series

GROOMING

REM 1145C

WRITTEN BY: **Martha C. Reith**
EDITED BY: **Becky Majewski**
& **Marcella Hines**

A TEACHING RESOURCE FROM



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Name _____

PRE/POST-TEST

1. How can you save money by becoming better informed about grooming?

2. What weighs about six pounds, has two million tiny holes in it, and is waterproof?

3. What is a *melanoma*? _____
4. How can the sun be dangerous to your skin? _____

5. What is *lanolin*? _____

6. What should you add to your bath water to fight dry skin? _____

7. What is *acne*? _____
8. Why should you not brush wet hair? _____

9. What should you do for dandruff? _____

10. What is a *synthetic fiber*? _____
11. What kind of toothbrush works the best? _____
12. What does vitamin A do for your skin? _____

13. How can you heal chapped hands? _____

14. What is a good fabric in which to exercise? _____
15. How can you remove ballpoint pen ink from fabric? _____

Name _____

Body Image

People go through many different changes, especially during their teenage years. It is important to take care of yourself. You will be a happier, healthier person. If you FEEL happy and confident, other people around you will feel happy, too!

As you take time to learn about your skin, hair, teeth, and nails, you become more informed about caring for yourself. For example, you may pay more attention to the damage sun can do to your skin. You may also become more careful in choosing grooming products.



There are many health and beauty products to choose from. Why buy an expensive cream when there is an inexpensive one that has the same ingredients? Some products contain natural ingredients. These products can be good for you and help the environment at the same time.

Taking care of your health and your appearance is important. Schools and restaurants have dress codes. Employers like to hire well-groomed people. Stores only serve people wearing shirts and shoes!

Think about how you take care of yourself. Are you happy with your daily routine? If not, it's never too late to make a change. Remember, the most important person is you!

1. In what ways can taking care of yourself "pay off"?

2. Why do you think employers look for well-groomed people?

3. Do people have to pay a lot of money for beauty care products? Why or why not?

4. What are three of your favorite characteristics?

Name _____

What Is Your Skin Type?

What weighs about six pounds, has 2 million tiny holes in it, and is waterproof? ANSWER: Your skin! Although everyone's skin is the same in many ways, it also varies from person to person. Each of us — fair or dark, young or old — falls into a certain skin category.

You need to know what type of skin you have in order to care for it properly. Which type of skin is yours?

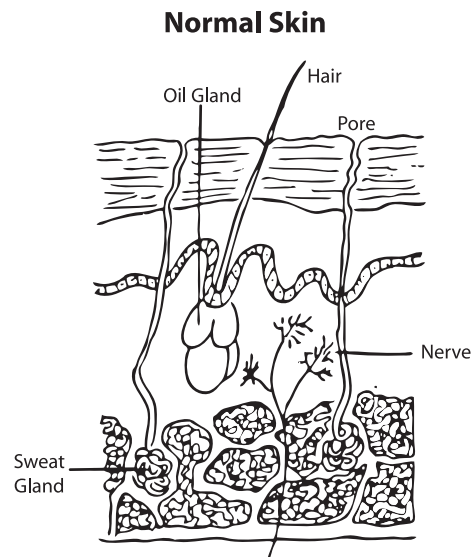
DRY SKIN: Your skin feels dry and itchy. Sometimes it will feel tight and stretched. You may even notice some peeling skin.

OILY SKIN: Take a tissue and rub it against your forehead. If you see traces of oil, your skin is oily. You can also tell oily skin by looking in the mirror. Is your face shiny?

PART OILY/PART DRY SKIN: Sometimes a person has a combination skin type. If you have this type, your forehead, nose, and chin are oily. Your cheeks are not.

SENSITIVE SKIN: Sometimes skin may be oily, dry, or normal, as well as sensitive. If your skin breaks out or turns red from the touch of wool, soaps, or lotions, you have sensitive skin.

PROBLEM SKIN: Often, teenagers break out with pimples. This type of skin needs special care from a skin doctor called a dermatologist.



1. In a few sentences, write the main idea of this story. _____

2. List three different types of skin people may have. _____

3. Is it possible for your skin to fit into more than one category? Why or why not?

4. What is another name for a skin doctor? _____

Name _____

Beware of the Sun!

Do you like to go to the beach or pool on a beautiful summer day? Once you are there, do you spend most of your time toasting your body in the sun?

Scientists know that your skin changes sunshine into Vitamin D to build strong bones and teeth. So, some sunshine is good for you. But too much sun is dangerous. It can even kill!

Skin doctors tell us that too much sun is the primary cause of skin cancer. The radiation from the sun causes a special kind of unhealthy skin cell to grow quickly. This cell growth, caused by the ultraviolet rays of the sun, is skin cancer. There may be as many as 500,000 cases of skin cancer each year.



Skin cancer caused by the sun is usually either basal-cell carcinoma or squamous-cell cancer. However, the most deadly and dangerous is melanoma. It is very important for you to examine your skin often for unusual rough spots. If you see any different spots on your body or changes in a mole, you should see a doctor. Skin cancer can be cured if found early.

So you should stay indoors, or cover yourself from head to toe while outdoors, right? No. Instead, you should use a sunscreen with an SPF of no less than 15 when you are outdoors. Apply the lotion at least 45 minutes before you go outside. Also, stay out of the sun during the time that it is strongest: from 10 a.m. to 3 p.m.

1. What is the main idea of this article? _____

2. Why is the sun good for you? _____

3. How is the sun dangerous? _____

4. How can you take care of yourself while outdoors? _____
