

Personal Care Words

REM 930E

A TEACHING RESOURCE FROM...



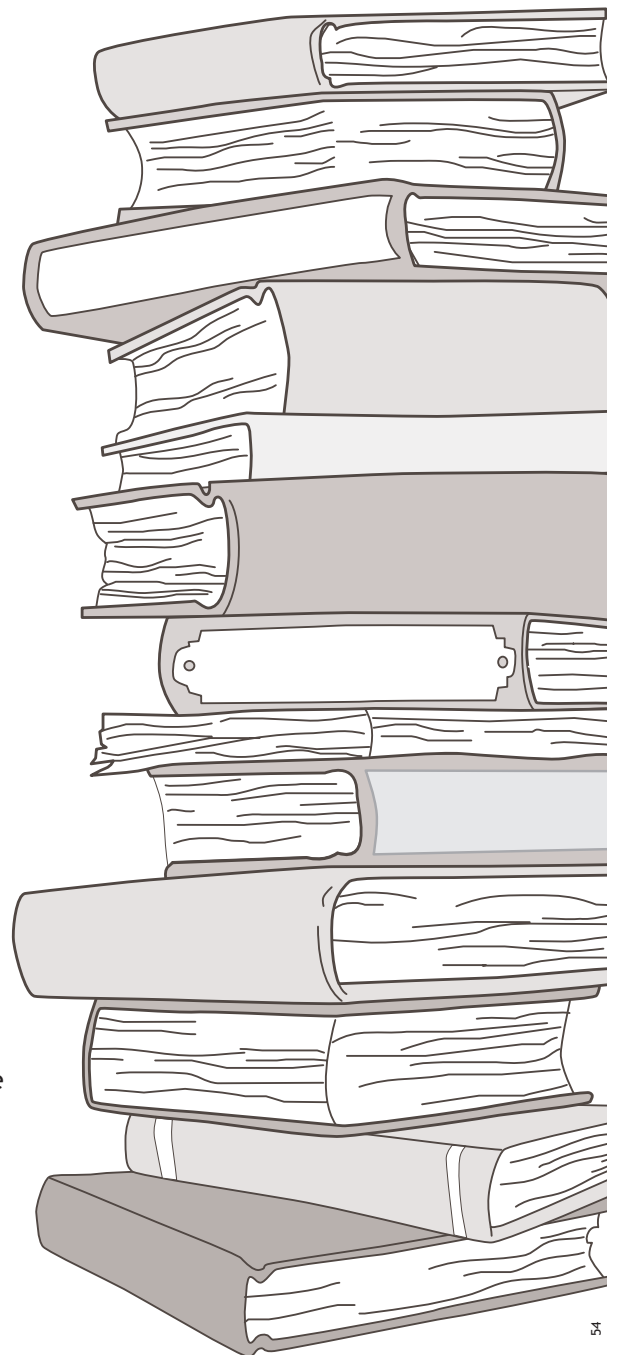
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INTRODUCTION

The goal of this book is to help students become more aware of healthy lifestyles. Based on essential vocabulary pertaining to this important life skill, the lessons encourage students to think about their lifestyle choices and become more health conscious and informed. Among the topics covered are personal hygiene, food, grooming, healthy and unhealthy habits, and dangerous substances.

Lesson activities require students to find word definitions, complete comprehension exercises, answer pertinent questions, and summarize facts based on information learned.

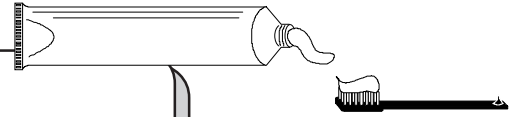
This book is designed for use in grades 7-12. Readability is on the 4th-5th grade level.

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DENTAL HEALTH

dental	dental floss	gum disease
dentist	odor	decompose
dentures	bad breath	tooth decay



A. Clues. Read the clues, then write the word(s) which matches the clue. You may use the dictionary.

1. having to do with care of teeth _____
2. false teeth _____
3. rot away _____
4. mouth odor _____
5. smell _____
6. thread used for cleaning between teeth _____
7. cavity _____
8. teeth and gum doctor _____
9. sickness of the gums _____

Name _____

B. Study: Study this tube of toothpaste and answer the questions.

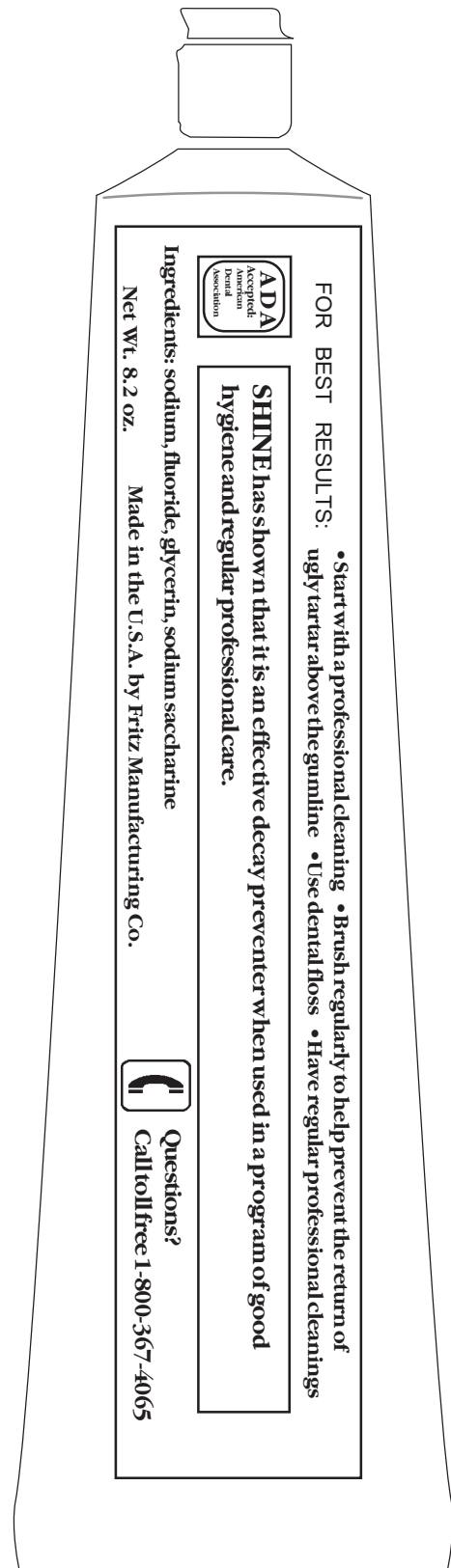
1. What is the name of the toothpaste?

2. List the four care steps recommended for best results.

3. If you have any questions, what number will you call?

4. List the ingredients.

5. What company makes this product?



dentist	bad breath	tooth decay
dentures	gum disease	nasal
dental floss	decomposed	stomach
odor		

C. Reading. Fill in the blanks using the words from the box.

Jean has nice teeth and a great smile. Lately, she noticed some of her friends turned away when she talked. She wondered if her breath was the problem. She brushes regularly but she decided to visit her _____ anyway to be sure.

Dr. Nottingham told Jean that brushing alone does not guard against _____. He explained that _____ could be caused by a _____ infection, _____ disorder, and some types of lung disease.

Most of the time, the doctor explained, bad breath is due to _____ foods caught between the teeth. Using a special string called _____ you can remove the food particles and guard against bad breath and _____. If teeth are not taken care of, _____ may develop and can cause loss of teeth. If this happens, _____ may become necessary.

HEALTHFUL EATING

avoid	sodium	heart disease
broil	baked	poultry
variety	cancer	restrict
high fiber	saturated fat	cholesterol
low-fat diet		



A. Matching. Write the number of the correct word(s) on the line.

- | | | |
|-------------|----------|---------------------------------|
| 1. fiber | a. _____ | deadly sickness |
| 2. cancer | b. _____ | chicken, turkey, duck |
| 3. broil | c. _____ | salt |
| 4. poultry | d. _____ | cut down |
| 5. sodium | e. _____ | many kinds |
| 6. restrict | f. _____ | plant food that will not digest |
| 7. variety | g. _____ | sickness |
| 8. disease | h. _____ | to cook under direct heat |
| 9. bake | i. _____ | to cook in an oven |

B. Reading. Read the following and complete the activity below.

Samantha learned in science about good nutrition. She learned that a **low sodium, high fiber, low-fat diet** is important to **avoid heart disease** and some types of **cancer**.

Samantha thought about her favorite foods. They are mostly fried foods high in fat. She likes eggs, hamburgers, French fries, pizza, fried chicken, and everything chocolate. These foods are full of unhealthful **saturated fat** and **cholesterol**.

To improve her health, Samantha decided to **restrict** salt and increase **fiber** in her diet. She will eat a wide **variety** of fruits and vegetables every day. She will also try to replace red meat with **broiled** or **baked poultry** which has been skinned to cut down on the fat.

List seven of your favorite foods below. If you think a food is healthful, write **H** after it. If you think it is high in fat, write **F** after it. If you are unsure, ask your teacher.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____