

Level 2



EDUCOOT

# Personal Care

## SAMPLE!



STUDENT WORKSHEETS

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## Washing your hands

1. Tick the times when you should wash your hands:

- before and after eating
- after watching TV
- after being out and about
- after sneezing, coughing, or blowing one's nose
- after a shower
- after going to the bathroom
- after touching trash or putting out the garbage
- before and after treating a cut or wound
- after playing sport
- after drinking tea



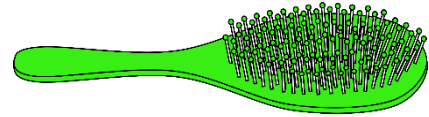
2. Complete the sentences:

**sick, soap, clean, germs**

- a) Wash your hands to get rid of \_\_\_\_\_.
- b) Wash your hands often with \_\_\_\_\_ and water.
- c) Don't touch your eyes, nose, or mouth until your hands are \_\_\_\_\_.

Keeping your hands clean is one of the best ways to keep from getting \_\_\_\_\_.

# Washing your hair



1. Complete the sentences:

## brush, clean, conditioner, shampoo



a) You should have \_\_\_\_\_ hair.

b) You should wash your hair with \_\_\_\_\_.

c) To keep your hair in good condition, use \_\_\_\_\_.

d) You should \_\_\_\_\_ or comb your hair.

2. Choose the correct answer. Underline it.

a) Wash your hair:

1. Every other day    2. Every 2 weeks    3. Every month

b) When you wash your hair, massage your:

1. Neck                      2. Hands                      3. Scalp

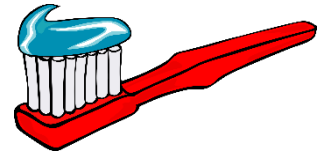
c) Get your hair cut:

1. Once a year              2. Every week              3. Frequently



## Brushing your teeth

1. Unscramble the words to make sentences.



a) fluoride a toothpaste. Use

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b) mouthwash. a Use

-----

c) your Floss teeth.

-----

d) Brush the tongue. surface of your

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2. Match the beginning and end of each sentence:

Plaque is bacteria

tooth decay.

Sweet and sticky foods

are harmful to teeth.

Plaque can lead to

in the mouth.

3. Unscramble the words to make a sentence.

Ursbh your eetht wceit a ady.



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2. Label these tools for nail care:

clippers, scissors, file, brush



3. Complete the sentences:

nails, dry, gloves, bite

a) To help prevent \_\_\_\_\_,  
cracked nails, use moisturiser.

b) Do not \_\_\_\_\_ your  
fingernails.

c) For healthy \_\_\_\_\_, eat a  
balanced diet.

d) Wear \_\_\_\_\_ when working with your hands.



## Shaving safely

1. Tick the correct safety rules:

- Electric razors should not be used around water.
- Check all types of razors for damage.
- Always dispose of used razor blades.
- Use cold water.
- Use only your own razor.
- Use old blades.
- Use shaving cream or gel.



2. Complete the wordsearch.

blade

culture

foam

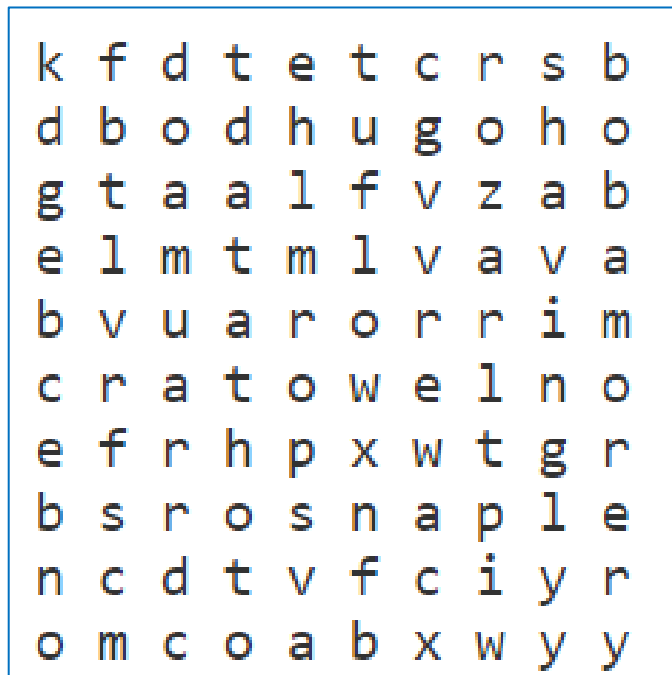
mirror

razor

shave

shaving

towel



3. Unscramble the words to make a sentence.

shave I morning. in the

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## Staying hygienic

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1. Write a shopping list of items you need to stay clean.



2. Tick the things we should do to stop germs from spreading.

- Cover your mouth and nose with a tissue when coughing or sneezing.
- Stay home when you are sick.
- Wash your hands once a week.
- Avoid touching your eyes, nose or mouth.
- Clean and disinfect surfaces or objects.
- Personal care items like toothbrushes, should be kept clean and up to date.
- It is OK to share personal care items like razors.
- Medicines should be kept safe and up to date.
- Old toiletries and makeup must be thrown away.





## Assessment Brief 2

Course:	Personal Care
Course Code:	M2HI4
Assessment:	Collection of Work
Title:	<b>Daily Personal Care Practices - Health</b>
Weighting:	Collection of Work 100%

### Guidelines

You will be expected to:

1. List important daily personal care practices to keep you healthy and well.
2. Name the benefits of good personal care relating to your health.
3. Maintain an agreed personal care plan.



### Assessment criteria

- Exercises and tasks must be complete and correct.
- List personal care activities that keep you healthy and fit.
- Your personal care plan must say how you take care of yourself, e.g. health and wellbeing, sleep, nutrition, mental health, etc.

Submission date:

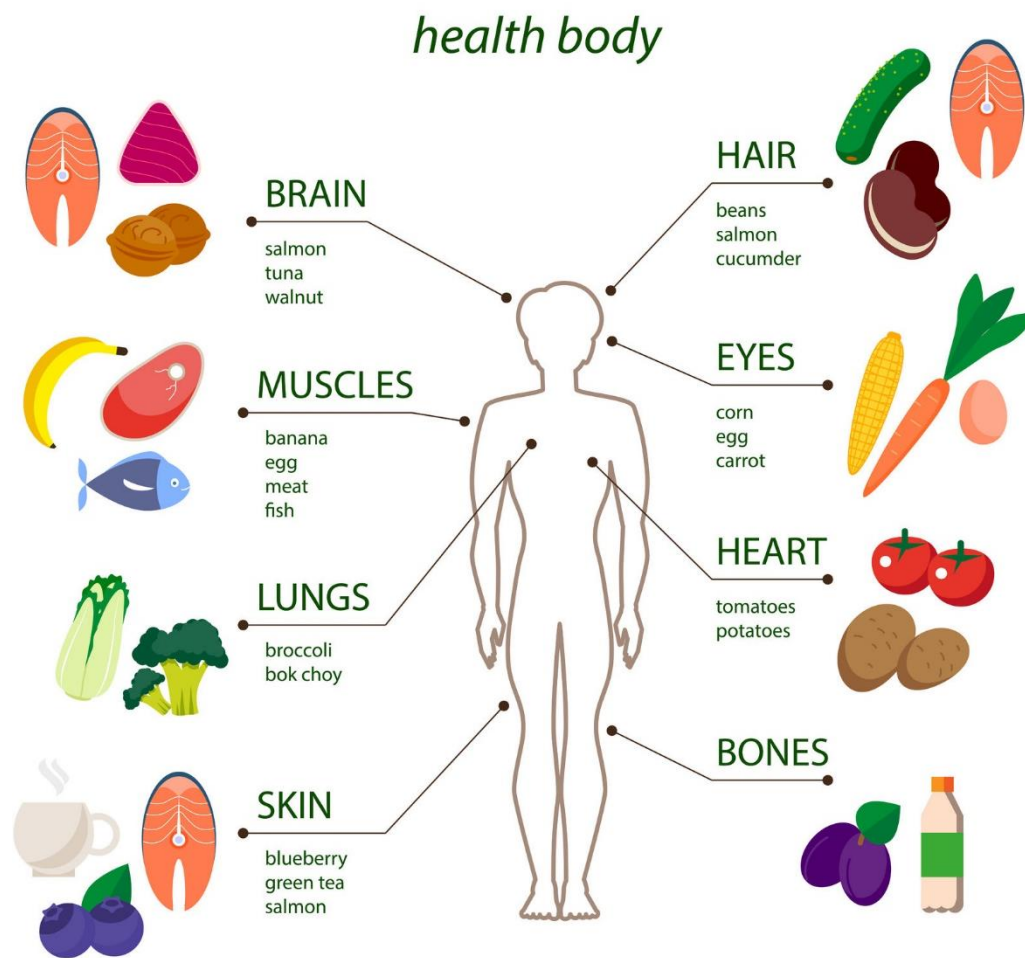
**I confirm that this is my own original work.**

Signed:

Date:



4. These are foods that are good for different parts of your body:



Name one food that is good for each of these:

a) eyes \_\_\_\_\_

b) muscles \_\_\_\_\_

c) brain \_\_\_\_\_

d) skin \_\_\_\_\_

e) heart \_\_\_\_\_



## Eating mindfully

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1. Complete the sentences:

**table, food, eating, TV, flavours**

- a) Eat slowly. Enjoy your \_\_\_\_\_.
- b) Switch off the \_\_\_\_\_ and phone while you are eating.
- c) Notice the \_\_\_\_\_.
- d) Eat at a \_\_\_\_\_ and put your food on a plate.
- e) Know what you are \_\_\_\_\_.

2. Cross out the incorrect sentences:

- a) Eat as fast as you can.
- b) Chew slowly.
- c) Eat in front of the TV.
- d) Go on Facebook while you are eating.
- e) Keep eating, even if you are full.



Is this good practice?

\_\_\_\_\_

# Keeping active

1. Name 3 types of physical activity you could do each week.

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-----  
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2. Which of these activities will keep you fit?

Tick them.

- eating dinner
- taking the dog for a walk
- watching a movie
- going for a run
- dancing
- doing housework
- walking to work



3. Look at the picture. Do you think this man is healthy?

Say why.



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Take part in an activity, e.g. yoga, going for a walk.

Complete the sentences:

Today I did some exercise.

At first I felt .....



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After a while I felt .....

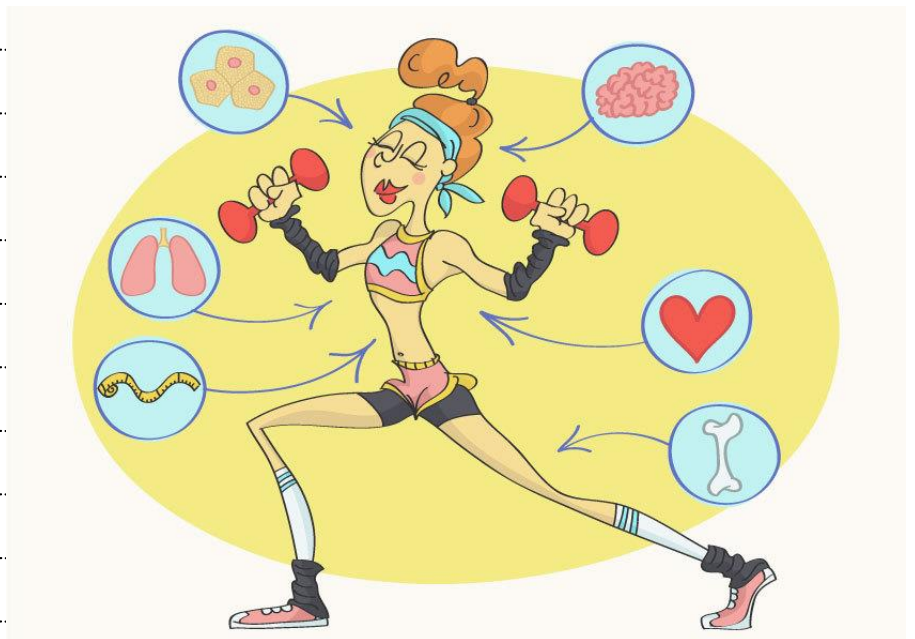
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Afterwards I felt .....

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Name some benefits of exercise.

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## Your mental health

1. Complete the sentences using these words:

**healthy, active, Talk, yourself, good**

- a) Be kind to \_\_\_\_\_ .
- b) Keep \_\_\_\_\_ .
- c) Practise \_\_\_\_\_ eating.
- d) Take notice of the \_\_\_\_\_ things around you.
- e) \_\_\_\_\_ about how you feel.

2. Here are some ways to look after your mental health.  
Circle the things you do often.

RECREATION  
 GOOD DREAM  
 HUMOR  
 MUSIC  
 READING  
 CRYING  
 HEALTHY EATING  
 WALKING  
 SOUND OFF  
 PHYSICAL EXERCISE  
 MEDITATION  
 ANTIDEPRESSANTS  
 MEDICINE  
 DRINKING WATER  
 SPORT  
 HOLIDAYS  
 HELPING OTHERS  
 HOBBY  
 POSITIVE THINKING  
 MODERATION  
 SLEEPING  
 FRIENDS

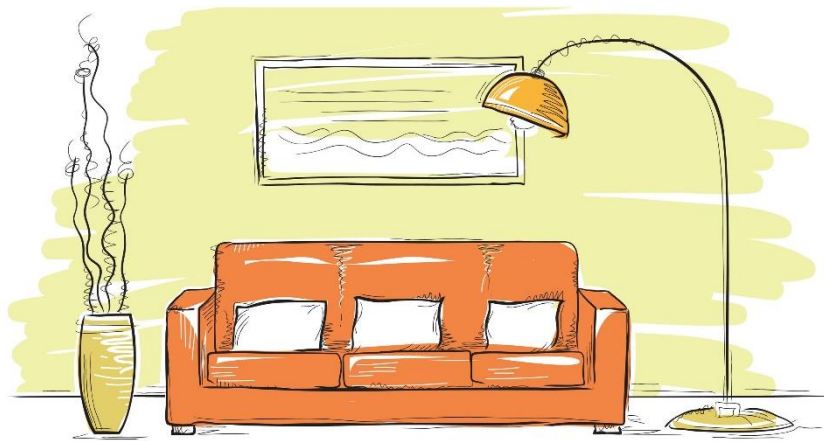


## Looking after your stuff

1. If you are organised, how does this keep your belongings safe?

Tick the correct sentences:

- It saves you time in looking for things.
- It helps you to lose your stuff.
- It helps protect your stuff.
- It saves you money as you will know what you have.



2. Where might you see this notice? Write 2 places:



# Keeping clothes clean and organised

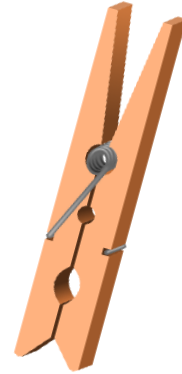
I. Choose the correct answer.

a) Clothes can get grubby, so you need to change them

- weekly
- monthly
- daily

b) Cigarette smoke will make your clothes

- fresh
- smelly
- clean




c) Change your underclothes at least

- once a year
- once a week
- once a day

2. Answer the questions:

a) What symbol means 'Line Dry'?

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b) What does this symbol  mean?







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c) What heat should you use? 

-----

d) How should you wash this? 

----- Complete the v

	Do Not Bleach
	Line Dry
	Drip Dry
	Tumble Dry Normal
	Iron Any Temperature Steam Or Dry
	Iron Medium Heat

coat  
 dress  
 hat  
 jacket  
 jeans  
 shirt  
 shoes  
 skirt  
 suit  
 trousers

s	x	z	y	t	u	h	d	s	s
t	y	h	a	u	y	w	u	h	n
t	r	o	u	s	e	r	s	o	a
j	y	i	h	s	u	i	t	e	e
i	a	i	k	t	h	z	p	s	j
h	r	c	a	s	b	k	a	l	s
t	a	o	k	z	c	d	j	e	y
h	c	t	t	e	p	e	k	i	l
s	s	e	r	d	t	k	n	t	a
d	g	z	j	n	g	w	g	m	s

2. Sometimes, we have to wear clothes to protect us. Label these:

apron, hard hat, gloves







## PERSONAL CARE PLAN

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Fill in your personal care plan. Look at the checklist on page 40 for ideas.

Make notes throughout the course. State what you did for each of the headings. (Make copies)

Day No	Hygiene	Appearance	Nutrition	Exercise	Happiness	Notes

## Mapping of Learning Outcomes

The learner will be able to:

- (PC1) List essential daily personal care practices Page 8 (introduction to personal care), Pages 9 and 10 (bathing and showering), Pages 11 to 14 (handwashing), Pages 15 to 18 (cleaning skin), Pages 19 to 23 (hair care), Pages 24 to 29 (oral health), Pages 30 and 31 (nail care), Pages 32 and 33 (shaving), Pages 34 and 35 (footcare), Pages 36 to 38 (smelling nice), Pages 39 to 40 (keeping yourself clean), Pages 41 to 43 (staying hygienic), Pages 46 to 57 (healthy eating), Pages 58 and 59 (eating mindfully), Pages 60 to 65 (food hygiene), Pages 66 to 73 (physical activity), Pages 74 to 76 (relaxation), Pages 77 (minding mental health), Pages 78 to 79 (sleep), Page 80 (medical check-ups), Pages 81 to 83 (meeting others), Pages 84 to 85 (interests)
- (PC2) Identify some benefits and consequences of good personal care Page 9 (bathing or showering), Pages 11 and 14 (benefits of handwashing), Pages 15, 17, 18 (benefits of clean skin), Pages 22 and 23 (benefits of hair care), Pages 24, 25, 26, 28 and 29 (benefits of oral care), Pages 30 and 31 (benefits of good nail care), Page 35 (benefits of footcare), Page 37 (benefits of good body odour), Page 39 (benefits of good hygiene), Page 47 (benefits of healthy eating), Page 50 (benefits of water), Pages 53 to 56 (benefits of certain foods), Pages 63 to 65 (benefits of good food hygiene), Page 68 (benefits of exercise), Page 71 (benefits of sport), Page 74 (benefits of relaxation), Page 83 (consequences of social media)
- (PC3) Explain the benefits of a range of daily personal care products, e.g. dental care products, antiperspirants, hair care, foot care Page 16 (facial mask), Pages 20 and 21 (hair care products), Pages 27 and 28 (dental products), Page 31 (nail care tools), Page 33 (shaving products), Page 36 (deodorant), Page 38 (products to improve body odour), Pages 39 and 40 (hygiene products),
- (PC4) Maintain an agreed personal care plan Page 42 (hygiene routine), Page 43 (personal care plan), Page 73 (activity journal), Page 92 (personal care plan), Page 104 (personal care checklist)
- (PC5) List reasons to care for personal belongings Pages 86 to 88 (taking care of your stuff), Pages 89 to 91 (caring for the environment)
- (PC6) Identify appropriate clothing for a range of routine activities at home, at work and in the community Pages 95 to 96 (cleaning clothes), Pages 97 to 103 (wearing the right clothes)