LEVEL 1

PERSONAL CARE

Worksheets

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Sample

Contents

Note to the Tutor, **Page 3**
Overview, **Page 4**
Personal hygiene facts, **Page 5**
Why is personal care important?, **Page 6**

Assessment brief 1: Personal care products and tools, **Page 8**

A. Products and tools to keep us clean, **Page 9**
B. Products and tools to keep our homes clean, **Page 25**
C. Tools and products in a first aid kit, **Page 34**

Assessment brief 2: Personal care routines, **Page 37**

A. Bathing and showering, **Page 38**
B. Haircare, **Page 44**
C. Handwashing, **Page 50**
D. Brushing your teeth, **Page 57**
E. Skincare, **Page 64**
F. Face washing, **Page 68**
G. Footcare, **Page 71**
H. Body odour, **Page 72**
I. Wound care, **Page 80**
J. Keeping your environment clean, **Page 83**
K. Dressing neatly, **Page 88**
L. Taking care of your stuff, **Page 93**
M. Healthy eating, **Page 95**
N. Food hygiene, **Page 98**
O. Sleeping, **Page 103**
P. Daily routine, **Page 104**

Appendices

Appendix 1: Personal care checklist, **Page 110**
Appendix 2: Daily routine checklist, **Page 111**
Appendix 3: Hygiene exhibition, **Page 112**
Appendix 4: Shopping list, **Page 113**
Appendix 5: Experiment – How soap works, **Page 114**
Mapping of learning outcomes, **Page 115**

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Sample

ASSESSMENT BRIEF 1

Course:	Personal C are
Course Code:	MIHI4
Assessment:	Collection of Work
Title:	Personal Care Products & Tools
Weighting:	Collection of Work 100%

Guidelines

You will be expected to:

Identify a range of personal care products.

Assessment criteria

- Exercises must be complete.
- Exercises must be correct.
- Personal care products can include soap, to othpaste, shampoo, mouthwash, razor, scissors, comb , household cleaners, first aid kit, etc.

Submission date:

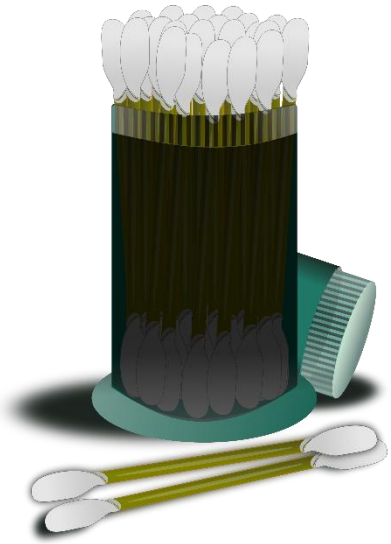
I confirm that this is my own work.

Signed: Date:

Sample

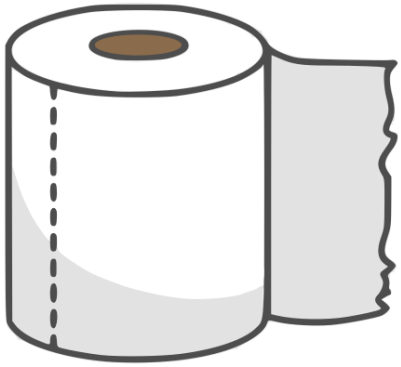
1. Match the products and words.

soap



towel

toothpaste



earbuds

toilet paper

Sample

2. Write yes or no.

a) I shave with a razor.

_____

b) I use a toothbrush to comb my hair.

_____

c) I cut my nails with nail clippers.

_____

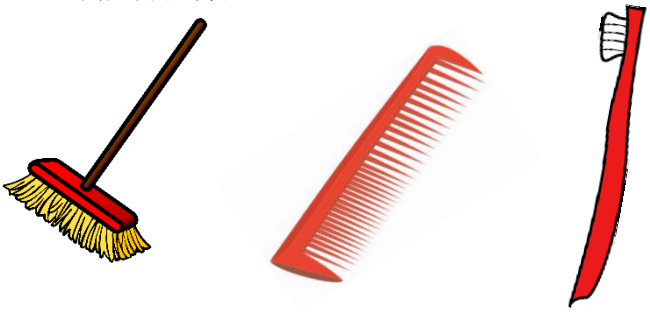
d) I dry my hair with scissors.

_____

e) I wash with soap and a sponge.

_____

What do you think he is using?
Circle it.



Sample

3. Complete the sentences:

soap

scissors

shampoo

a) I was my hair with _____.

b) I wash my hands with _____.

c) I cut my nails with _____.

lotion

comb

hairdryer

d) I comb my hair with a _____.

e) I make my skin soft with _____.

f) I dry my hair with a _____.

Sample

4. Look at the personal care tools below. Follow the instructions. Note: You will need coloured pencils.

a) How many hairdryers are there? _____

b) Circle one of the brushes in red.

c) Circle one of the scissors in blue.

d) Draw a line under one of the combs.

e) Draw a cross through a razor.

Sample

1. Complete the words:

bin, broom, mop, gloves, iron

b r _ _ m

g l _ v _ _

i r _ _

_ _ n

m _ _

Sample

ASSESSMENT BRIEF 2

Course:	Personal Care
Course Code:	MIHI4
Assessment:	Collection of Work
Title:	Personal Care Routines
Weighting:	Collection of Work 100%

Guidelines

You will be expected to:

1. List routines in daily personal care practices.
2. Practise personal hygiene.

Assessment criteria

- Exercises must be complete.
- Exercises must be correct.
- Routines listed can include: bathing / showering, haircare, handwashing, brushing your teeth, skin care, footcare, laundry, wound care, dressing appropriately, healthy eating, sleeping, etc.
- Personal hygiene practices must be carried out at home. The 'Try it out' pages and personal care checklist can be used.
- Photographic/video evidence may be needed, e.g. handwashing, dressing neatly.

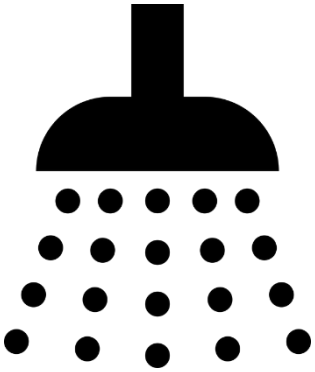
Submission date:

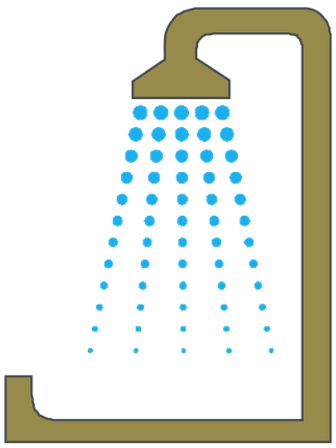
I confirm that this is my own work.

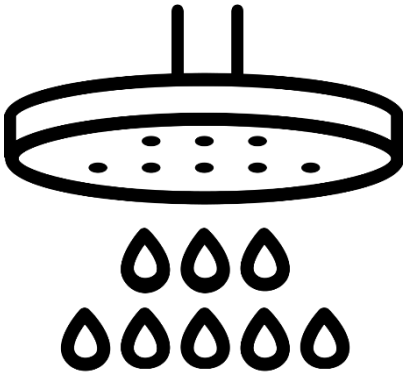
Signed: Date:

Sample

1. Which of these is not a bathroom shower sign? Underline it.







2. Label the bathroom below:

shower, basin, bath, toilet

Sample

Handwashing

1. Choose the correct word in each sentence.

a) You wash your hands / hair with soap.

b) You scrub your nails with a nail broom / brush.

c) You can kill germs with foot / hand sanitiser.

d) You keep your nails short with scissors / soap.

Sample

1. Which of these signs mean you can drink the water? Tick them.

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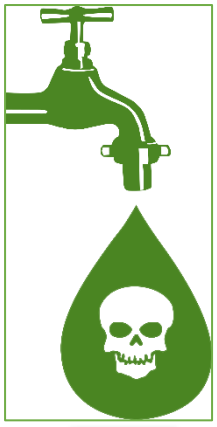

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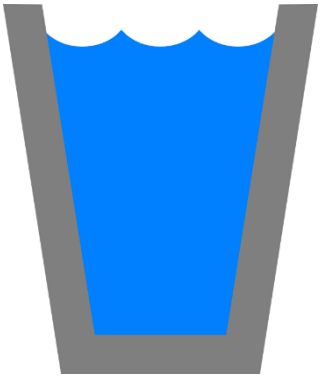

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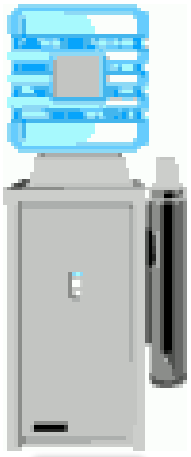

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1. Read the text below with your tutor. Find these words – highlight or underline them.

clothes, washing, laundry, clean, need, your

There's no point putting dirty clothes on a clean body! Make sure you change your underwear and socks every single day. Some items of clothing you may be able to wear a couple of times before they need washing such as trousers or jumpers but anything that is dirty or smelly should be put in the laundry basket.

Sample

Keeping your environment clean

1. In your group, talk about these questions: (the tutor will read them to you)

a) How do you clean your home?

b) How do you think a clean home helps you stay healthy?

c) What household chores do you enjoy doing?

d) What household chores do you not enjoy doing?

TUTOR VERIFICATION	
Tutor signature	Date

2. Which of these household chores do you do regularly?

- ☐ Sweeping
- ☐ Mopping
- ☐ Washing dishes
- ☐ Dusting
- ☐ Doing laundry
- ☐ Cleaning bathroom
- ☐ Taking out garbage
- ☐ Making the bed
- ☐ Tidying up

Try it out AT HOME!

Keep your environment clean and tidy.
Did you....?

- ☐ Wash dishes
- ☐ Clean counters
- ☐ Sweep floors
- ☐ Mop floors
- ☐ Dust furniture
- ☐ Take out garbage
- ☐ Recycle
- ☐ Clean the bathroom
- ☐ Clean up after cooking and eating
- ☐ Tidy up
- ☐ Put things away

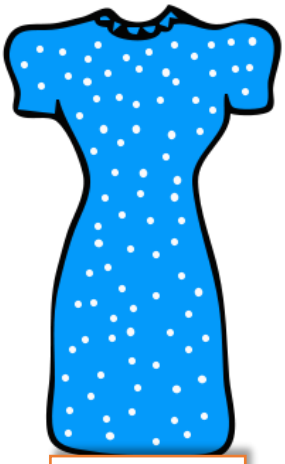
Did you keep the classroom clean and tidy?

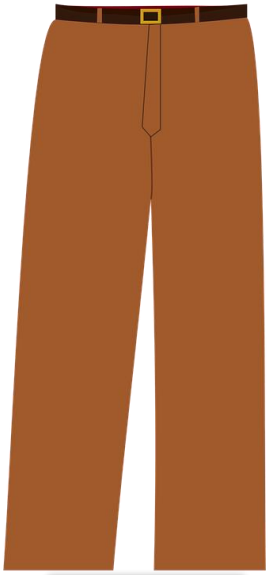
_____

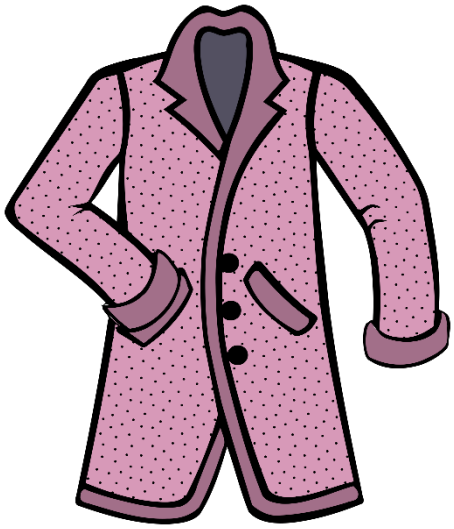
TUTOR VERIFICATION	
Tutor signature	Date

Sample

1. Are these clothes for home or work? Write H for Home and W for Work. (Write both if the clothes would suit both!)







1. Complete the sentences:

fridge, Wash, food, Cook

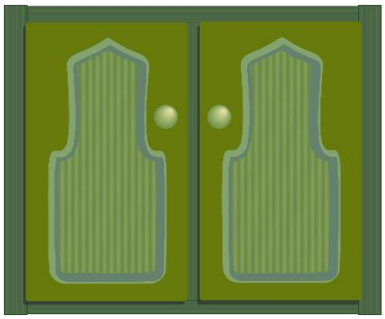
a) _____ food to the proper temperatures.

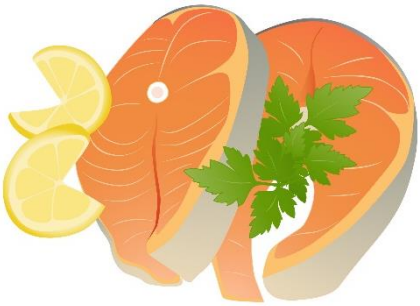
b) Separate food, for example, do not mix raw and cooked _____.

c) _____ hands and surfaces often.

d) Chill food promptly - put it in the _____.

2. Do these foods go into the fridge or cupboard? Draw lines.





Sample

Appendix 1: Personal Care Checklist

Fill in the checklist. Use ticks ✓.

How often do I.....?	Regularly	Daily	Once or twice a year
Take a bath or shower			
Wash my hair			
Brush/Comb my hair			
Get my hair cut			
Wash my hands			
Brush my teeth			
Use mouthwash			
Visit the dentist			
Keep my skin clean			
Keep my skin soft			
Scrub my feet			
Drink water			
Wash my face			
Use deodorant			
Change my clothes			
Wash my clothes			
Clean my environment			
Dress neatly			
Taking care of my stuff			
Eat healthy food			
Exercise			
Sleep well			

Mapping of learning outcomes

(PC1) List routines in daily personal care practices, e.g. hair care, dental care, daily hygiene practices and getting treatment for minor infections Pages 38 to 42 (bathing and showering), Pages 44 to 48 (haircare), Pages 50 to 55 (handwashing), Pages 57 to 62 (brushing teeth), Pages 64 to 66 (skincare), Pages 68 to 70 (face washing), Page 71 (footcare), Pages 72 to 77 (body odour), Pages 80 to 82 (wound care / first aid), Pages 83 to 86 (keeping environment clean), Pages 88 to 91 (dressing appropriately), Pages 93 to 94 (looking after our stuff), Pages 95 to 101 (healthy eating / cooking), Page 103 (sleeping), Pages 104 to 108 (daily routine)

(PC2) Practise essential skills that promote personal hygiene, e.g. washing, dental care, care for clothes Page 43 (bathing and showering), Page 49 (haircare), Page 56 (handwashing), Page 63 (brushing teeth), Page 67 (drinking water), Page 78 (laundry), Page 79 (avoiding body odour), Page 87 (keeping environment clean), Page 92 (dressing neatly), Page 102 (eating / cooking healthy), Page 110 (personal care checklist), Page 111 (daily routine checklist)

(PC3) Identify a range of personal care products, e.g. soaps, shampoo Pages 9 to 24 (products and tools to keep us clean), Pages 25 to 33 (products and tools to keep our homes clean), Pages 34 to 35 (first aid kit), Page 112 (personal care exhibition), Page 113 (personal care shopping list), Page 114 (experiment - how soap works)