God is Pure and Holy
Cleanliness

For parents or teacher to read:
God has created us as special. He wants us to look after our bodies and keep ourselves clean on both the inside and the outside.

Cleanliness is…
Washing our hands after the toilet and before eating
Washing, taking a shower or bath each day
Washing our hair
Keeping our nails short and clean
Brushing our teeth twice a day
Washing our clothes

Activity: Draw up a table with 6 boxes. In each box draw a picture to show hot to keep your body clean

Wash your hands.	Take a shower.	Wash your hair.
Cut your nails.	Brush your teeth.	Wash your clothes.

What happens if we don't do these things?
Our bodies will become smelly.
God made our skin to sweat. This is when little droplets of water come out of the skin to cool us down. It is a good thing, because it stops us from getting too hot. But when our skin sweats, it stays on the skin if we don't wash it off. Germs are attracted to the sweat, and we become smelly.
Dirty clothes: As we play outside, dirt and dust get into our clothes. The sweat from our skin also gets into our clothes. This is why we should wash our clothes.
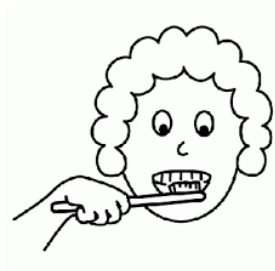
Healthy habits

Copy the sentence and draw a picture:

I wash my hands.

I brush my teeth.

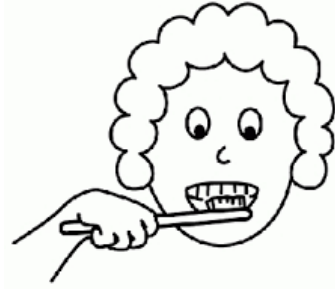I comb my hair.

I take a shower.

I blow my nose.

I put the tissue in the bin.

Healthy habits

Copy the drawings of the 5 healthy habits. Two of these are not healthy. Can you find them?

Year 1 Practical Science Pure/Holy
Topic: Cleaning
Cleaning products in the home

You will need:
- Squares of white cotton cloth
- Substances to place stains of the cloth – coffee, chocolate, grass, mud, beetroot, tomato sauce
- A variety of household cleaners, powders and detergents

What to do:
- Take your squares of white cloth and stain them with the staining substances. You will need 4 of each type of stained material, e.g. 4 pieces stained with tomato sauce, 4 with chocolate etc.
- Allow to dry
- Wearing disposable gloves, try to remove the stains using 4 different household cleaners plus water. (e.g. Try getting the tomato sauce out of the cloth using washing powder, washing up detergent, bathroom cleaner, vinegar or lemon juice.)
- Allow your samples to dry.
- Display the samples on a chart and compare. Which cleaning product did the best job on which stains?

Write your results
- Record your results in table form. Give each cleaner a score out of 5 for its cleaning ability on each stain, making a possible score of 30.
    - Make a graph to show the best cleaner. Do this by adding up the scores.

	Washing powder	Detergent	Bathroom cleaner	Vinegar
chocolate				
Tomato sauce				
Coffee				
Grass				
beetroot				
mud				
TOTAL				

Hygiene 1

Draw tap.

Now redesign it by doing this:

B – make one part bigger

A – add something extra

R – replace one part with something else

Hygiene 2

Name 5 things that NEVER need to be washed.

Hygiene 3

Think of 3 different things this picture could represent. It must have something to do with keeping clean.

Hygiene 4

Give 10 ways of making things clean in and around your home.

Hygiene 5

Give 3 possible reasons why:
someone would not be allowed to use soap for bathing or showering.

Hygiene 6

Find 5 different uses for some "bubble bath".

Keeping clean

God is Pure and Holy

A small book to make
Draw a picture on each page.

Keeping clean

1

To look after my body I need to keep it clean. Keeping my body clean will help to keep germs away. Germs can make me sick.

2

It is good to wash my hands before I eat so that germs do not get into my mouth.

3

It is good to wash my hands after I go to the toilet. Lots of germs live there.

4

It is good to take a shower often. I use soap to help me get clean.

5

It is good to keep my hair clean. I use shampoo to wash my hair.

6

It is very good to clean my teeth in the morning and at night. Foods with sugar can make my teeth decay. Decay happens when germs eat away at my teeth and make holes.

7

It is good to carry tissues to blow my nose. When I have used the tissue I throw it in the bin. Dirty tissues carry germs.

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