

Curriculum Outline

- 1. Health & Hygiene**
 - a. Definitions
 - b. Good vs Bad Hygiene
 - c. Benefits of Good Hygiene
- 2. Hands**
 - a. Handwashing
 - b. Nails
- 3. Hair**
 - a. Care Tips
 - b. Problems
 - i. Dandruff
 - ii. Splitting & Breaking
 - iii. Lice
- 4. Skin**
 - a. Body Odor
 - b. Sun & Skin
- 5. Face**
 - a. Acne
 - b. Facial Care
- 6. Feet**
 - a. Foot Care
- 7. Oral Hygiene**
 - a. Definition of a Healthy Mouth
 - b. Dental Diseases