ASK YOURSELF
WORK SHEET

My personal hygiene

Do you think you have good personal hygiene habits? Record with an ✗ or a ✓ on the work sheet everything you do to keep yourself clean over a week. **Review** your habits and **make a plan** to improve them. See how you can **improve** your personal hygiene every day.

Washing and grooming activities	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Wash face							
Wash hands							
Brush teeth							
Wash hair							
Comb hair							
Wash feet							
Shower or bath							
Change underclothes							
Change bedding							
Change towels							

1. Do you think you have good personal hygiene habits? Yes ❐ No ❐
2. Do you practise each of these habits often enough? Yes ❐ No ❐
3. Do you wash and groom yourself properly? Yes ❐ No ❐
4. In what ways can you improve your hygiene?
5. Make a plan to improve your personal hygiene and try to follow it.

EATING WELL FOR GOOD HEALTH
LESSON ELEVEN
KEEPING OURSELVES OUR WATER AND OUR SURROUNDINGS CLEAN
1of1

For information on personal hygiene check *Fact sheet* ***Keeping yourself clean and free from germs***.

FACT SHEET

Keeping yourself clean and free from germs

...IT'S IN YOUR HANDS!

Keeping our bodies clean helps us **stay healthy** and free from harmful germs. Good personal hygiene can help **prevent** flu, diarrhoea, cholera and many other infectious diseases. Frequent and proper hand washing and bathing should **become everybody's daily habit.**

1. Hands

Our hands are a primary source of germs. They carry millions of germs that we cannot see and can easily pass to everything and everyone we touch. One of the most effective ways to prevent the spread of germs is good hand washing. We can help prevent diarrhoea, cholera, intestinal worms, flu, eye infections and many other infections caused by harmful germs through good hand washing.

Wetting hands with water is not enough to remove dirt and germs from the hands. Hands should be washed with soap and clean water, rubbing thoroughly outside the stream of water for at least 20 seconds, and then rinsed under running water and dried with a clean cloth or paper towel.

★ **See** *Fact sheet* ***12 steps to good hand washing*** for more details on how to make sure our hands are clean and free from germs.

Always wash hands:

- ✔ after using the toilet
- ✔ before eating
- ✔ before and after handling food
- ✔ after sneezing, coughing, blowing your nose
- ✔ before and after touching cuts, wounds and body fluids
- ✔ when you or somebody else close to you is ill
- ✔ before touching or feeding a baby
- ✔ after changing a baby's diaper
- ✔ after touching a public surface
- ✔ after touching or removing rubbish
- ✔ after cleaning the house

- ✔ after gardening or touching soil
- ✔ after touching animals
- ✔ every time you feel you have touched something that could be contaminated with germs.

2. Body

A dirty body encourages the growth of germs. Dust, sweat, body fluids and warmth all encourage germs to grow and multiply. Regular bathing with clean water and soap removes dirt, dead skin and sweat. It prevents skin irritations and infections by removing germs and cleaning wounds. It also prevents unwanted body odour and creates a feeling of well-being, cleanliness and comfort.

- ✔ **Take a shower or bath daily.** Use clean water and soap. When washing, start from the top: wash your head, face, shoulders, abdominal area, legs, sexual organs and feet. Take special care to wash behind the ears, back of the neck, the armpits, the groin and other hair-covered places where germs find sweat and dead cells to feed on.
- ✔ **Keep your hair clean and neat.** Shampoo regularly (several times a week) to prevent the buildup of dirt and oil. Brush and comb your hair every day to avoid tangles. Check for lice and other insects. If lice are found, take steps to get rid of them as soon as possible by using a special shampoo and removing eggs from the hair with a special comb. Wash all towels, bed linen and recently worn clothing in hot water.
- ✔ **Wash your face** with soap and water in the morning and at night before going to bed.
- ✔ **Keep your ears clean** by preventing dust and dirt from entering. Clean your outer ears with warm water and soap. Be careful to keep water and soap out of the inner ear and do not put any object inside the ears.
- ✔ **Wash your feet every day**, especially if you walk barefoot. Scrub them thoroughly with soap, paying special attention to the spaces between the toes. Keep toenails short and clean. Use a separate towel dedicated for drying feet. Wear clean socks and shoes. Never go barefoot into a public toilet.
- ✔ **Do not exchange personal hygiene objects**, such as sponges, brushes, combs, razors, towels.

3. Mouth

Hundreds of different types of germs live and multiply in the mouth. Good oral hygiene limits the spread of bacteria that can cause tooth decay, tooth loss, gum disease, ulcers and other mouth infections. If possible, have a dentist or other health professional check your mouth, gums and teeth once a year.

- ✔ Brush your teeth thoroughly after every meal for at least two minutes. Brush them up and down in a light circular motion, in front, behind and across the top. Remove food particles and dental plaque (film on the teeth).
- ✔ Do not share toothbrushes. Replace your toothbrush several times a year, especially after an illness such as the flu.
- ✔ Use your own drinking glass and eating utensils and wash them after each use.
- ✔ Do not put objects or fingers in your mouth.
- ✔ Do not spit in public places.

4. Nose

The nose is also a good place for germs to hide and multiply. Good practices will help limit the spread of germs.

Do **not** use your hands to wipe your nose or for coughing or sneezing; this will spread germs to whatever and whomever you touch. Carry clean paper tissues and use them to blow your nose and to catch coughs and sneezes. Dispose of dirty tissues as soon as possible and wash your hands. If you have no tissue when coughing and sneezing, place your sleeve or arm over your nose and mouth.

5. Clothing, bedding and towels

Wearing clean clothes is an essential part of personal hygiene. You and your family will stay healthier by keeping clothing and bedding clean and free from germs.

- ✔ Change underwear and socks daily, or as often as possible.
- ✔ Wear clean clothes; change them regularly. Wash them as they become soiled or smelly. Take your "outdoor" clothes off as soon as you get home and hang them up to air. Avoid sharing clothes.
- ✔ Change bedding once a week or as often as possible. To limit the multiplication of germs it is especially important to change bedding frequently during and after illness.

- ✔ If lice are found, immediately change and wash the bedding, the towels and the clothes of the infected person. Take steps to get rid of lice as soon as possible by using a special shampoo and removing eggs from the hair with a special comb.
- ✔ Use your personal hand and bath towels for drying your hands and body. Dedicate a separate towel for drying feet. Change towels often and wash them in hot water with soap.
- ✔ Kitchen towels are perfect for germ breeding and need to be washed often, preferably separately from other clothes.

6. Cuts and wounds

- ✔ Keep cuts and wounds clean, use an antiseptic cleaner when possible.
- ✔ Keep them covered to avoid infection and spreading germs, especially when preparing food and taking care of children.
- ✔ In case of serious, deep cuts and wounds consult a doctor.

7. Personal hygiene during menstruation

Girls and women should maintain a high level of hygiene during menstruation to avoid infections.

- ✔ Keep clean by washing or showering more than once a day.
- ✔ Change underwear and clothing as often as necessary, especially when they become soiled.
- ✔ Use clean sanitary pads or cloths and change them frequently (several times a day).
- ✔ Wash hands before and after changing a pad.

Basic facts about water

Water is essential for life and good health. It is a basic element for human survival. Nothing on Earth can live without water. People, animals and plants all need water to live and to grow.

Water and the human body

Water is one of the most important elements of the human body. It makes up a large part of total body weight. Depending on body size, up to 65% of body mass is water. It is the main component of body fluids and organs.

Where is all that water?

- All parts of the body contain some water.
- The lungs are about 90% water.
- About 83% of the blood is water.
- Lean muscle tissue is about 75% water.
- About 70% of the brain is water.
- Bone is about 22% water.
- Body fat is about 10% water.

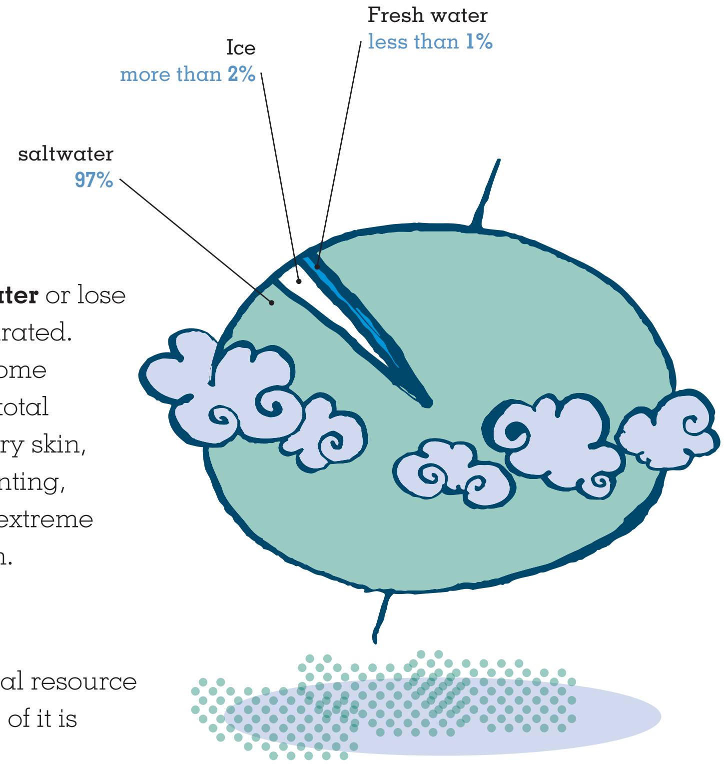
What does all that water do?

Water plays a critical role in many body functions. It:

- helps carry oxygen and nutrients to cells
- removes toxins from the body
- regulates body temperature
- allows better blood circulation
- helps the body metabolize fat
- helps the body use water-soluble vitamins
- keeps tissues and joints moist
- protects vital organs.

A person needs 2–4 litres of clean drinking water a day to replace the fluids lost through different body processes. The amount varies depending on the body size, the physical activity level and the weather.

Basic facts about water *(cont.)*



When people do not get enough water or lose too much water they become dehydrated. Dehydration symptoms usually become visible after the body loses 2% of its total water volume. They include thirst, dry skin, dry mouth, dark urine, dizziness, fainting, decreased blood pressure. In some extreme cases dehydration can lead to death.

Water resources of the Earth

- Water is the most abundant natural resource on our planet. However, over 97% of it is salty seawater.
- Fresh water represents only 3% of all natural freshwater sources and most of it is frozen in ice-caps and glaciers.
- Rivers, lakes, wetlands and groundwater water sources (aquifers) hold less than 1% of all fresh water, which has to provide for the world population.
- Water is a finite resource which cannot be increased nor decreased. The overall amount of water on the Earth – 1 400 million km^3 – has remained the same for millions of years.
- Water circulates in a never ending cycle: it evaporates, rises to the sky, condenses into clouds and falls down to earth as rain, snow or hail.

Water scarcity

- About 1.2 billion people around the world do not have safe drinking water. Many of them live in arid (dry) regions where the water supply is scarce and rainfall is rare and unreliable.
- Water scarcity can also occur in areas with plenty of freshwater and rainfall. Millions of people face water shortages due to a lack of infrastructure and poor water quality.
- People who suffer most from water scarcity are the world's poor, of whom almost one billion are hungry.

Health problems related to water

- Water scarcity forces people to rely on unsafe sources of drinking water which can cause many serious diseases carried and spread by contaminated water, such as diarrhoea, cholera, typhoid, dysentery, schistosomiasis and many others. Diarrhoea is the biggest killer of children in the developing world, where 1 out of 6 child deaths is due to diarrhoea.

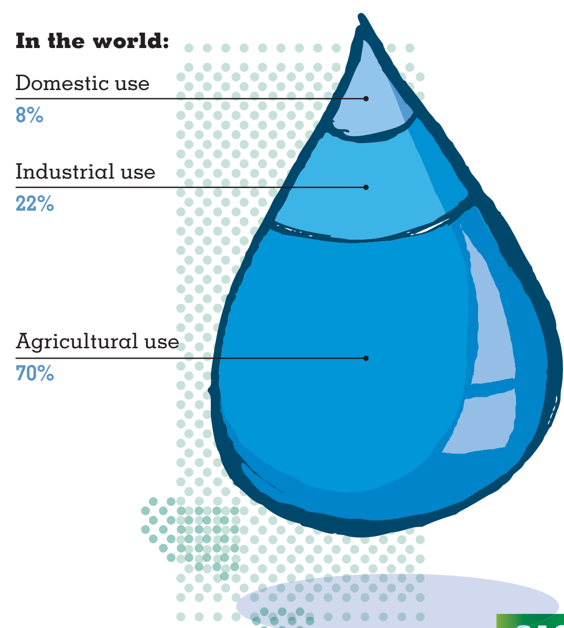
- About 2 million people die every year from infections spread by unsafe water, lack of toilets and adequate sanitation facilities and poor hygiene.
- Half of the world's hospitalizations are due to water-related diseases.

Women's work

- In many parts of the world, women and girls have primary responsibility for collecting water for the family for drinking, cooking, hygiene and sanitation.
- Women and girls often spend several hours each day collecting water and carrying heavy containers. In many rural areas, women and girls walk long distances to collect and carry water.
- Carrying water is some of the hardest work done in any community. Carrying heavy loads of water on the back or with a head strap can lead to frequent headaches, backache, joint pain, malformation of the spine, and can cause a pregnant woman to lose her baby due to strain.
- This daily work can leave girls with little time for going to school, studying and learning, playing and resting. It keeps women from other important activities for themselves and their families, such as income-generating work, self-development, child care, recreation and rest.

Competing water uses

- Water is a shared resource. Farmers need it for irrigation to produce food; industries need it for the production of goods and electricity; people need it daily for drinking, cooking and bathing.
- Most of the world's water is used for growing crops. Agriculture accounts for about 70% of all freshwater use. Industry uses 22% and households about 8%.



- When water is used wastefully, there is little left for nature. Half of all wetlands have disappeared over the last century. Some rivers no longer reach the sea. Many fish species are endangered or extinct.

Water pollution

- Nature continually recycles water and purifies small quantities of waste in the rivers, lakes and seas. But people are polluting water faster than nature can recycle the waste. The world's supply of water is becoming increasingly polluted.
- Runoffs from agriculture fields often contain harmful fertilizers, pesticides, herbicides and animal manure, which pollute the water supply.
- Factories that produce textiles, plastics, medicines, cosmetics and other industrial goods often dump untreated wastes into natural water bodies.
- Cities and towns throw tons of sewage and other human waste into the world's water. More than one billion people openly defecate in or near water sources, a dangerous sanitation practice that contaminates water, encouraging the spread of harmful diseases.

Water and agriculture

- Without sufficient water, we cannot grow enough food for people to eat. Irrigated land is twice as productive as rainfed cropland. Irrigated agriculture produces 40 percent of the world's food on 20 percent of arable land.
- It takes 1 000 to 3 000 litres of water to produce just one kilo of rice and 13 000 to 15 000 litres to produce one kilo of grainfed beef.
- With the population expected to reach 9 billion people by 2050, the challenge for agriculture is to grow more food with less water.
- Agriculture can become a leader in the world's efforts to conserve water for future generations. Water can be saved through rainwater harvesting, wastewater recycling, drip irrigation, less deforestation, planting of trees, use of natural fertilizers and pesticides.

MATCH IT WORKSHEET

Water facts matching

How much do you know about water? Are you drinking enough water every day? Is your water safe? See if you can match each water fact with its correct ending.

1. All people, animals, and plants…
2. A person needs to drink…
3. When people do not drink enough water…
4. 1.2 billion people worldwide…
5. 2.4 billion people worldwide…
6. Contaminated water and poor sanitation…
7. Every day 4 000 children…
8. The water supply must be protected from…
9. Water is safe to drink…
10. To make sure water from lakes, rivers and ponds is safe to drink…
11. Boiling water for a few minutes…
12. Water is never safe to drink or to use for bathing and irrigation…

A. …it must always be boiled or chlorinated before drinking.
B. …leaking latrines, sewer pipes, rubbish, chemicals and other contaminants.
C. …when it is polluted with toxic chemicals.
D. …they become dehydrated.
E. …destroys most types of germs that can cause disease.
F. …2-4 litres of fluids a day.
G. …when it is either protected and constantly tested, or treated before use.
H. …do not have proper sanitation facilities for waste and sewage.
I. …can cause diarrhoea, cholera, typhoid, hepatitis and other serious diseases.
J. …die from infections spread by dirty water or the lack of toilets.
K. …need water to live and be in good health.
L. …do not have clean water.

EATING WELL FOR GOOD HEALTH
LESSON ELEVEN
KEEPING OURSELVES OUR WATER AND OUR SURROUNDINGS CLEAN
1of1

Answer key: 1K, 2F, 3D, 4L, 5H, 6I, 7J, 8B, 9G, 10A, 11E, 12C.

Easy ways to make water safe to drink

Water should be treated before drinking if there is any chance that it has been contaminated by:

- surface runoff
- leaking latrines and sewer pipes
- rubbish dumps
- dirty buckets, dirty cups and dirty ropes lowered into the water
- dirty hands
- clothes washing
- animals.

Water with toxic chemicals is never safe to use.

Settling water

When water settles, solid matter and germs sink to the bottom. Settling water will reduce the number of germs and make water safer, but it does not make the water completely safe and free from germs. Settling water must be followed by disinfection, such as boiling the water or using chlorine.

To settle water

1. Fill a clean container with water.
2. Cover the top and let it settle for a few hours.
3. Pour the water slowly into a clean empty container, making sure not to disturb the sediment (solid matter) at the bottom. Leave the sediment at the bottom of the bottle you are pouring from.
4. Pour out the sediment and dirty water left in the bottom and wash the container thoroughly.

Filtering water

Filtering removes many, but not all germs. It must be followed by disinfection that makes water safe to drink.

Cloth filter

1. Let water settle in a container so that solid material sinks to the bottom.
2. Make a cloth filter out of clean fabric. (It can be used fabric, as long as it is clean.) Fold the cloth 4 times and stretch or tie it over the mouth of a clean water jar or container.

3. Pour the water slowly into the jar through the cloth. Always use the same side of the cloth.
4. After using the cloth, wash it and leave it in the sun to dry.

Charcoal filter

1. Make holes in the bottom of a container.
2. Grind charcoal to a fine powder and rinse with clean water. Activated charcoal works best, but ordinary charcoal will work almost as well. Never use charcoal briquettes.
3. Place layers of stones, gravel or sand in the container. Place a thin cloth and a layer of charcoal on top.
4. Pour water into the filter and collect the water from the bottom container.
5. Remove and clean the charcoal often.

Boiling water

Boiling water kills most types of germs that can cause disease.

1. Filter or settle the water before boiling.
2. Boil the water vigorously for at least one minute. In high mountain areas boil water for at least 3 minutes.
3. Let it cool to room temperature. Do not add ice.
4. Store boiled water in a clean container with cover used only for water.
5. To improve the flat taste of boiled water, you can add a pinch of salt or aerate it by pouring it back and forth from one clean container to another and allow it to stand for a few hours.

Chlorinating water

If boiling is not possible, water can be disinfected using chlorine. This will kill most bacteria and some viruses that can cause disease.

Tip: ***Chlorine works much better in warm water.***

You can use regular non-scented household chlorine bleach (5.25%) or chlorine tablets. The amount of chlorine needed to disinfect water depends on how contaminated the water is. The more germs there are, the more chlorine you need to get rid of them. It is important to add enough chlorine so that some is left in the water after the germs are killed. Treated water should smell and taste only just slightly of chlorine.

When using liquid chlorine bleach

1. Filter or settle the water to make it clearer so that it will disinfect more quickly.
2. For each litre of water add 2 drops of household bleach.
3. Shake gently or mix with a clean spoon. Cover and let it stand for 30 minutes before using it. The water should have a slight chlorine smell.
4. If it does not, repeat the process and allow it to stand for an additional 15 minutes. If the treated water has too strong a chlorine smell or taste, pour it from one clean container into another several times.
5. Store treated water in a clean container with cover used only for water.

When using chlorine tablets

1. Follow the tablet instructions, if available. When instructions are not available, use one tablet per litre of water.
2. Allow the water to stand for 30 minutes before drinking.

Solar disinfection

Disinfecting water by using the sun's rays is a simple and effective way to treat water. It requires only sunlight and a bottle, but it takes longer than chlorine disinfection. It works best in places where there is a lot of sunshine and in countries close to the equator. The farther north or south of the equator you are, the more time is needed for disinfection to work.

1. Clean a clear plastic or glass bottle or plastic bag.
2. Filter or settle the water to make it clearer so it will disinfect more quickly.
3. Fill the bottle ¾ full, and shake it for 20 seconds to add air bubbles to the water. Then fill the bottle or bag to the top. The air bubbles will help to disinfect the water faster.
4. Place the bottle in an open place where there is no shade and where people and animals will not disturb it, like the roof of a house.
5. Leave the bottle for at least 6 hours in full sun, or 2 days if it is cloudy.

FACT SHEET

Health problems from unsafe water

Problem	Signs and effects on the human body
Diarrhoeal diseases Diarrhoea, dysentery, cholera and typhoid are caused by germs carried by human waste, insects, unsafe water and food. Diarrhoea can be a sign of worm infections.	The most common sign of a diarrhoeal disease is frequent, watery stools. It may be accompanied by fever, headache, trembling, weakness, vomiting. Knowing what treatment to give depends on the kind of diarrhoea: • **Cholera**: diarrhoea like rice water, severe intestinal pain and cramping, vomiting. • **Typhoid**: fever, severe intestinal pain and cramping, headache, constipation or diarrhoea. • **Giardia**: diarrhea that appears greasy, floats and smells bad, gas and burps that smell like rotten eggs. • **Dysentery**: bloody diarrhoea, fever, severe intestinal pain and cramping.
Guinea worm A long, thin worm that lives under the skin. It looks like a white thread and can be over a metre long. Guinea worm is found in Africa, India and the Middle East. Giunea worm is spread by infected people who walk into water. The worm pokes out of an open sore and lays eggs in the water. Another person drinks the water and swallows the worm eggs. Some of the eggs develop into worms under the skin. After a year, a worm breaks through the skin to lay eggs.	The common sign is a painful swelling on the leg or elsewhere on the body. After a few days a blister forms which soon bursts open and forms a painful sore. This often happens when standing in water or bathing. The end of a Guinea worm can be seen poking out of the sore. The worm works its way out of the body over the next week. If the sore gets dirty or if the worm is broken by trying to pull it out, the pain and swelling spread and walking becomes impossible.
Blood flukes (*Schistosomiasis*) Blood flukes are tiny worms that cause *Schistosomiasis*, also known as snail fever or bilharzia. They multiply inside snails and are most commonly spread in fresh water where there are many snails. The snails carry the worm eggs that have been deposited by infected people urinating or defecating in or near freshwater rivers, lakes and streams.	Common early signs are a rash or itch. Later signs are chills, fever, diarrhoea, blood in the urine or bloody stools. Sometimes there are no early signs. In areas where this is very common, people with only mild signs should be tested. *Schistosomiasis* can cause serious damage to the liver, bladder, kidneys and lungs.

Continued

Health problems from unsafe water *(cont.)*

Problem	Signs and effects on the human body
Water and HIV/AIDS HIV/AIDS is NOT passed from person to person through water. HIV makes people more vulnerable to water-related illnesses. Lack of water for washing and sterilizing health care instruments in hospitals and health centres can make prevention of spreading the HIV virus more difficult.	When people's bodily defences are weak from HIV, diarrhoeal diseases are more likely to affect them and it is much harder to recover. People taking drugs for HIV may have complications when taking other drugs to treat diarrhoea and worms. Children infected by HIV are especially vulnerable. Worms that might not be life-threatening for people who are otherwise healthy can cause pneumonia if they travel into the lungs of HIV-infected people.
Exposure to toxic chemicals Toxic chemicals can enter water in many different ways. Runoffs from fields pollute water with harmful fertilizers and pesticides. Industrial plants release chemical waste into water sources. In some areas toxic chemicals are naturally present in soil and rocks. Toxic chemicals are usually invisible. The only way to detect them is to test water at a laboratory. The only way to ensure that water is free of toxic chemicals is to prevent chemical contamination at the source.	Drinking water polluted with toxic chemicals can lead to various diseases including cancer, changes in the bone structure, inborn deformities and immune system damage.

How clean is my water

IS YOUR WATER SAFE TO DRINK? Conduct a survey at home and record on the work sheet with a ✓ everything you and your family do to keep your water clean. **Review** your habits and **make a plan to improve** the quality of your water and protect your family from diseases spread though contaminated water.

	Yes	If no, how can you improve the situation?
Protecting water sources		
• never urinate and defecate in or near water	❐	....
• build latrines far from your water source	❐	....
• keep animals out of the water and do not let them urinate or defecate in or near water	❐	....
• never throw any waste into the water	❐	....
• fix any leaks as soon as possible	❐	....
• cover the water source to protect it from dirt	❐	....
• do not use soaps, detergents, shampoos or cleaning solutions in or near water sources	❐	....
Collecting water		
• wash hands with soap before collecting water	❐	....
• use clean buckets and ropes to draw the water	❐	....
• never step into the water while collecting it	❐	....
Storing water at home		
• store water in covered containers	❐	....
• clean containers and water bottles regularly	❐	....
• clean drinking cups	❐	....
• keep water containers off the floor	❐	....
• keep containers away from animals	❐	....
• never store drinking water in containers that have been used for chemicals	❐	....
• dry up all water spills	❐	....

Continued

How clean is my water *(cont.)*

	Yes	If no, how can you improve the situation?
Making water safe to drink		
• settle or filter water before disinfecting it	❐	....
• disinfect water by boiling or chlorinating when there is a risk of contamination	❐	....

1. Is your water safe to drink? Yes ❐ No ❐
2. Do you protect your water source from germs and worms? Yes ❐ No ❐
3. Do you collect water in a proper way? Yes ❐ No ❐
4. Do you store water correctly? Yes ❐ No ❐
5. Do you know how to make water safe to drink? Yes ❐ No ❐
6. In what ways can you improve the quality of your water?

....

....

For information on disinfecting water by boiling or adding chlorine check Fact sheet ***Easy ways to make water safe to drink***.

How good is your community water supply?

Collect all the information you can on the water supply in your community through your own observations and investigation and by interviewing knowledgeable people, experts and local authorities. Find out where the water comes from, if it is clean and safe and if there is enough water for everyone.

What are the responsible authorities doing to make sure that everyone has access to enough water? How do they make sure that the water is safe for people to use?

Investigate and discuss these issues and decide what the local authorities, community leaders, families and individuals can do to protect and improve the water supply.

Prepare a report or presentation with the results of your investigation and analysis; include suggestions for improvements and actions that can be taken.

Your investigation should include:

1. identifying any problems in the provision of safe, clean water to the community;
2. explaining how these problems affect people's health and daily lives;
3. evaluating or rating the provision of water in the community;
4. making suggestions for actions to improve the situation through efforts by individuals, families and community authorities.

Examples of interview questions:

- *Where does the water in your community come from?*
- *Is that source clean and safe? Is the water enough for everyone in your community? Is it available all year round?*
- *What steps are taken to protect that source from contamination? Is there a local authority responsible for testing the water supply?*
- *How is the water delivered to houses, schools and hospitals?*
- *If the water is supplied through pipes, how old are the pipes? Are there any leaks? Who is responsible for fixing the leaks and other maintenance jobs?*
- *Have there been any cases of water contamination? Have there been any cases of disease caused by contaminated water? How were people's health affected? How are these problems dealt with? Who deals with them?*
- *Do people in the community know that drinking unsafe water can cause serious diseases? Who should inform them about the health risks of dirty water?*
- *How could the water supply be improved?*
- *What are the difficulties in improving it?*
- *Who should be taking action to improve this basic service to the community?*

QUIZ
WORK SHEET

Clean living conditions: true or false?

Check your understanding of some basic facts about clean living conditions...

		True	False
1.	Clean living conditions, sanitary toilet facilities and proper waste disposal are essential for our health.	☑	☐
2.	Human and animal faeces contain many germs and must be disposed of quickly and safely.	☐	☐
3.	If there are no community facilities, there is no way that people can dispose of their toilet waste safely.	☐	☐
4.	Dust is not real dirt and does not affect our health.	☐	☐
5.	Poorly kept rubbish dumps do not contribute to the spread of disease as long as they are kept far from people's homes.	☐	☐
6.	Diseases related to poor sanitation are not among the major causes of death in any country.	☐	☐
7.	To limit the spread of germs and protect our health it is especially important to keep food preparation, storage and eating areas clean.	☐	☐
8.	Hand-washing facilities with clean water and soap should be provided near all toilets and latrines.	☐	☐
9.	There is no safe way to treat or re-use hazardous household waste.	☐	☐
10.	Keeping the places we live in and the spaces around us clean and free from harmful germs is just as important for our health as keeping our body and our water clean.	☐	☐

★ The Fact sheets ***Basic practices for a clean and safe home*** and ***Basic practices for a clean and safe community*** **will help you** answer these questions.

EATING WELL FOR GOOD HEALTH
LESSON ELEVEN
KEEPING OURSELVES OUR WATER AND OUR SURROUNDINGS CLEAN
1of1

Answer key: 1 True, 2 True, 3 False, 4 False, 5 False, 6 False, 7 True, 8 True, 9 False, 10 True

FACT SHEET

Basic practices for a clean and safe home

DO NOTs	DOs
Never defecate in the open. Faeces contain many very harmful germs. They may be washed away by rain and contaminate wells, streams and the surrounding areas. Flies will feed on faeces and pass the germs onto surfaces and food.	**Use sanitary toilet facilities at all times.** Clean and disinfect the toilet often and regularly . If there is no toilet or latrine, dispose of your sewage properly, including children's faeces and nappies. Bury your waste immediately, far away from your home and other people's homes.
Do not accumulate rubbish in or near your home. Germs, insects and rodents will breed and multiply in the rubbish. **Never throw rubbish into rivers and lakes.** It contaminates water and spreads disease to other people who use these water sources.	**Dispose of your household rubbish quickly and correctly.** Sort it out for recycling, composting or burying and take the rest to the communal containers or directly to the rubbish dump. Get rid of your household rubbish and trash as often as possible.
Do not dump hazardous household waste in the environment or leave them in the open. These contain dangerous chemicals that can pollute the soil, water and air. It is dangerous, illegal and puts all community members at risk.	**Dispose of your household chemicals, such as paints, pesticides, batteries and certain cleaning solutions, at specially designated sites.** Toxic chemicals must be collected by trained staff and treated properly. Contact your local authorities for advice and information.
Do not keep animals and birds inside the house. It is especially important to keep animals away from food and cooking areas and from drinking water.	**Keep domestic animals and birds in a separate area outside the home.** Remove and bury their waste safely, away from houses and water sources, or use it as fertilizer.
Do not let water collect or stand near the house. Empty containers left uncovered can fill with rainwater, encouraging mosquito breeding and attracting flies and other insects and animals.	**Drain any areas of stagnant water.** Dry all water spills. Cover water containers or turn them upside down. Cut grass or weeds to prevent mosquitoes and other insects from breeding. To reduce exposure to mosquitoes that cause malaria, put nets over beds and cover windows and doors with mesh screens.

Continued

Basic practices for a clean and safe home *(cont.)*

DO NOTs	DOs
Do not let dirt build up in the house. It is especially important to clean the kitchen, food preparation area and bathroom or toilet facility areas often.	**Clean your house regularly.** Keep food storage and preparation areas clean and free from waste. Wash all surfaces with soap and clean water or with antiseptics and disinfectants. Clean toilet and bathing facilities very often.
Never use the same cloth, sponge or mop to clean the bathroom, kitchen, the floor and the cooking area. This can spread germs from one place to another.	**Use different cleaning cloths and equipment for different rooms and areas and replace them regularly.** When finished cleaning, wash the cloths, sponges, mops and leave them out to dry.
Do not inhale chemical cleaning products. Do not allow the chemicals to get into the eyes, nose or mouth. If the product is past the expiry date or if there are no instructions on the packaging, do not use it. **Never mix chemical cleaning products.**	**Handle chemical cleaning products with great care.** Keep them in locked cupboards, out of reach of children. Follow instructions on the packaging. Wear gloves when using products such as bleach. If a chemical spill occurs, immediately wash yourself and seek medical help.
Do not accumulate dust and smoke. A dusty environment and poor circulation of fresh air can lead to respiratory and eye infections and can be dangerous for people with allergies, asthma and other breathing problems.	**Keep the house free from dust and change the air frequently.** Dust the furniture and other surfaces. Sweep and wash the floors. Shake out carpets and rugs. Air your bed mattress, blankets and pillows.

FACT SHEET

Basic practices for a clean and safe community

What should communities do to keep the environment clean and safe from germs?	All public places - schools, hospitals, markets, restaurants and common places where people gather - must be kept clean and free from rubbish and trash. They should have clean toilet facilities, with soap and clean running water for hand-washing. Trash and rubbish dumps should be kept far from people's homes and from the water supply.
Why should communities organize rubbish collection?	Communities should organize proper rubbish removal to protect people's health. Waste collection reduces exposure to disease, improves the environment and provides employment to community members.
How should communities remove their rubbish?	Rubbish must be disposed of in a sanitary manner. Communal containers should be located in the residential areas for people to dispose of their household rubbish. It is particularly important to provide enough containers in public places (markets, schools, hospitals, stations) where large numbers of people come together and prepare, sell and eat food. All waste from communal containers should be collected several times a week and taken to the disposal site. It must be done by trained staff wearing protective clothing.
Where should rubbish dumps be located?	Rubbish dumps should not be located close to a water source, because bacteria can spread into groundwater or surface water sources. Dumps can cause disease if not properly constructed and treated to prevent the spread of germs. Dumps should be fenced off to prevent animals from scavenging and carrying rubbish to houses or other places. Waste should be covered every day with 10 cm of soil. When the pit is full the waste should be covered with a final layer of soil to prevent pests from breeding.
How should medical wastes be treated?	Medical wastes such as dirty bandages, needles, used syringes and medicines, are a particular health risk of the community. They require special handling and disposal. Medical waste needs to be treated, disinfected, burned or safely buried by trained staff with proper equipment.

Continued

How should slaughterhouse waste be disposed of?	Slaughterhouse waste contains decaying animal carcasses, blood and faeces and must be immediately disposed of in special sites. Local health authorities must inspect the slaughterhouses to make sure they follow proper procedures for waste disposal.
What should a community do with industrial waste?	Industrial waste contains toxic chemicals (for example: mercury, arsenic, heavy metals) that pose health risks for the community and pollute the environment. If industries, such as tanneries and mines, are located in the area, environmental agencies should be consulted on how to dispose of their wastes properly. While it may not be possible for the community itself to set up disposal areas for industrial wastes, it is important that community members recognize the risk and request support.
How should toxic chemicals be handled?	Many chemical cleaning products, pesticides and fertilizers can be harmful if not handled and stored correctly. They must be collected by trained staff wearing protective clothing, gloves and a breathing mask. They must be disposed of at special sites to avoid leaking into the soil and contaminating drinking-water supplies. All communities should have local authorities who are responsible for the proper disposal of toxic waste.

Home inspection

Is your home clean and safe? Or could it be putting your health at risk?
Record with an ✓ or ✗ everything you and your family do to keep your home clean and free from germs on a daily, weekly or seasonal basis.
Review your habits. Then **make a plan** to improve your household hygiene.

Cleaning tasks	Daily	Weekly	Seasonal	Never done before, but will do now
1. Kitchen				
Wash dishes, pots, pans and utensils with soap or dish detergent and hot water				
Clean the food preparation area - countertops, table, stove, kitchen sink - with soap and hot water				
Remove kitchen and cooking rubbish				
Clean inside and outside the cupboards				
Clean inside and outside the fridge and the freezer				
Clean the oven				
Change dish towels and aprons				
Sweep the floor				
Wash or mop the floor				
2. Bathroom				
Clean the sink or hand-washbasin				
Clean the shower or bath				
Clean and disinfect the toilet				
Wash or mop the floor				

Continued

Cleaning tasks	Daily	Weekly	Seasonal	Never done before, but will do now
2. *(cont.)* **Bathroom**				
Remove trash				
Make sure sewage is disposed of properly				
If there is no toilet or latrine, immediately bury faeces in an appropriate place				
Dispose of dirty nappies safely				
3. Bedroom				
Make your bed				
Air the mattress; keep it clean and hygienic				
Shake out or wash pillows and blankets				
Change soiled bedding and clothes, store and wash them properly				
4. All the rooms				
Change air				
Empty bins, take the rubbish out and dispose of it properly				
Dust furniture and other surfaces				
Sweep or vacuum-clean floors				
Wash floors, clean all the spills and sticky spots				
Wash and disinfect trouble spots: rubbish bins, door knobs				
Clean walls and ceiling, remove cobwebs				
Check for pests (flies, cockroaches, bedbugs, ticks), get rid of them as soon as possible				
				Continued

Cleaning tasks	**Daily**	**Weekly**	**Seasonal**	**Never done before, but will do now**
4. *(cont.)* **All the rooms**				
Wash windows				
Wash curtains, shades or blinds, if any				
Shake out or vacuum-clean carpets and rugs, if any				
Wash cleaning cloths, sponges, mops and leave them out to dry				
Change sponges, cloths, mops, brooms and other cleaning equipment				
5. Outdoors				
Keep the yard clean and free from rubbish				
Cut the grass				
Plant trees				
Cover any water containers or turn them upside-down				
Dry up any areas of standing water				
Keep domestic animals and birds in a separate area outside the home				
Remove and bury animal faeces safely				

- What are your household chores?
- Do you think you are doing enough to keep your home clean and free from germs?
- Do you know where the dirtiest places in your home are?
- In what ways can you improve your household hygiene?
- Discuss with your family, make a common plan and try to follow it.

Investigation: How clean and safe is my school?

Use these questions to inspect your school. Is it clean and pleasant to go to? **Discuss** these questions with your classmates and teachers and decide what can be done **to improve** your school sanitation and hygiene.

Classrooms

- Is your school clean and tidy? Yes ❒ No ❒
- Are the classrooms cleaned daily? Yes ❒ No ❒

  How well are they cleaned? ....

- Who is responsible for cleaning the classrooms? ....
- On average, how many students are there in every classroom? ....
- Are the classrooms big enough for the number of students? Yes ❒ No ❒
- Are there enough desks and seats for all students? Yes ❒ No ❒
- Are the classrooms aired frequently? Yes ❒ No ❒
- Is it often too hot or too cold in the classrooms? Yes ❒ No ❒
- Is there enough natural light? Yes ❒ No ❒

Suggestions for improvement ....

....

Toilets and hand-washing

- Are the toilets sufficient for the number of students in your school? Yes ❒ No ❒
- Are there separate toilets for girls and boys? Yes ❒ No ❒
- Are the toilets cleaned regularly? Yes ❒ No ❒
- Who is responsible for cleaning the toilets? ....

Continued

(cont.) **Toilets and hand-washing**

- Is there toilet paper? Yes ☐ No ☐
- Are there hand-washing sinks in or near the toilets? Yes ☐ No ☐
- Is there always enough clean water for hand-washing? Yes ☐ No ☐
- Is soap always available? Yes ☐ No ☐
- Are students' hands checked for cleanliness? Yes ☐ No ☐
- Do students know that dirty hands can cause serious diseases? Yes ☐ No ☐
- Are the toilets separated from the kitchen and eating area? Yes ☐ No ☐
- Were there any cases of diarrhoeal diseases among students? Yes ☐ No ☐

Suggestions for improvement ....

....

Rubbish

- Do students use bins to throw away their rubbish? Yes ☐ No ☐
- Where does the rubbish go? ....
- Is it burned or buried on the school grounds? Yes ☐ No ☐
- Is it collected from the school site? Yes ☐ No ☐
- Is it recycled? Yes ☐ No ☐
- Does the rubbish sometimes build up and attract flies? Yes ☐ No ☐
- Are there any pests (cockroaches, rats, flies) in your school? Yes ☐ No ☐
- What steps are taken to get rid of them? ....

....

Suggestions for improvement ....

....

Continued

School yard

- Is your school yard clean? Yes ❒ No ❒
- Is it fenced? Yes ❒ No ❒
- Is the grass cut to keep down insects? Yes ❒ No ❒
- Are there any trees in the school yard and surroundings? Yes ❒ No ❒
- Are there any areas of stagnant water where mosquitoes can breed? Yes ❒ No ❒
  Can they be removed? Yes ❒ No ❒

Suggestions for improvement ....

....

School cleaning

- Who is responsible for school cleaning and safety? ....
- What cleaning materials are used? ....
- What cleaning materials are needed? ....
- What can your school do better to keep its environment clean and safe? What can you and your classmates do to improve your school conditions? ....

  ....
- What can teachers and parents do? ....

  ....
- What can your local community do? ....

  ....
- What positive effect on students' health can these improvements have? ......

  ....

  ....

Use the ***School Canteen Inspection*** work sheet to continue your investigation and to inspect the eating area in your school.

How clean is my community?

Inspect your neighborhood. Is it safe and hygienic? How can it be improved? Are there any health problems in your community caused by dirty surroundings and poor living conditions?

Waste disposal

- How is rubbish disposed of in your community? . . . .

  . . . .
- Who is responsible for removing rubbish? . . . .
- Are there rubbish containers and bins in the public places? Yes ❒ No ❒
- How often is the rubbish collected? . . . .
- Does it sometimes build up in the streets? Yes ❒ No ❒
- Where is your community dump located? . . . .
- Is it a safe location? Yes ❒ No ❒

Suggestions for improvement . . . .

. . . .

Sanitation

- Do all public places have sanitary toilet facilities? Yes ❒ No ❒
- What types of toilets are there? . . . .
- Are there enough toilets for the number of people living in your area? Yes ❒ No ❒
- Are there separate public toilets for men and women? Yes ❒ No ❒
- Are public toilets cleaned regularly? Yes ❒ No ❒

Continued

(cont.) **Sanitation**

- Are there hand-washing facilities in public toilets? Yes ❐ No ❐
- Were there any cases of diseases caused by poor sanitation in your community? ....

Suggestions for improvement ....

....

Pests

- Are mosquitoes, flies and other insects common in your area? Yes ❐ No ❐
- Are there stagnant bodies of water? Yes ❐ No ❐
- Are there any cases of diseases caused by insects? Yes ❐ No ❐
- If malaria is a problem, do people use mosquito nets and cover the windows and doors with screens? Yes ❐ No ❐
- Are there many rats, mice and other rodents? Yes ❐ No ❐
- Are there any cases of diseases caused by these rodents? Yes ❐ No ❐
- What steps are taken to prevent these diseases from spreading? ....

....

Suggestions for improvement ....

....

Animals

- Are animals allowed in public buildings? Yes ❐ No ❐
- Are there separate fenced areas for any cattle in your community? Yes ❐ No ❐
- Where and how are the animals slaughtered? ....
- How does your community dispose of the slaughterhouse waste? ....

....

Suggestions for improvement ....

....

Continued

How clean is my community? *(cont.)*

Cooking and heating

- What fuel is used for cooking and heating? ....
- Is it safe for people's health? Yes ❒ No ❒
- Where do people cook? ....
- If indoors, how does smoke get out of houses? ....

Suggestions for improvement ....

....

Chemicals

- What chemicals are used in your community? ....
- How are they stored? ....
- How are they disposed of? ....

Suggestions for improvement ....

....

Buildings

- What construction materials are used to build houses in your residential area? ....

  Are they safe? Yes ❒ No ❒
- Is overcrowding a problem in your community? Yes ❒ No ❒
- What places are overcrowded? ....
- Are public places well-lit and ventilated? Yes ❒ No ❒
- Are there enough windows in the public buildings? Yes ❒ No ❒

Suggestions for improvement ....

....

Use the ***Food safety inspection*** work sheets in Lesson 8 to further investigate your community, your local market, grocery store or street stalls.

Eating well for good health is a learning module designed to explore basic concepts of good nutrition, health and healthy diets.

The lessons are meant for anyone who wants to learn how to improve their diets and eating habits. They can be used both inside and outside the classroom by students, teachers, youth or community groups and by individuals who want to learn on their own.

The module is divided into 4 main topics:
1. ***What it means to be healthy and well nourished***; 2. ***What we get from food***; 3. ***How to eat well for good health;*** and 4. ***Healthful habits and lifestyles***. The complete module comprises a total of eleven lessons, each of which contains a lesson overview, a set of learning objectives, some questions to think about while reading, reading content, a variety of group and individual activities and key points to remember.

The **activities** and their accompanying **materials**, which include fact sheets, work sheets, exercises, quizzes and community investigations, help learners test and reinforce their understanding of the basic concepts of each lesson and apply their acquired knowledge to their daily lives.

ISBN 978-92-5-107610-1

9 789251 076101

I3261E/1/04.13

The Eating well for good health web version is available on the *Feeding Minds, Fighting Hunger* website at:

www.feedingminds.org/fmfh/nutritionlessons