

Road to Learning and Earning

Lesson Plan



Plan topic: Health and Hygiene

Lesson Developed By: Rhonda Skipper & Paretta Mtunda

School: Harnett County Schools

Objective Being Taught	Apply the skills needed to practice healthy living and good nutrition. Apply daily hygiene/grooming habits.
RTLE Matrix Objective	By reviewing functional life skills resources, provide students and families with skills for living as independently as possible in the community.
Student Audience/Length	Life Skills/ 2 to 3 weeks
Materials/Resources Needed	Small packet of toiletry needs; poster boards; magazines; Ipads; Website: http://kidshealth.org/teen/yourbody/takecare/hygienebasics.html
Teaching Procedure	In small groups students will be instructed to talk/cut out pictures about what they can do to have good grooming and hygiene habits. They will research using the website and make a poster of what they have found and present it to the class.
Check for Understanding and Assessment of Lesson	What items do I need to have correct grooming and hygiene skills? What must I do every day to make sure I am properly groomed?
Wrap Up/Review	Good grooming and personal hygiene is good practice for daily living.