



ESSENTIALS TO HEALTH EDUCATION

PRESENTED BY  **PLT4M**





TABLE OF CONTENTS

| | |
|---|--------------|
| INTRODUCTION | 1 |
| THE STATE OF STUDENT HEALTH | 2 |
| 2024 SHAPE AMERICA NATIONAL HEALTH EDUCATION STANDARDS | 3 |
| HOLISTIC HEALTH & WELLNESS | 4 |
| PLANNING YOUR CURRICULUM | 5 |
| NUTRITION SAMPLE LESSON | 7-10 |
| SLEEP SAMPLE SAMPLE LESSON | 11-13 |
| DIGITAL CITIZENSHIP SAMPLE LESSON | 14-17 |
| FITNESS LITERACY SAMPLE LESSON | 18-21 |
| PERSONAL HYGIENE SAMPLE LESSON | 22-24 |



INTRODUCTION

Middle and high school are critical periods of mental, physical, emotional, and social development, making it essential to equip young individuals with the knowledge and skills necessary to make informed decisions about their health and well-being. Health education serves as a cornerstone for fostering a generation that is not only aware of the various health issues they may encounter but also empowered to take proactive steps towards a healthier lifestyle.



THE STATE OF STUDENT HEALTH



DRINKING

Alcohol Use: According to the 2021 National Youth Risk Behavior Survey (YRBS), **29% of high school** students reported having at least one drink of alcohol in the past 30 days.

Binge Drinking: The same survey indicated that **14% of high school students** engaged in binge drinking (defined as having five or more drinks in a row) in the past 30 days.



TOBACCO USE

Tobacco & Nicotine Use: The 2021 YRBS reported that **4% of high school students** smoked cigarettes on at least one day in the past 30 days.

E-cigarette Use: The National Youth Tobacco Survey (NYTS) 2022 found that **14.1% of high school students** and **3.3% of middle school students** reported using e-cigarettes in the past 30 days.



MARIJUANA

Marijuana Use: According to the 2021 National Youth Risk Behavior Survey (YRBS), **18% of high school students** reported using marijuana at least once in the past 30 days.

Middle School Students: Data from the 2022 Monitoring the Future (MTF) survey shows that approximately **6.5% of 8th graders** reported using marijuana in the past year.



OBESITY

Prevalence: The Centers for Disease Control and Prevention (CDC) data from 2017-2020 indicated that **19.7% of U.S. youth aged 2-19 years** were classified as obese, with higher prevalence in adolescents aged 12-19 years (22.2%).

Trends: The obesity rate among children and adolescents has more than tripled since the 1970s.



ANXIETY

Prevalence: The National Survey of Children's Health (NSCH) 2019-2020 reported that **9.4% of children aged 3-17 years** (approximately 5.8 million) have diagnosed anxiety.

Increasing Trends: The percentage of youth experiencing anxiety has been increasing, with notable rises in recent years due to factors like the COVID-19 pandemic.



DEPRESSION

Prevalence: According to the NSCH, **4.4% of children aged 3-17 years** (approximately 2.7 million) have diagnosed depression.

High School Students: The 2021 YRBS found that **36.7% of high school students** reported feeling persistently sad or hopeless almost every day for two weeks or more in a row, which is an indicator of depression.

2024 SHAPE AMERICA NATIONAL HEALTH EDUCATION STANDARDS

Students will be able to...

STANDARD 1: Use functional health information to support health and well-being.

STANDARD 5: Use a decision making process to support personal and community wealth and well-being.

STANDARD 2: Analyze influences that affect health and well being.

STANDARD 6: Use goal-setting process to support health and well-being.

STANDARD 3: Access valid and reliable resource to support health and well-being.

STANDARD 7: Demonstrate practices and behaviors to support health and well-being

STANDARD 4: Use interpersonal communication skills to support health & well being.

STANDARD 8: Advocate to promote health and well-being for self and others.

NATIONAL HEALTH EDUCATION STANDARDS

The **National Health Education Standards** serve as overarching goals for skill-based health education curricula.

FUNCTIONAL HEALTH
INFORMATION
STANDARD 1

+

HEALTH RELATED
SKILL
STANDARD 2

Educators determine **functional health** information (i.e., content) and the **health-related skill** (e.g., interpersonal communication, decision-making analyzing influences) within which the content is taught.

PERFORMANCE INDICATORS

Performance indicators articulate more specific goals that lead toward progress of the standards.

HOLISTIC HEALTH & WELLNESS

Schools can take a holistic health and wellness approach to support students' total physical, mental, and emotional health through a combination of physical education and health education classes.



PHYSICAL EDUCATION

+



HEALTH EDUCATION

=



SUCCESS



Physical Literacy: An individual's ability, confidence and desire to be physically active for life.

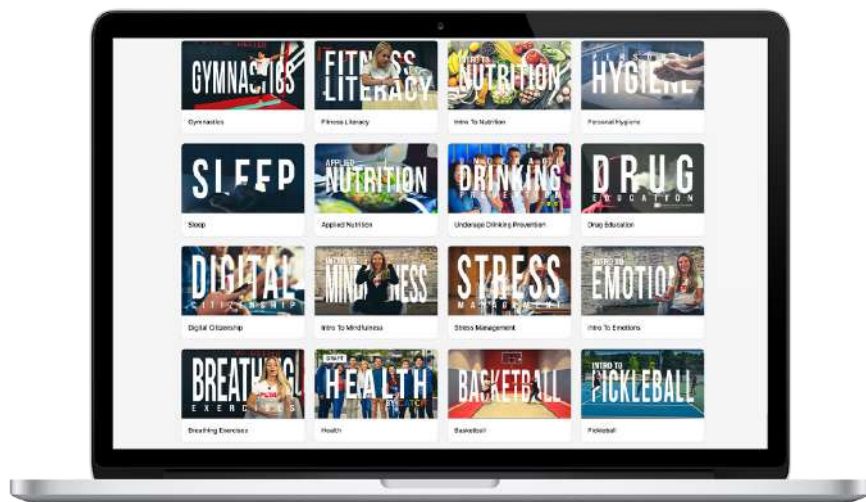


Health Literacy: An individual's capacity to access information, resources and services necessary to maintaining and promoting health.

PLANNING YOUR CURRICULUM

When planning curriculum for holistic health and wellness, pick from a library of different options, units, and lesson plans from PLT4M, all aligned to state and national standards.

Below are 5 free lessons from PLT4M's library. Each lesson comes from a full unit of materials that teachers can use with students in health and physical education classes.



PLUS MANY MORE!

5

**FREE
HEALTH
LESSONS**



NUTRITION LESSON PLAN

CALORIES

Part 1: Energy & Chemistry

Calories are not evil, and they do not need to be avoided. In fact, calories are essential because they are what our bodies convert to energy. In our previous lesson, we talked about what happens when bodies don't get enough energy. But where IS the source of energy in food?

There are four chemestries (or types of calories, and they may sound familiar - carbohydrates, proteins, fats, and alcohol. The first three chemistries are necessary for human health, but the last (alcohol) is not.

These chemistries are not exactly the same as the food groups. It can be a little complicated at first, but understanding the difference helps us understand foods that don't fit cleanly into a specific food group (e.g., pizza). It also allows us to get past simple "good" or "bad" classifications of food. Instead, we can look at a food's chemistry to better predict how it will impact performance and health.

What Our Body Sees When We Eat?

Bodies don't recognize food groups. When we eat a banana, our body doesn't say, "Ah-ha! A Fruit".

Instead, it sees carbohydrates in the form of sugar, starch, and a little fiber. It also sees a little protein and fat, as well as a slew of vitamins and water. Here are a few examples of the energy in our food:

- Fruits: Water + Carbohydrates (sugar, starch, fiber)
- Vegetables: Water + Carbohydrates (little starch, mostly fiber)
- Beans/Lentils: Carbohydrates (starch, fiber) + protein + little fat
- Milk/Yogurt: Water + Carbohydrate (sugar) + protein + fat

THE ENERGY IN FOOD


$$= \text{WATER} + \text{CARB}$$

Fruits

STARCH FIBER SUGAR


$$= \text{WATER} + \text{CARB}$$

Veggies

STARCH FIBER


$$= \text{CARB} + \text{PROTEIN} + \text{FAT}$$

Beans

STARCH FIBER


$$= \text{PROTEIN} + \text{FAT}$$

Meat, Fish & Eggs


$$= \text{CARB} + \text{PROTEIN} + \text{FAT}$$

Grains

STARCH FIBER


$$= \text{WATER} + \text{CARB} + \text{PROTEIN} + \text{FAT}$$

Milk & Yogurt

SUGAR

How Many Calories Do We Need?

Now that we have understanding of “what” calories are, how do we figure out how many to consume? The human body has a wide range of energy so it’s difficult to put an exact number on it.

There are formulas and general recommendations, but there can be huge variances based on sex, age, height, muscle mass, and physical activity intensity and duration. Even factors like what we eat, how often we eat, and our mental health can impact energy needs.

But in general, boys between the ages of 13-19 need at least an average of 2000-3000 calories per day, and girls ages 13-19 need at least an average 1600-2400. But it’s not uncommon for active, growing bodies to need more, and there can be a tremendous day-to-day swings in energy based on activity.

There’s also nothing magical about the number. Bodies are incredibly flexible, and can easily adapt to increased and decreased intake without changing the body itself.

How do we assess if we are eating too little or too much? How do we do this in an easy and straightforward way that we can apply to our daily lives? In our next lesson, we will explore ways to listen to the body to determine our energy levels.

WATCH THE CHAPTER VIDEO

Nutrient Family #2

PLT4M

Micronutrients

- Needed in smaller amounts
- Do not directly provide energy
- Required to for many functions / processes in the body

5:13 / 10:37

*To answer questions on the next page,
be sure to read the article AND watch the video*

NUTRITION LESSON PLAN

CHAPTER QUESTIONS

1. What are the 2 major classifications of nutrients?
2. Name at least 5 things that influence a person's energy needs?
3. On average, how many calories do people need?



+ MANY MORE!

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Health is right for your school!*

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SLEEP LESSON PLAN

BENEFITS OF SLEEP

In the hustle and bustle of school and life, with assignments piling up, extracurricular activities demanding attention, and social lives buzzing, it's easy to underestimate the importance of a good night's sleep. However, there are a multitude of benefits of sleep, impacting not only your academic performance but also your overall health and well-being. We all need sleep and our body benefits physically, mentally, and emotionally. Let's start out our sleep journey by understanding the benefits.



- 1. Enhanced Learning & Memory:** Imagine sleep as the secret ingredient to boosting your brainpower. During the deep sleep stages (more on this in future lessons), your brain is hard at work consolidating memories, organizing information, and making connections between new and existing knowledge. This means that a solid night's sleep can significantly enhance your ability to learn and remember what you've studied, helping you perform better in school, work, and life.



- 2. Improved Concentration & Focus:** Pay attention! Ever find yourself zoning out in class or struggling to concentrate during a study session? A lack of sleep might be the culprit. Lack of sleep can impair your cognitive function, making it difficult to pay attention and stay focused. But a well-rested mind, on the other hand, is alert, attentive, and ready to tackle the challenges of the day with vigor.



3. Better Mental & Emotional Well-Being: Ever had a bad night sleep and feel grumpy or agitated? A lack of sleep can take a major toll on our mental and emotional well-being. For example, lack of sleep has been linked to increased stress, anxiety, and irritability. Sleep plays a crucial role in regulating mood and emotional well-being. By prioritizing quality sleep, you can better manage the emotional rollercoaster of life and approach challenges with a more positive mindset.



4. Physical Health & Immune System Support: Beyond the mental benefits, sleep is essential for maintaining our physical health. During sleep, your body engages in repair and regeneration processes, strengthening the immune system and supporting overall well-being. Consistent, quality sleep is associated with a lower risk of illnesses and can help you recover faster if you do happen to get sick.

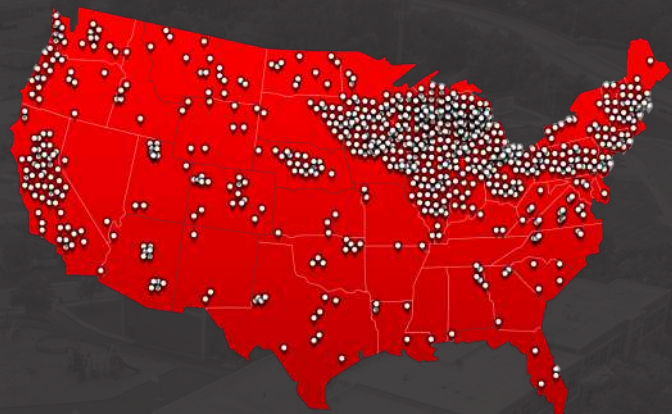


5. Enhanced Physical Activity & Athletic Performance: For the student-athletes among us, sleep is a critical factor in achieving peak performance. Sleep contributes to improved reaction times, faster recovery, and enhanced endurance. Consider sleep as a natural performance enhancer that can give you the edge in both sports and academics. And even if you aren't a student-athlete, these benefits also help support our journey in fitness and physical activity.

CREATE A COMPREHENSIVE WELLNESS EDUCATION WITH PLT4M!

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SCHEDULE A DEMO



SCHOOLS ACROSS THE NATION **TRUST** PLT4M

WATCH THE CHAPTER VIDEO



SLEEP LESSON PLAN

CHAPTER QUESTIONS

1. How does sleep enhance learning and memory?
2. How does sleep help you prevent getting sick?
3. How does sleep support emotional and mental health?



DIGITAL CITIZENSHIP LESSON PLAN

DIGITAL FOOTPRINT

Understanding the Digital Footprint

Your digital footprint is the trail of data you leave behind as you interact with websites, social media platforms, and other online services. This footprint includes information such as your social media posts, comments, photos, videos, online purchases, search history, and more.

The devices you use, like smartphones and computers, leave behind traces of your online activity.

Why Does It Matter?

Your digital footprint can have long-lasting implications, both positive and negative. Here's why it's essential to be mindful of it:

- 1. Future Opportunities:** Colleges, universities, and employers (and even future potential significant others) often research individuals online. A positive digital footprint can showcase your accomplishments, interests, and character, potentially opening doors to opportunities. Conversely, a negative digital footprint, filled with inappropriate content or questionable behavior, can harm your prospects.
- 2. Privacy & Security:** Information shared online can be difficult to erase completely. Even if you delete a post or photo, it may still exist on servers or in the caches of others who have seen it. Someone might even take a screenshot without you knowing. Being aware of your digital footprint helps protect your privacy and reduce the risk of identity theft or online harassment.
- 3. Personal Branding:** Your online presence is a reflection of who you are. By curating your digital footprint thoughtfully, you can shape your personal brand and how others perceive you. This can be especially important as you transition from high school to college and beyond.

Managing Your Digital Footprint

Now that you understand the importance of your digital footprint, here are some tips for managing it effectively:

1

1. Think Before You Post: Before sharing anything online, consider its potential impact. Ask yourself if the content aligns with your values and how you would feel if others, including future colleges or employers, saw it.

2

2. Use Privacy Settings: Most social media platforms offer privacy settings that allow you to control who can see your posts and personal information. Take advantage of these settings to limit your digital footprint to trusted friends and followers.

3

3. Regularly Review Your Accounts: Periodically review your social media accounts, as well as any other online profiles or accounts you may have. Delete or update any content that no longer represents you positively.

4

4. Protect Your Password: Use strong, unique passwords for each of your online accounts, and enable two-factor authentication whenever possible. This helps prevent unauthorized access to your accounts and protects your digital footprint from being compromised.

5

5. Be Wary of Oversharing: It's natural to want to share aspects of your life online, but be cautious about oversharing personal information. Avoid posting sensitive details such as your address, phone number, or financial information.

6

6. Talk To Others: Help your friends and peers understand the importance of managing theirs and their digital footprints responsibly. While you might want a picture with your friends or family as a personal memory, they might want to post it. It is okay to communicate and set clear expectations about what you are comfortable sharing about yourself online.

It Would Never Happen To Me! Digital Footprint Gone Wrong

A lot of this information about digital footprints might not be new information to you. We all have probably heard an adult warn us about something like, “Whatever you post online can live there forever.” And while the ominous warning might sound like exaggeration, it is important to consider the consequences of our digital footprint.



Imagine this scenario:

Sarah and her friend Emily are chatting on Snapchat, sharing funny selfies and updates about their day. Sarah decides to send Emily a private Snapchat message containing a silly photo of herself making a goofy face. Unbeknownst to Sarah, Emily decides to screenshot the photo before it disappears, violating the trust of their private conversation.

Later that day, Emily shows the screenshot to a group of friends during lunch at school, thinking it's harmless fun. However, one of the friends in the group takes a photo of the screenshot with their phone and shares it with others via text message. Before long, the silly photo of Sarah making a funny face has spread far beyond the confines of her private conversation with Emily.

To make matters worse, one of the recipients decides to post the photo on social media, where it quickly gains traction and begins circulating among classmates and even reaches students from other schools. Sarah, who thought she was sending a private message to a trusted friend, is now mortified as her silly photo becomes the subject of ridicule and gossip among her peers.

In this example, Sarah's private Snapchat message was exposed due to the actions of her friend Emily, who violated the trust of their private conversation by taking a screenshot. From there, the photo was shared further without Sarah's consent, ultimately leading to its widespread distribution and the loss of Sarah's privacy. This scenario underscores the importance of being cautious about what you share online, even in seemingly private conversations, as well as respecting the privacy of others.



WATCH THE CHAPTER VIDEO



DIGITAL CITIZENSHIP LESSON PLAN

CHAPTER QUESTIONS

1. In a few sentences, define the term digital citizenship:
2. List at least three ways you can manage your digital foot print:
3. True or False - When posting or sending something, even privately, there is a chance that people other than the intended receiver can see it or share it.



FITNESS LITERACY LESSON PLAN

FITT PRINCIPLE

What Is The FITT Principle?

The FITT principle is a fun acronym that helps everyone, from students to personal trainers, understand and evaluate workout programs.

- **F – Frequency:** how often will you exercise?
- **I – Intensity:** how hard do you work during your exercise?
- **T – Time:** how long do you exercise during each session?
- **T – Type of exercise:** what types of workouts will be a part of your workout program?

Physical Education FITT Goal Examples

Using the FITT principle, an individual can map a workout plan. For example, Sarah wants to run a 5K. Without FITT, Sarah might just go for occasional runs without a plan. But with FITT, she maps out a plan to balance longer, low intensity runs with shorter, high intensity runs. And because Sarah enjoys resistance training, she also plans to lift free weights twice a week as part of her training. Using the FITT principle, Sarah can map out her frequency, intensity, time, and types of exercise to prepare her for her 5K while still weight lifting.

Let's look at another example. Kevin is a high school football player planning his summer training schedule. Kevin knows that he needs to prepare for the various demands of the high school football season. Using the FITT principle, he maps out a 5-day training schedule focusing on weight lifting 3 days a week and includes speed, agility, and conditioning for the other 2 days. With a high-level plan, Kevin can find a program that will achieve his different goals.

Notice that there is no one size fits all approach to FITT. Each individual comes to FITT with different experiences, goals, and access (equipment and space).

Benefits of The FITT Principle For Physical Education

The FITT principle is an important concept in our health and wellness plan, as it provides a framework for effective exercise programs. But it is important to note the FITT principle doesn't mean we have to jump right to creating our own workout plans. Instead, individuals can use FITT to start labeling and understanding the different types of workouts they are doing.

This can be especially helpful for students who often look for the context and the "why" behind what they are doing in physical education or throughout their daily lives. By using the FITT formula, students can have ownership in their physical activity and become more engaged with fitness.

In addition, the FITT principle can be applied to any fitness level. When first time fitness goers start out, they can be tempted to compare to their peers. But FITT allows students to create fitness goals relative to their current fitness level.

And as students progress through physical education, they will, in time, be able to take small steps to create their own training sessions or workout plans with the help of the FITT principle. Again, this doesn't have to happen immediately, but FITT provides an excellent foundation for success.

Step 1: Label Workouts

You might find yourself in a position where you aren't deciding your fitness workout and plan (yet). It could be dictated by a teacher or coach, and that is okay! But you can still use FITT to better understand the types of workouts you are doing. Once you are in complete control of your fitness plan (in school or beyond) you will be ready to understand the different components of a workout plan.

A great first step to using the FITT principle is labeling workouts. In this approach, let's try to take a look at a week and determine how it relates to FITT. For example, a physical education class meets 5 days a week and has the following schedule:

- Monday – Strength Training
- Tuesday – Speed, Agility, and Conditioning
- Wednesday – Strength Training
- Thursday – Yoga / Recovery Day
- Friday – Fun Friday (Boxing, Bootcamp, Dance, Games, Etc)

From here, students can identify and label the different training sessions using FITT (frequency, intensity, time, and type of exercise). Students can do this by evaluating what they did day to day, or more narrowly, what they did within each training session.

- Was our Monday strength training day low intensity or high intensity? Or a mix of both?
- Was our Tuesday session focused on cardiovascular activity or muscular strength?
- Describe what you did for physical activity on Friday using the FITT principle.

Creating Your Own Workout Plan

At some point, you will be in charge of creating your own fitness plan. At a high level, this means you will navigate the frequency, intensity, time, and type of workouts you will do (FITT). But that doesn't mean you need to go at it alone - at any point in your life!

Instead, FITT can help you determine your high level approach to exercise. From there, you can still fill in the high level picture with different workouts or programs, many of which might be designed or led by someone else. For example, if yoga is part of your FITT principle plan, you still might find a yoga session online or through an in-person class. Notice that while you aren't creating the yoga workout, you are still using the FITT principle to evaluate how it fits in your overall plan.

Many students can give this a try by picking the types of workouts they do during a week.

You can still use the FITT principle to determine what type of workouts or physical activity you want to do, even if it means being a part of a class or group where someone else leads (for example, you go to a local yoga studio or dance class.)

As you learn more about the FITT principle, you could even start to design your own workout programs. For example, the assignment could state,

“You are tasked to create a personal fitness plan comprising 150 minutes of physical activity. Use the FITT principle to create a 2-week exercise program incorporating resistance training, aerobic exercise, and rest days.”

Again, you can find and adapt workouts you like, but match them to the assignment to achieve the FITT principle concept.

Key Takeaways on Using The FITT Principle in Physical Education

The FITT principle (frequency, intensity, time, and type of exercise) can help contextualize and deepen understanding of fitness and exercise. As a result, we can create a lasting positive connection with fitness to pursue long-term health and wellness. By using FITT, teachers can equip students with vocabulary of different exercise and training terminology.

And remember, just because you use the FITT principle doesn't mean you must create and design semester-long workout programs. Even adults look to trained and certified professionals to help do this. But instead, the FITT principle should be seen as a valuable tool to help students put fitness into context and help plan at a HIGH level what they should be doing for physical activity on a regular basis.

WATCH THE CHAPTER VIDEO



FITNESS LITERACY LESSON PLAN

CHAPTER QUESTIONS

1. What does the FITT acronym stand for?
2. How could someone use FITT to plan a week worth of workouts?
3. How would you compare sprints to a long jog using the Intensity, Time, and Type (ITT) of FITT?
4. Use the FITT Principle to describe your week of physical activity and exercise:

PERSONAL HYGIENE

LESSON PLAN

DEODORANT



Sweat, Smells, and Body Odor

Even if we aren't in a full blown workout, our armpits can often sweat throughout the day because of the build up of heat from general activities and daily living. As a result, without deodorant we might start to notice a smell from our armpits throughout the day.

The unpleasant odor that can emanate from our armpits when we don't wear deodorant is primarily due to the interaction between sweat and the bacteria present on our skin. Understanding this process involves the activity of apocrine sweat glands, the composition of sweat, and the role of bacteria. Let's take a closer look.

Apocrine Sweat Glands:

The armpits house a specific type of sweat gland called apocrine glands. These glands are concentrated in areas with a higher density of hair follicles, such as the underarms. Unlike eccrine glands that release a watery, odorless fluid, apocrine glands release a thicker fluid that contains proteins and lipids.

Sweat Composition:

The fluid released by apocrine glands is essentially odorless. However, when this sweat comes into contact with bacteria on the skin's surface, a series of chemical reactions occur. Bacteria break down the proteins and lipids in the sweat, producing byproducts that can have an unpleasant odor.

Bacterial Breakdown:

The bacteria responsible for breaking down these compounds are part of the skin's natural microbiome. As they metabolize the substances in the sweat, they release volatile compounds that contribute to body odor.

The Role of Deodorant

- **Antimicrobial Action:** Many deodorants contain antimicrobial agents that inhibit the growth of odor-causing bacteria, reducing the likelihood of unpleasant smells.
- **Masking Odor:** Deodorants often contain fragrances that help mask or cover up any existing body odor, providing a more pleasant scent.
- **Antiperspirant Properties:** Some deodorants also function as antiperspirants by containing substances like aluminum compounds that block sweat ducts, reducing the amount of sweat released onto the skin.



While deodorants offer an effective solution to manage body odor, it's important to note that sweating itself is a natural and essential process for regulating body temperature. If individuals choose not to use deodorant, maintaining good personal hygiene, washing regularly, and wearing breathable clothing can help minimize body odor by reducing the bacterial load on the skin.



+ MANY MORE!

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Types of Deodorant:

Deodorants come in a wide variety of types, fragrances, and more. Finding the right one that you like might take some trial and error. But you have to start somewhere. It is important to put on deodorant every morning when you start your day, and depending on your level of activity, it might be helpful to reapply if needed. Let's look at the different types of deodorant we can choose from.

Stick Deodorant:

This traditional form of deodorant comes in a solid stick form. It is easy to apply and offers long-lasting protection. Stick deodorants often contain a combination of antimicrobial agents and antiperspirant properties.

Roll-On Deodorant:

Roll-on deodorants come in a liquid form and are applied by rolling a ball applicator across the skin. They are known for providing even coverage and are a popular choice for those with sensitive skin.

Spray Deodorant:

Spray deodorants come in an aerosol can and are applied by spraying a fine mist onto the skin. They are quick to dry and provide a refreshing feeling. However, be cautious about overapplication, as excessive use can lead to irritation.

Cream or Gel Deodorant:

These types of deodorants come in a cream or gel form and are typically applied with the fingers. They are often preferred by individuals with sensitive skin, as they may contain fewer potentially irritating ingredients.



Using deodorant should and can be a part of our regular personal hygiene routine. Find the right deodorant and make sure you are applying it daily! This simple step can improve your overall body odor and make daily living and social interactions more pleasant and enjoyable for all involved (you and the people around you will be happy!). If you are choosing a deodorant with an antiperspirant and continue to have irritation, try a deodorant without an antiperspirant, which can commonly be an irritant!

WATCH THE CHAPTER VIDEO



PERSONAL HYGIENE LESSON PLAN

CHAPTER QUESTIONS

1. Explain how sweat itself doesn't smell but can lead to smelly odors?
2. List 4 different types of deodorant you can use?
3. Does deodorant prevent or mask body odor?
(Hint: Trick Question)



THANK YOU FOR READING!

Want to learn more about PLT4M?

SCAN HERE!
↓



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QUESTIONS?

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