At Junior Certificate level the student can:

Understand and recognise the need for personal hygiene practices

**Learning Targets** - This has been demonstrated by your ability to:

1. Wash hands and nails correctly
2. Have clean hair and appropriately tied back
3. Have clean apron
4. Choose correct products for basic hygiene
5. Describe how to wash hair
6. Describe how to clean hair brush and comb
7. Recognise importance of washing hands before handling food, after using toilet, after touching face and hands
8. Recognise importance of wearing clean underwear and frequency of change
9. List the consequences of poor hygiene, health and food contamination
10. Recognise suitable footwear for use in kitchen

Refer also to: English, Maths, Physical Education, Science, CSPE, Science

Work begun | Work in progress | Work completed