

Module 2

Healthy Living

AIM OF THE LESSON

Lesson 2.1 aims to share some important information about the human body and its functions and provide an understanding of the reproductive systems of both genders (male and female).

Learning Outcomes

By the end of this lesson learners should be able to:

- Explain the main organs of the human body and their functions
- Demonstrate understanding of the reproductive systems of both genders

Lesson Contents

- Human body
- Internal organs of human body
- Male and female reproductive systems

References

1. The Free Dictionary. Princeton. 2011. Available from:
<http://www.thefreedictionary.com/body+part>
2. WebMD. Human Physiology – The male reproductive system. 2005 – 2011. Available from:
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3. Inner Body. Your online guide to Human Anatomy. 1999 – 2011. Available from:
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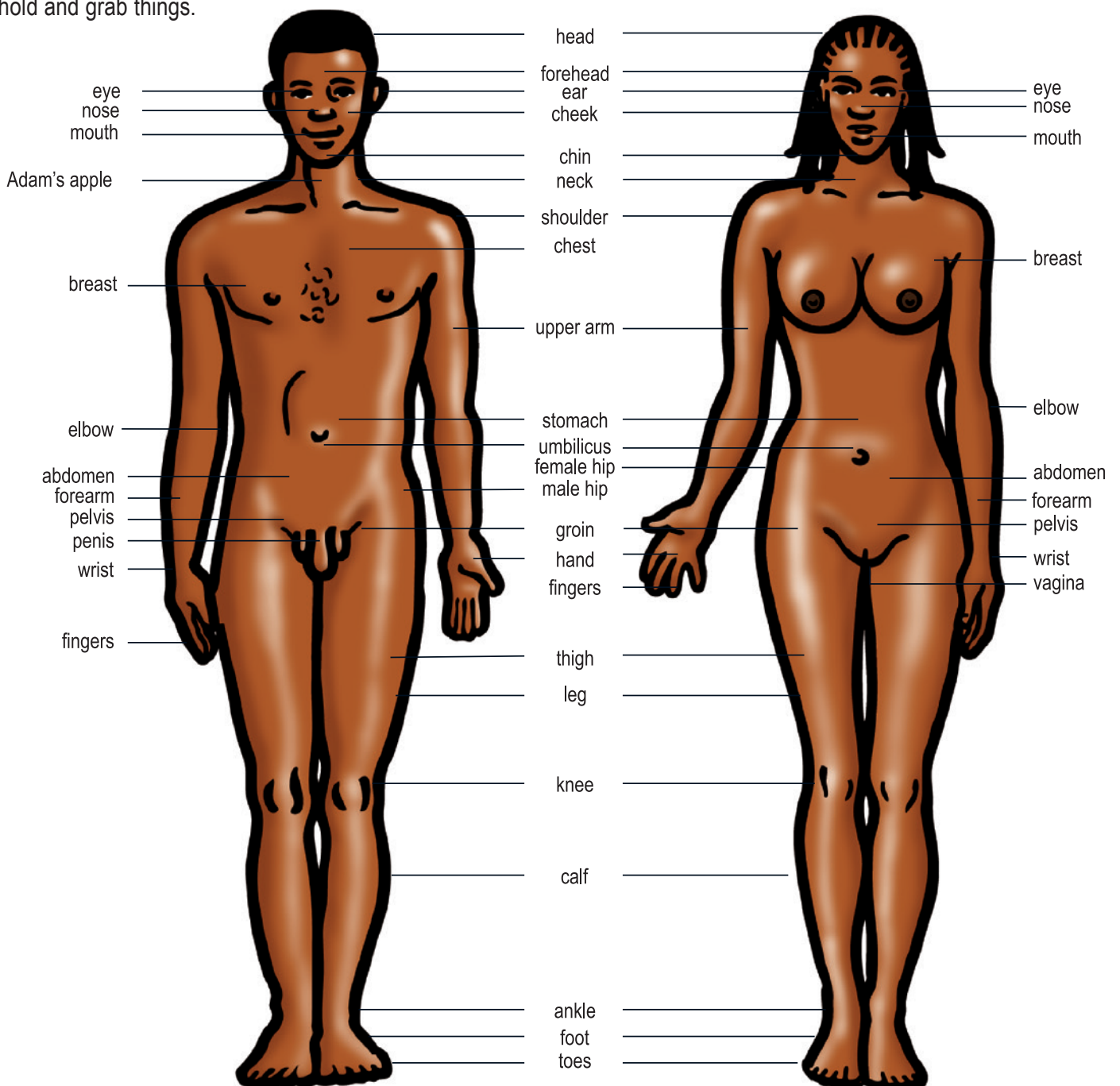
Your role as a CCG

Your role as a CCG is to understand the different parts of the human body, including the male and female reproductive systems, and what these parts do and how it works so that you can explain this to your clients. This will help you to understand and explain how the different illnesses affect the human body.

1. The human body

As human beings we have one body which has to last our whole life. It is important that we look after this body so that we can live longer. The body has many parts and they each have a specific function. It is important that all these parts are working well together.

The human body is made up of different parts: a head, neck, torso (the middle section), two arms and two legs. It is made to stand up straight, walk on two feet, use the arms to carry and lift, and has thumbs and fingers that are able to hold and grab things.



The torso (the middle section of the body)

- **Chest** – the part of the torso between the neck and the stomach area
- **Shoulder** – the part of the torso between the neck and the upper arm
- **Hip** – the part of the torso on from below the waist to above the thigh
- **Rectum** – the last section of the digestive tract (stomach and intestines) which ends in the anus

Important internal organs and their functions

The human body is also made up of different important organs which are found inside the body. These organs together with the outer body parts help make the body function at its best. Some of these important organs are explained below.

Brain

The brain helps to control the whole body. It controls how a person thinks, feels and how the body works. The brain also controls our temperature so that we do not get too hot or too cold.

Heart

The heart is about the size of a human fist. It is found on the left side behind your chest bone. The heart pumps the blood around the body. Blood carries oxygen to all parts of the body.

Spleen

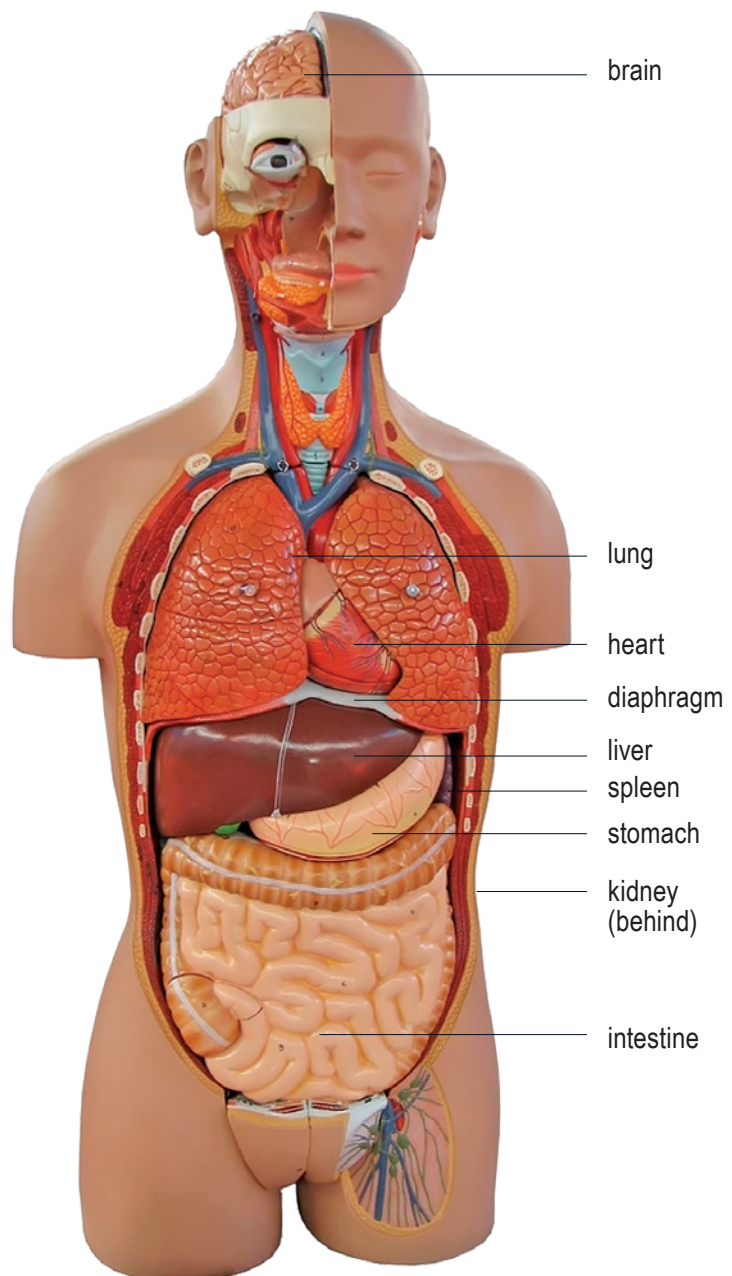
The spleen is found under the left rib cage, under the stomach. It filters, stores and cleans the blood.

Stomach

The stomach is shaped like the letter 'J'. After we have chewed and swallowed our food it passes down to the stomach where the body starts to break down the food.

Lungs

There are two lungs, which are found on either side of the chest bone. The lungs take in oxygen when we breathe in. The lungs are connected to the nose and the mouth through which the air moves in and out. The oxygen passes into the blood and is carried



by blood vessels to all parts of the body. Blood vessels are the tubes which carry the blood around the body. There are two types of blood vessels; arteries and veins. To work properly, all the cells in the body need oxygen all the time. When your cells have used up the oxygen, your blood carries the waste products like carbon dioxide back to the lungs. When we breathe out these waste products leave the body by passing from the lungs through the mouth and nose.

Kidneys

The kidneys are found above the waist in the back of the torso.

They filter all the fluids, removing excess water and waste products made by the body. This is passed out of the body as urine.

Liver

The liver is found under the right side of the rib cage, under the right lung and diaphragm.

It plays a role in helping you digest the food that you eat. It is very important because it helps break down poisons in the body (e.g. alcohol) that could harm us. Also, the liver helps the body get rid of these waste products.

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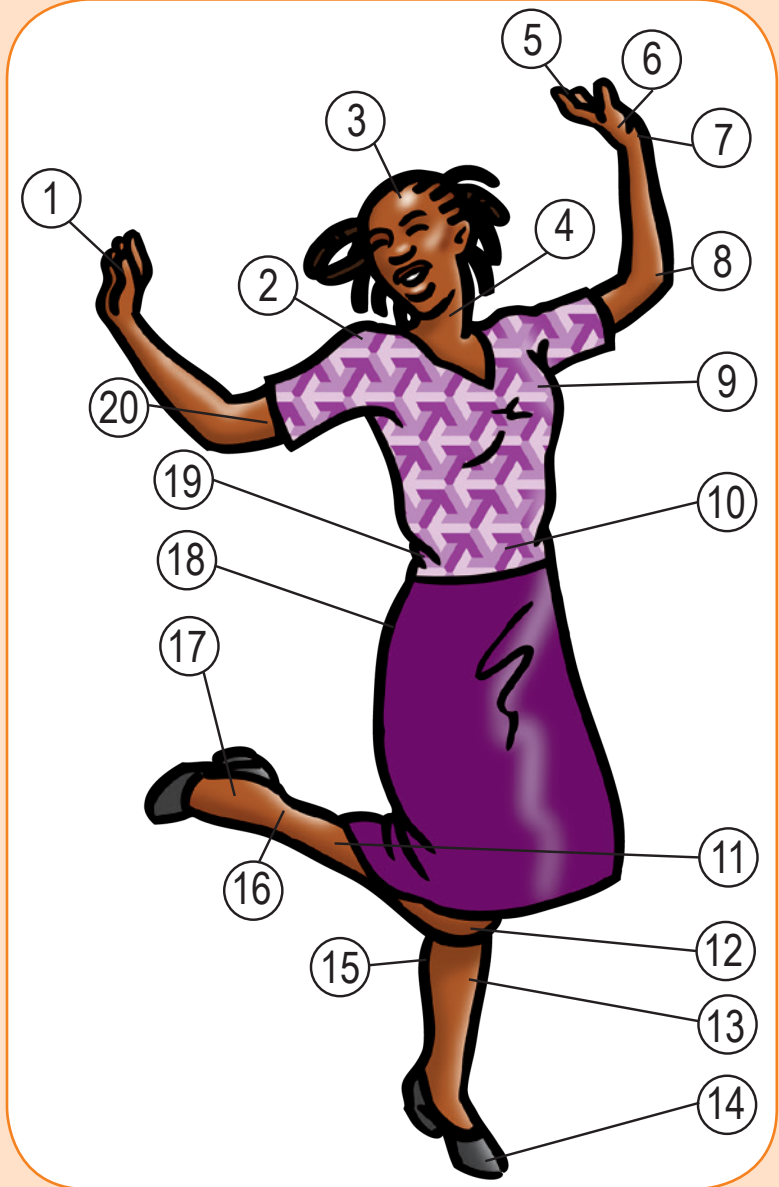
2 Lesson 2.1 The Human Body

Exercise 1

The body parts

1. Name the body parts from 1-20.
2. What is the size of a heart?

3. Name 2 functions of a liver.



1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.
13.	14.	15.	16.
17.	18.	19.	20.

2. Male and female reproductive organs and their functions

Human reproduction is another name for having children. It is an important part of living and without it there would be no people living on earth. Human reproduction is a sexual act between a man and a woman, so that they may have children of their own. The combination of a male sperm cell (the male seed) with a female egg in a female body results in a baby being born normally after 9 months.

The male reproductive system

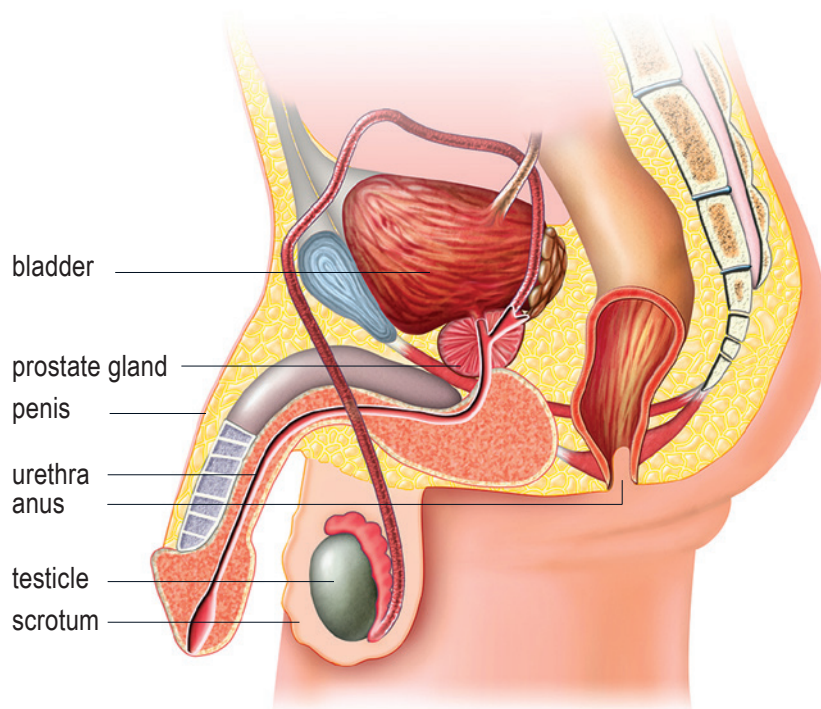
In the male reproductive system sperm is made in the testicles and carried through tubes to the penis. The prostate gland makes fluid that become part of semen. Semen is the fluid that is made by a man during sex.

The **scrotum** is a 'bag' made of skin with a thin layer of muscle under the skin. All men have two testicles that make the sperm. The testicles are carried in the scrotum. Sperm is very sensitive to temperature.

The **testicles** in the scrotum are outside the body so that it can move lower in warm weather and closer to the body in cold weather. The testicles are the most important part of the male reproductive organs as they make the male hormones as well as sperm. Inside the testicles, there are many small glands that all make sperm.

The **prostate** gland helps makes semen that transports the sperm during sexual intercourse. Muscles contract to push out some of the semen with the sperm into the vagina of the women. This is called ejaculation.

The **penis** is an organ used by the body for passing urine as well as for transporting semen. It is made up of spongy tissue that easily fills up with blood. If this happens, the penis becomes hard and it is known as an erection. An erection is important to transport sperm into the female body. Under certain conditions, men cannot get an erection. This is known as impotence. Impotence can be caused by emotional conditions, certain medicines and some illnesses.



Female reproductive system

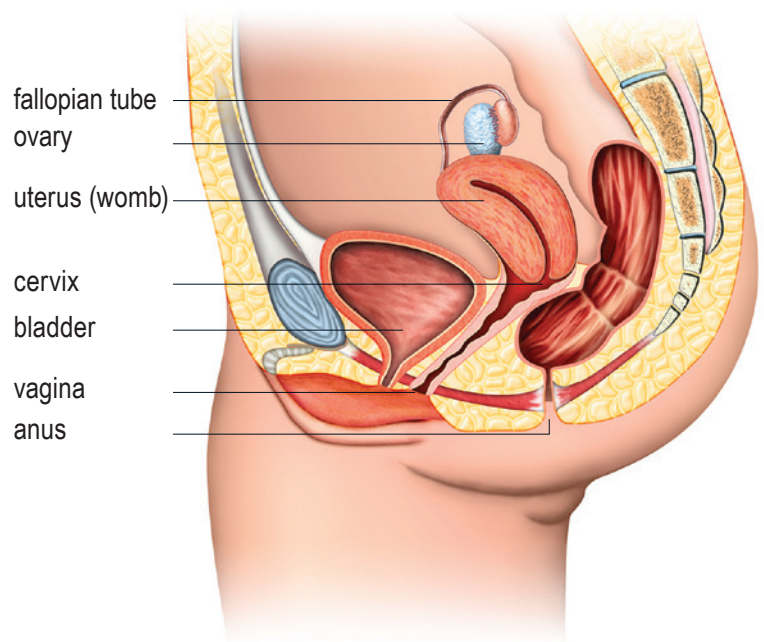
A woman has two **ovaries**, which are found near the middle of the body. Each ovary is about as big as your thumbnail. Just like the testicles in the man, the ovaries make the cells for reproduction called egg cells or ova, as well as the female reproductive hormones.

After the egg is pushed out by the ovary, the open end of the **fallopian tube** catches the egg and slowly transports this egg to the uterus (womb). The egg meets the sperm inside the fallopian tube where they join and start to make a baby.

The **uterus** is an organ the size of a fist situated behind the pubic bone. It has a lining and is mainly made up of muscles. This is where the baby grows during pregnancy. If the egg is not fertilised, the uterus will get rid of the lining and this blood is what is known as the monthly menstruation or monthly period. This process will continue during the life of the woman generally from her teenage years until she is between 46 and 56 years old. During this time the making of female hormones stops. This means that a woman's menstrual periods will become less and will eventually stop. This is the end of a woman's fertile years and she is no longer able to have children. This process is called menopause.

The **cervix** forms the bottom end of the uterus. It is also known as the 'mouth of the womb'. The cervix is usually tightly closed and it only opens during childbirth to allow the baby to pass through.

The **vagina** is a passage that gets bigger during childbirth to allow the baby to be born. The vagina has glands that create lubricating mucus when having sex.



Exercise 2

Female reproductive organs and their functions.

What do the following parts of the female reproductive system do?

1. Ovaries

2. Cervix

3. Vagina

4. Uterus

AIM OF THE LESSON

Lesson 2.2 aims to share information on healthy eating habits and safe preparation of food.

Learning Outcomes

By the end of this lesson learners should be able to:

- Show an understanding of the five basic food groups and offer advice on types of food making up a healthy diet
- Discuss and show safe food preparation
- Discuss changing the diet to suit the health condition of the person

Lesson Contents

- The five basic food groups
- Safe food preparation

References

1. Nutrition Information Centre. Nutrition. University of Stellenbosch.2007. Available from:
<http://www.sun.ac.za/nicus/>
2. KwaZulu-Natal Department of Health. Healthy Eating. Pietermaritzburg. 2001. Available from:
<http://www.kznhealth.gov.za/healthyeating.htm>
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Your role as a CCG

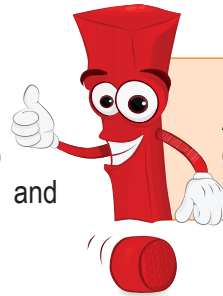
Your role as a CCG is to help clients understand what food they need to eat to stay healthy. Also, you should be able to explain to clients the role of a healthy diet when following a healthy lifestyle including the safe preparation of food. You should be able to discuss with your clients why a healthy lifestyle is important in preventing illnesses, e.g. high blood pressure, diabetes.

1. What is healthy eating?

Healthy eating means eating the right amounts of foods from all food groups in order to lead a healthy life. Healthy eating should be combined with other parts of healthy living (e.g. exercising, not smoking, not taking drugs) to prevent certain long term illnesses, e.g. high blood pressure, diabetes.

2. Food

Different types of food have different types of goodness, known as nutrients for a person's body. Food is important to the human body to give a person energy, help them to grow and to stay healthy.



Handy Hints

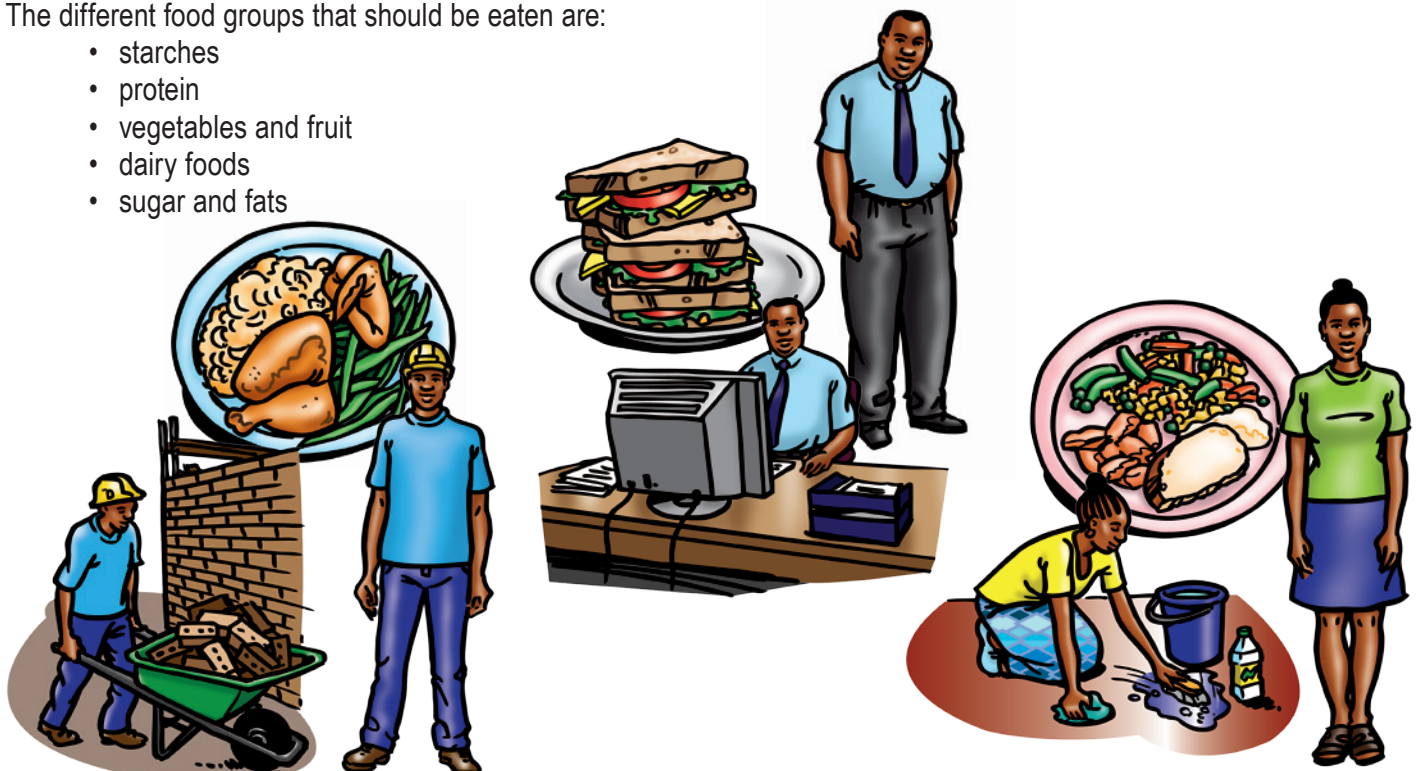
A healthy diet is made up of different food groups that should be eaten every day.

3. Following a healthy diet

Some children and adults are underweight because they are not eating enough healthy food to feed the body so that it can grow. Some people are overweight (obese) because they are not as active as they should be or they eat too much junk food. Having a healthy lifestyle means eating different types of food from the different food groups in the correct portions, drinking enough water and exercising [see Lesson 2.3 on Physical Exercise]. How much food people need to eat depends on how much energy they need. People who do hard work, e.g. a construction worker, will need more energy than someone who works behind a desk in an office. This means that the construction worker will need to eat more than the person who works in an office.

The different food groups that should be eaten are:

- starches
- protein
- vegetables and fruit
- dairy foods
- sugar and fats



Module 2 Healthy Living

2 Lesson 2.2 Healthy Eating

Starches: have carbohydrates that give the body energy (samp, pasta, rice or bread). They are the main part of the meal and are eaten every day. One portion = 1 slice of bread, OR ½ cup cooked porridge, rice or pasta OR one small potato.

Protein: help build muscles, bones, teeth and blood (chicken, beef, fish, beans, nuts). Eat small amounts every day. One portion = a piece of meat or fish the same size as the palm of the hand.

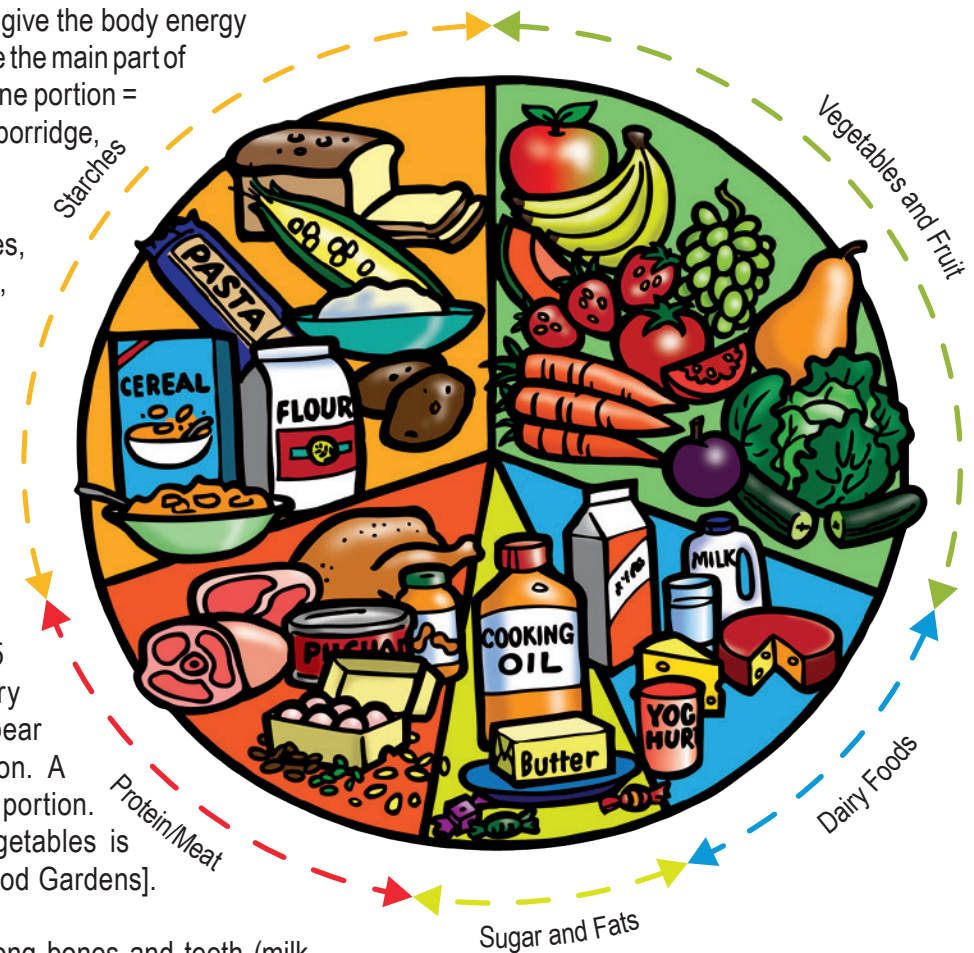
Vegetables and fruit: have vitamins and minerals that help the body stay healthy (cabbage, peas, carrots, apples, oranges, pineapple and bananas). Eat 5 portions from this group every day. Just one apple, banana, pear or similar-sized fruit is one portion. A slice of pineapple or melon is one portion. Three heaped tablespoons of vegetables is one portion [see Lesson 6.2 on Food Gardens].

Dairy foods: have calcium for strong bones and teeth (milk, yoghurt and cheese). Milk is especially important for young children. There are many people who are lactose intolerant which means that they cannot drink milk as it upsets their stomach. As calcium is important to build strong bones and teeth you need to find other foods rich in calcium like yoghurt and cheese to replace drinking milk. If the other foodstuffs also cause upset stomachs, then calcium supplements should be used to make sure that the body is getting enough calcium.

Sugar, salt and fat: give the body more energy. Most fats are already in the foods that are eaten every day. People need to stay away from foods with too much sugar, fat or salt because they can cause chronic illnesses such as high blood pressure [see Lesson 5.1 on High Blood Pressure]. Eat foods from this group sparingly.

Water: water is very important for the body as it helps the body with all its functions. It is always better to drink safe treated water or milk than other drinks like fizzy cool drinks, coffee or alcohol.

In addition to eating the right food in the right amounts, a healthy lifestyle also means that people exercise, do not smoke, take drugs or abuse alcohol. And because the human body is made up of about 60 to 70% water, it is extremely important to drink enough water. A healthy lifestyle means that:



- We will not get sick easily
- We will be able to do our work
- We will not get tired easily
- We will stay healthier for longer
- We will make sure that we live in a healthy nation

4. Food safety

To be able to live a long and healthy life, there are certain rules that need to be followed. One of these rules is to know about food safety. Food safety means preparing food in a clean way and cooking it properly. When preparing meals, wash hands, wash all fruits and vegetables before eating, and wash all meat before cooking. Wipe all surfaces and wash everything that will be used to prepare meals. If this is not done a person may become ill.



5. Preparing food safely

- Wash the hands with soap and clean water before starting to prepare the food
- Cook meat, fish and chicken well. Raw or under-cooked meat can still contain germs that the body may not be able to fight and can make a person ill
- Don't eat raw eggs – they contain germs
- Put left-over foods in a fridge as soon as they cool down. If the person does not have a fridge, they should try to cook the right amount of food, so that there is no food left over. Left-over food that has been in the fridge for longer than three days should be thrown away – cooking fresh meals every day or every second day is better
- Store all groceries in a cool, dry place
- Make sure that fruits and vegetables are washed well
- Do not overcook vegetables, as it will kill the goodness in the food
- Use salt sparingly. If a person takes in too much salt, the kidneys may not be able to filter it out and it will stay in the bloodstream. The salt draws water into the blood vessels and this increases the blood pressure



6. Living a healthy lifestyle with HIV

When a person is said to be HIV-positive it means that they have the Human Immunodeficiency Virus (HIV) in their bodies. This virus stops the immune system from working properly and the body cannot protect itself against infections.

Living with HIV means that a person's body may become weak and unable to fight off infectious illnesses. Following a healthy diet and exercising regularly can lower the chance of a person getting sick. To stay healthy a person needs to:

- Eat a healthy diet and drink enough water
- Go for regular check-ups at the clinic
- Take preventative treatment for opportunistic infections such as TB [see Lesson 4.6 on TB Treatment]
- If on anti-retroviral medicine (ARVs), take them exactly as prescribed by the doctor
- Get enough rest and exercise
- Speak to other people living with HIV by joining a support group or having family and friends to talk to

Case Study



Thuli, a community caregiver arrives at a community member's home. She finds them eating greasy food, fizzy drinks and children eating sweets and chips for breakfast. Family members say that is the kind of food that they like. They also tell Thuli that they do not like to exercise. The adults of the family were enjoying alcoholic drinks and sharing them with the children. Thuli also notices that some of the adults are smoking.

Read the case study carefully and answer the questions:

1. What does having a healthy diet mean?

2. Why is it important to follow a healthy diet?

Case Study

3. What are the different types of food groups?

4. Please give advice to the above family on a diet that will be suitable for them. Think about everything in this lesson and other lessons.

5. Why should they not be smoking?

AIM OF THE LESSON

Lesson 2.3 aims to share information on the importance of exercising to stay in good health.

Learning Outcomes

By the end of this lesson learners should be able to:

- Explain the importance of exercise in maintaining health
- Explain basic types of exercise

Lesson Contents

- Importance of exercising
- Basic types of exercises

References

1. Better Health – Live your life to the fullest. Basic Types of Exercise. 2010. Available from:
http://www.universalhealthinfo.com/Basic_Types_of_Exercise.html
2. Simple Keep Fit Exercises. Home workout routines to improve your fitness. Available from:
<http://www.simple-keep-fit-exercises.com/>
3. About.com. Exercise. New York. 2011. Available from:
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Your role as a CCG

Your role as a CCG is to help clients understand the importance of exercise and the kinds of exercises that they can safely do in their homes. Also, you should be able to explain to clients the role of exercising when following a healthy lifestyle. You should be able to discuss with your clients why a healthy lifestyle is important in preventing illnesses, e.g. high blood pressure, diabetes. Furthermore, you should be a role model for your clients and also exercise.

1. What is exercising?

Exercising is doing physical activity in order to improve your health. This should be combined with other parts of healthy living (e.g. healthy eating, not smoking, not taking drugs) to prevent certain long term illnesses, e.g. high blood pressure, diabetes.



Handy Hints

- Exercising for 30 minutes three to four times a week will help the body to stay fit and fight illnesses
- Exercise is good for every part of the body
- Exercising can help you look better

2. Exercising

Exercising is important to keep our bodies fit and healthy. Exercising for 30 minutes three to four times a week will help the body to stay fit and fight illnesses. It makes the heart and lungs stronger, lowers blood pressure [see Lesson 5.1 on High Blood Pressure] and cholesterol levels [see Lesson 5.3 on Cholesterol]. Getting the right amount of exercise can increase your energy and even helps to improve your mood.

Exercise does not need to be a difficult or tiring, it can simply be :

- a walk around the park
- jogging
- playing a sport or other outdoor games
- walking to work
- doing housework
- walking to the shop rather than driving
- walking up stairs rather than taking the lift or escalator

Some of the ways exercising helps the body:

- Helps a person to lose extra weight which can improve control of diseases like high blood pressure [see Lesson 5.1 on High Blood Pressure] and diabetes [see Lesson 5.2 on Diabetes]. (Diabetes is a condition in which the body is not able to control the amount of sugar in the blood)
- Helps to keep the bones and joints mobile and so slows down the start of arthritis. (Arthritis is a disease that causes swelling, pain and loss of movement in the joints of the body)
- Helps keep the bones strong
- Leaves you feeling happy and peaceful
- Helps some people sleep better
- Can also help some people who have mild depression and who don't feel good about themselves. (Depression is an illness that can affect all aspects of a person's life and not allow them to perform the things they were once able to)





Handy Hints

Exercise helps people lose weight and lowers the risk of some diseases.

Exercising

- Can be done in the home or the community
- Can include simple things
- Should be stopped if pain is felt
- Must be combined with other healthy habits to be useful. The benefits of exercise can be reversed by bad habits, e.g. if a person is hungry after they exercise and they eat a lot more food than they normally do, the benefits of the exercise that they have just done will be less

3. Risk of not exercising

Not exercising leads to health problems later on in life. People who do not exercise could suffer from:

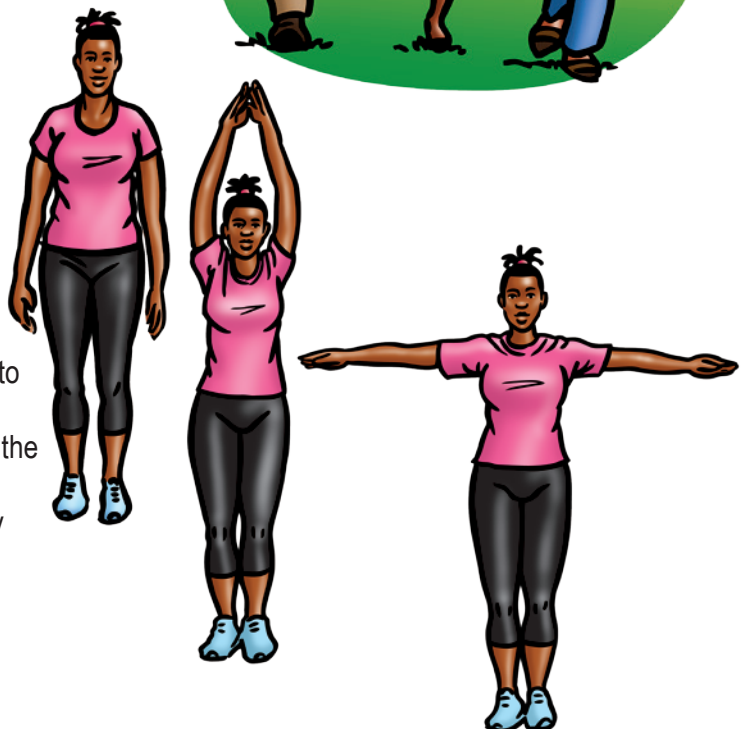
- Heart disease
- Stroke
- High blood pressure
- Breathlessness
- Stiff joints
- Flabby body
- Lack of energy
- Being overweight or obese



4. Basic exercises that can be done at home

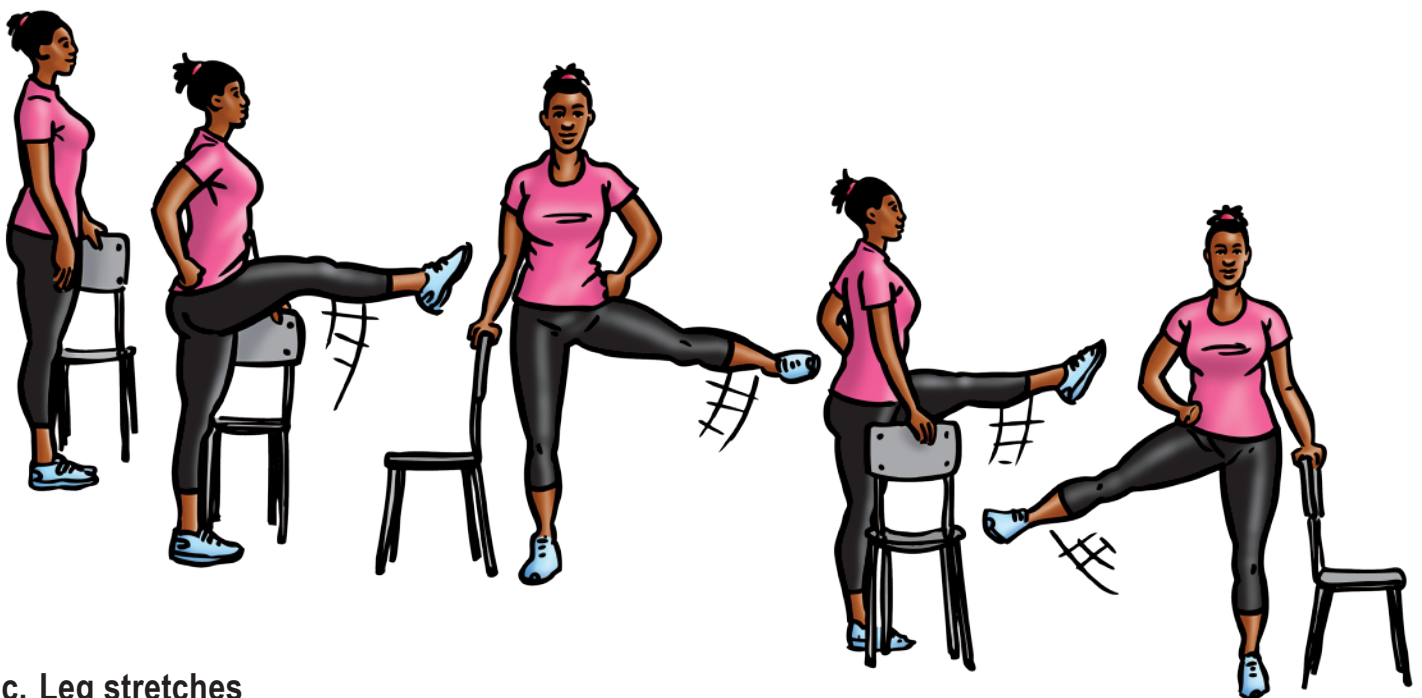
a. Arm swings

- Stand with your arms at the sides
- Keep the arms relaxed and straight
- Lift both arms, with the palms facing upwards to above the head
- Continue to move the arms back and down to the starting position
- Repeat this movement 15 times, starting slowly and slowly adding speed to the movement (do not swing arms so fast as to lose control)
- Repeat the movement in the opposite direction



b. Leg swings

- Stand sideways with your feet together next to a chair
- Hold on to the back of the chair with your left hand
- Swing your right leg forwards and upwards and then back to the floor. Do this 15 times
- Swing your right leg out to the side, and return to the floor. Do this 15 times
- Swing your left leg forwards and upwards and then back to the floor. Do this 15 times
- Swing your left leg out to the side, and return to the floor. Do this 15 times



c. Leg stretches

- Sit with your legs extended in front of you and your knees straight
- Lean forward from the hips. Don't round your back. Reach for your feet by sliding your hands along your legs
- Reach as far as you can. If you can't reach your feet, keep your back and knees straight and keep reaching, remembering to bend from the hips
- You should hold this stretch for at least 20 seconds and then repeat



These are examples of low energy exercises. Exercises that will make people breathe harder and make their hearts work faster should also be done. Clients should talk to the healthcare workers at the clinic to make sure that it is safe for them to do these exercises.

Exercise 1

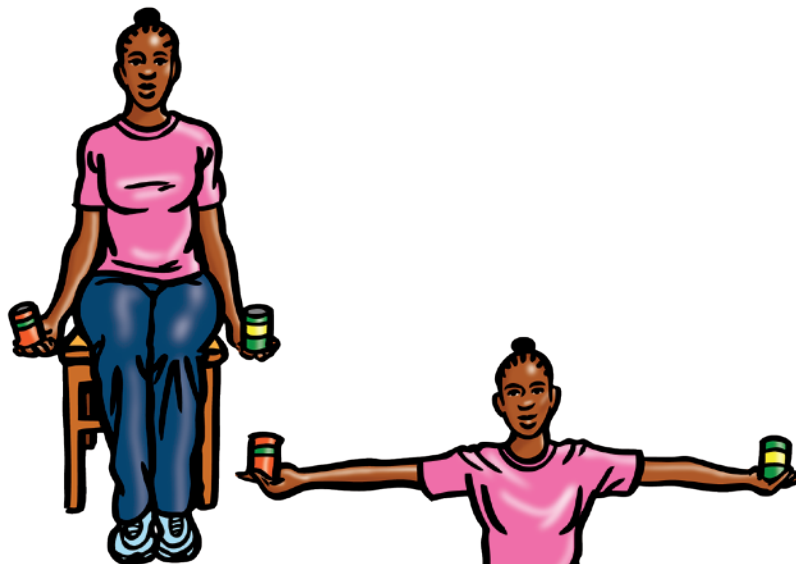
Physical activity

In a group do an exercise called the COCONUT. [Do this exercise just after the first hour of this lesson]



Instructions

Spread the group around the room and write the word COCONUT where all will see. Then physically teach participants the exercise by stretching your arms and bending like a C to the right, stretch up and close arms making an O, stretching your arms and bending like a C to the right, stretch up and close arms making an O, with both arms hanging down to your sides lift both arms slightly from your sides to make an N, stretching up and opening your arms like a U and finally stretching your arms out like a T.



Handy Hints

For a simple work out:

Handy Hint 1:

- Sit comfortably on a chair or stool
- Keep your back straight and tummy tucked in
- Take two tins of food (e.g. fish or beans)
- Hold a tin in each hand
- Turn your hands so the inside of your hands face upwards
- Lift each arm in turn until the tin touches each other
- Start with 15 lifts for each arm. Increase slowly over time till you can repeat the 15 lifts three times

Next, using the same tins of food

- Hold the tins in your hands by your side
- Lift both arms up into the air over your head and back down again
- Repeat the lifts 15 times. Increase slowly over time till you can repeat the 15 lifts three times

Handy Hint 2:

- Sit in a chair and raise and lower your legs as high as you can
- Hold the legs in the air for as long as you can
- Start with 15 lifts for each leg. Increase slowly over time till you can repeat the 15 lifts three times



Exercise 2

Types of exercises

1. Name 3 types of exercises that you can do to stay healthy.

2. Name 2 benefits of exercising.

AIM OF THE LESSON

Lesson 2.4 aims to share information on personal hygiene.

Learning Outcomes

By the end of this lesson learners should be able to:

- Explain the importance of personal hygiene as it relates to maintaining health
- Show an understanding of cleanliness in keeping children healthy

Lesson Contents

- Personal hygiene
- Keeping children healthy through cleanliness

References

1. UNICEF. Shape 5th Standard. Geneva. Available from:
<http://www.unicef.org/lifeskills/files/5thGrade.pdf>
2. Kids Health. Personal hygiene – Taking care of your body. 2011. Available from:
<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=289&id=2146>

Your role as a CCG

Your role as a CCG is to help clients understand the importance of keeping themselves, their children and their households clean. Also, you should be able to explain to clients how to keep themselves, their children and their households clean.

1. What is personal hygiene?

Personal hygiene is cleaning and caring for our bodies. It also includes simple steps to prevent the spread of germs, e.g. washing hands with soap and water; blocking your mouth and nose with a tissue when you cough and sneeze.

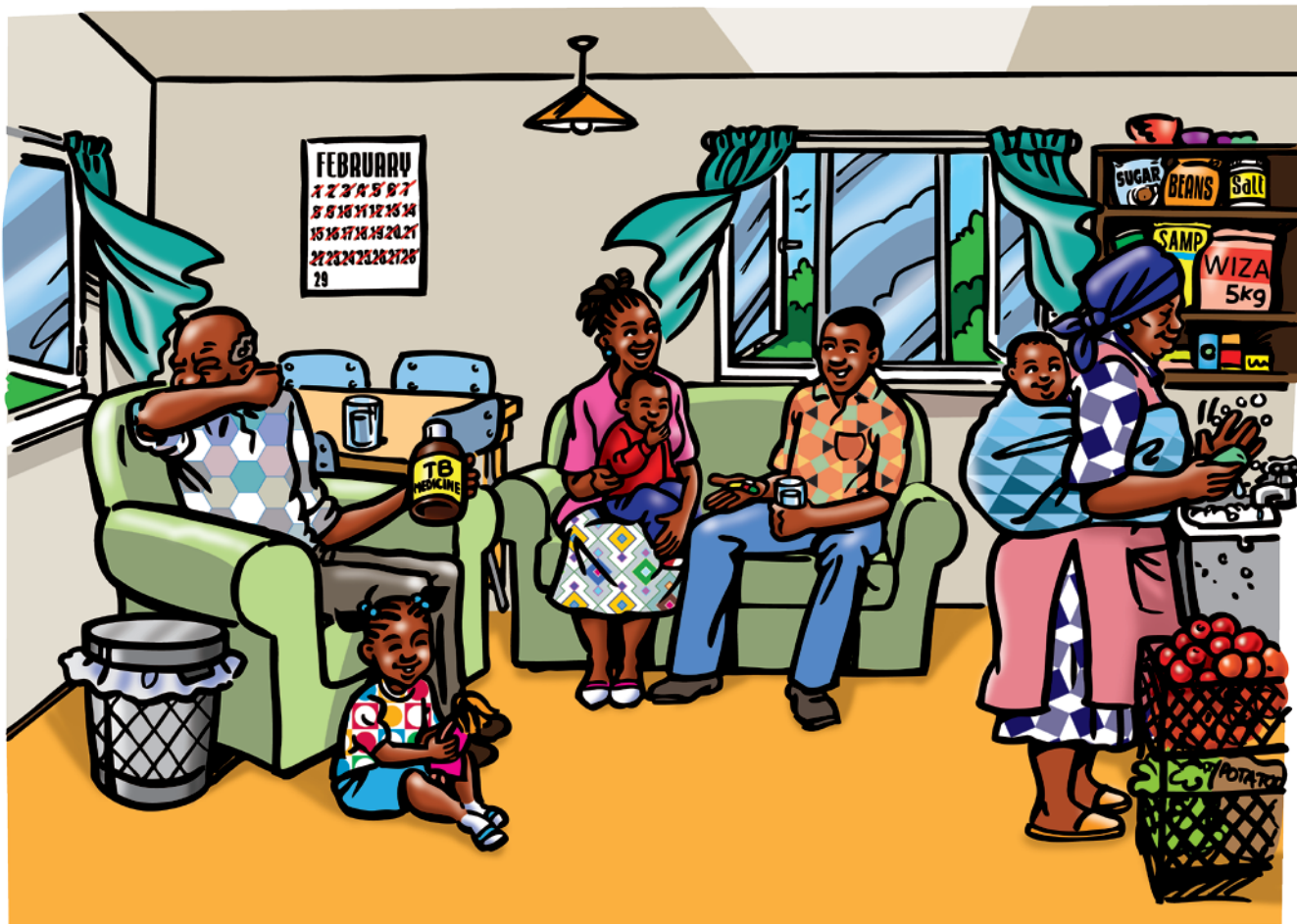
2. Household cleanliness and safety

It is very important that people keep themselves and their homes clean and safe in order to stay healthy. This is because it helps to protect people from getting sick.

This can be done by:

- Cleaning and airing the house often (Airing the house means opening the doors and windows). It is also very important to clean the toilet and drain
- Clothing should be washed often and the bed sheets at least twice a month to stop bad smells
- Stop smoking inside the building. The smoke will affect even those family members who do not smoke. Also, smoking can cause fires
- Wash hands with soap and water before preparing food
- A person should block their nose and mouth with their hand, a tissue or a handkerchief when coughing or sneezing. Remember to throw the tissue into the bin once done. Wash hands with soap after coughing or sneezing
- Store poisons, matches, paraffin, and medicines out of the reach of children





Handy Hints

Good personal hygiene is important so that people do not catch illnesses easily.

- A person should wash their body every day with soap especially after doing hard work to get rid of sweat and bad smells
- Brushing teeth every day and after each meal is important. If they do not have a toothbrush and toothpaste, they can rub their teeth with salt and baking soda
- Keep hair and nails clean
- Wash hands with soap and clean water after going to the toilet to prevent sickness [see Lesson 4.13 on Cholera and Lesson 4.14 on Typhoid]
- Wash hands with soap and clean water before eating to prevent sickness [see Lesson 4.13 on Cholera and Lesson 4.14 on Typhoid]



Keeping children healthy through cleanliness

- Make sure that children wash their hands after going to the toilet and before eating
- A sick child should sleep away from other children who are well. Children with sores, itchy skin, or lice should always sleep separately from those who are well. Children with infectious diseases like whooping cough, measles, or the common cold should sleep in separate rooms if possible
- Protect children from TB. People with long term coughing or other signs of TB should cover their mouths whenever they cough. If at all possible they should not sleep in the same room with children. They should see a healthcare worker and be treated as soon as possible
- Bath children and change their clothes every day. Cut their finger nails often. Germs and worm eggs often hide under long finger nails
- Treat children who have infectious diseases as soon as possible so that the diseases are not spread to others
- Be sure that the children get enough healthy food. Healthy food helps protect the body against many infections. A well fed, healthy child will usually be able to fight off infections that can kill a poorly fed child



Handy Hints

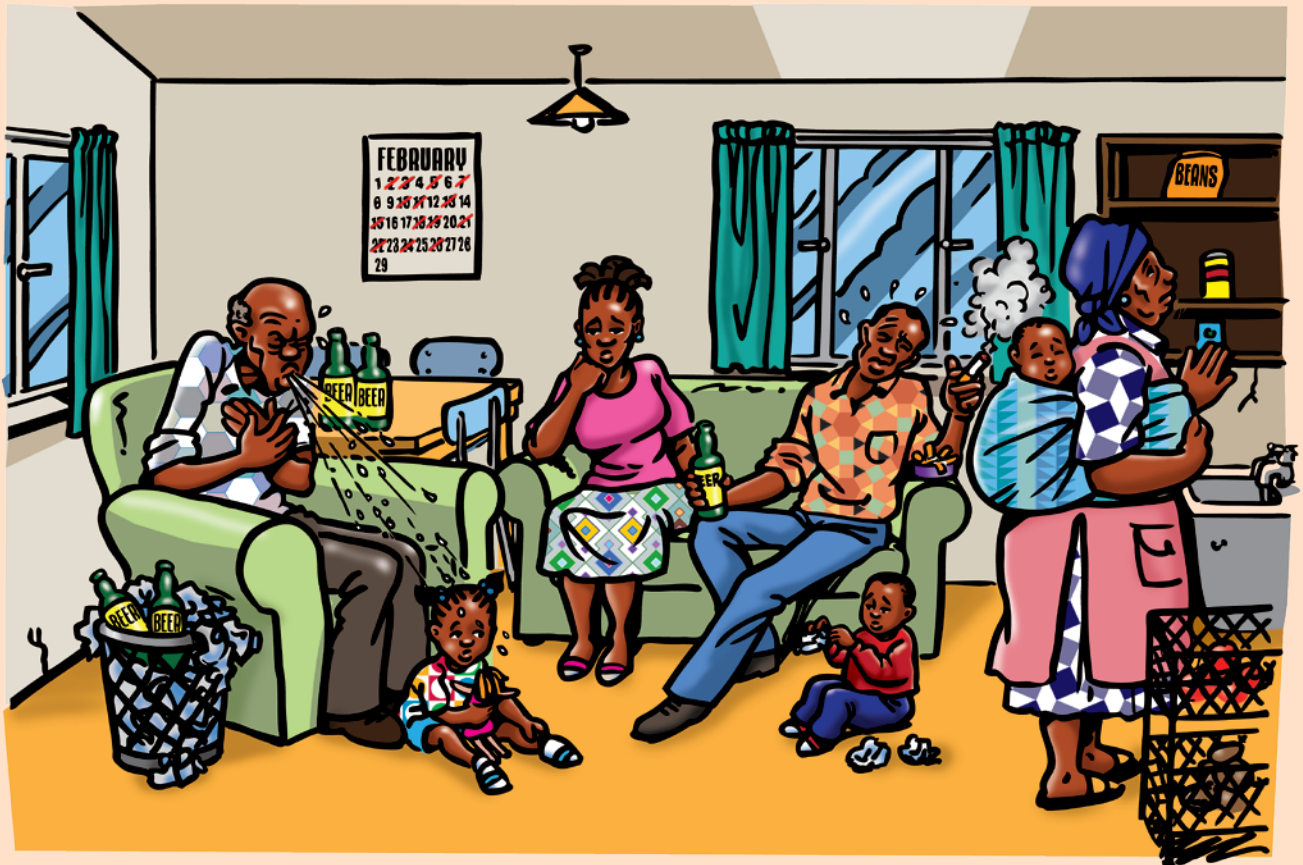
Clean teeth twice a day, drink water after eating and visit the dentist at least twice a year.



Group Discussion

1. Why is household cleanliness important?

2. What is wrong with the picture below?



AIM OF THE LESSON

Lesson 2.5 aims to share information on safety in the home.

Learning Outcomes

By the end of this lesson learners should be able to:

- Identify risks to safety in the home
- Explain ways to help make the home safer

Lesson Contents

- Safety in the home

References

1. Safety around farms education.com safety around farms education. Keeping kids safe on farms. Victoria. Available from:
<http://safetyaroundfarmseducation.com/>
2. Kids Health. Household Safety Checklists. 1995 – 2011. Available from:
http://kidshealth.org/parent/firstaid_safe/home/household_checklist.html

Your role as a CCG

Your role as a CCG is to help clients understand the importance of keeping their homes safe. Also, you should be able to explain to clients how to keep their homes safe.

1. What does safety in the home mean?

Safety in the home means making and keeping the home safe so that accidents and injuries can be prevented from happening.

2. Safety in the home

A lot of accidents happen at home. Some safety dangers are easy to see like toys lying on the floor. Others are not so easy to see such as a slippery floor. Most accidents that happen in the home can be prevented by taking proper care.

Some of the more common causes of accidents at home are:

a. Foam fires

In case the house catches fire, foam furniture (like cushions in some couches) will give off a thick black smoke and poisonous gas which will spread quickly through the house. Get everyone out of the house because the smoke and gas will stop them from breathing and they will die.

b. Cooking fires

Never use water to put out a fire in a pan caused by burning oil. Cover the pan with a lid or a wet cloth.

c. Open fires

Always put out open fires with water or sand before leaving the fireside. Keep children away from open fires.

d. Petrol and paraffin

Never use petrol or paraffin to light or to revive a dying fire. Always keep petrol and paraffin containers away from the cooking area and put away safely out of children's reach.

e. Cigarettes

Never smoke in bed, as a person may fall asleep with the cigarette still lit causing the bed to catch fire.



f. Candles and matches

Teach children that matches, candles and anything else which can cause a fire are not toys. Always keep things like these out of children's reach. Make sure that all candles are blown out when going to bed. Never leave a lit candle burning when nobody is in the room.



g. Electrical appliances

Fires can be caused by using old electrical items or using them in the wrong way.

Keep all electrical items out of reach of children and switched off when they are not being used. Keep all electrical wires short in length. Fix faulty plugs and wires immediately. Keep all electrical items like heaters away from beds and furniture.

Safety in the home – Do's and Don'ts

Do's	Don'ts
Always open windows during the day	Don't leave an open fire unattended, especially with small children around
Clean the house very well	Don't smoke in the house or throw used cigarette ends on the floor
Safely seal and secure electric wiring, and seal unused electric plug sockets	Don't put stoves on a low table or on the floor where children can reach the hot plates or hot pots
Use clean safe water to drink and to wash clothing and food	Don't put chairs and step-stools close to the stove where children could climb on them
Put knives, forks, scissors, and other sharp tools in a drawer and out of the reach of children	Don't have pot handles on the stove turned outward or placed on front stove plate where children can reach them
Store glass objects and things with sharp blades out of children's reach	Don't leave toilet and bathroom doors open
Keep children and babies away from open fires	Don't put the stove or open fire close to curtains or furniture covered with material
Make sure electrical cords are not hanging low so that children can grab and pull things down onto them	
Put paraffin, cleaning materials and other poisonous materials where children cannot reach them	

Group Discussion



Discuss the scene above and answer the following questions.

1. Is this a safe home?

2. Please point out the safety risks in this home.

3. How could this home be made safer?

AIM OF THE LESSON

Lesson 2.6 aims to share information on environmental hygiene.

Learning Outcomes

By the end of this lesson learners should be able to:

- Explain what is meant by hygiene and sanitation
- Show an understanding of the importance of a clean environment and public sanitation
- Show an understanding of the safety measures for environmental hygiene in the community

Lesson Contents

- Hygiene and sanitation
- Safety measures for environmental health in the community

References

1. National Department of Health and DWAF. Water Research Commission. Quality of Domestic Water Supplies, Volume 1: Assessment Guide. Pretoria. 2005
2. Prescott, Harley & Klein. Microbiology, Third Edition. 1993

Your role as a CCG

Your role as a CCG is to help clients understand the importance of environmental hygiene. Also, you should be able to explain to clients how to keep where they live, work and play clean and safe.

1. What does environmental hygiene mean?

Environmental hygiene is the steps that are taken to keep the places we live, work and play safe and healthy. This includes how rubbish is gotten rid of and making sure that there is clean water supplies.

2. Healthy environment

Cleanliness is of great importance in the prevention of many kinds of illnesses – illnesses of the stomach, the skin, the eyes, the lungs, and the whole body. Cleanliness is about people keeping themselves, their family, their home, and their community clean, neat and tidy.

Personal cleanliness is called hygiene and is all about people keeping themselves clean. Public cleanliness is called sanitation which is about people keeping their houses, the street they live in and the world around them clean. Both are important to stop the spread of illnesses and diseases.

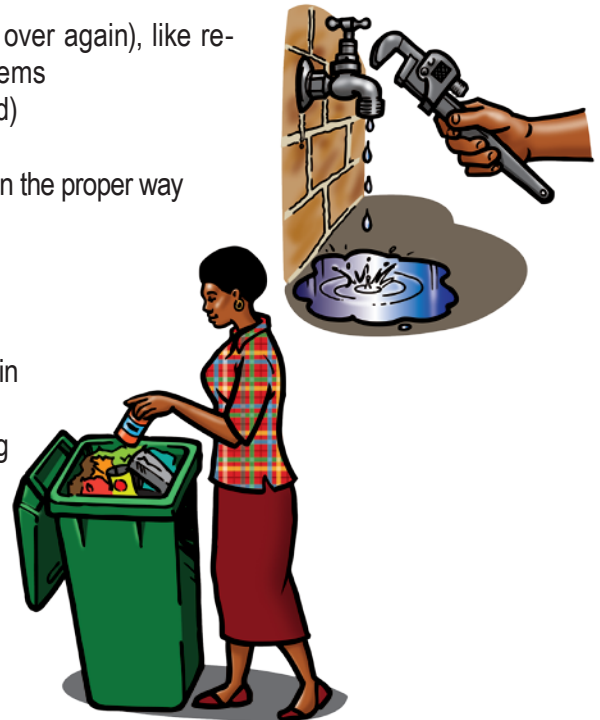


3. Clean healthy environment

A clean and healthy environment is an important part of keeping the community healthy. To make sure that the environment is looked after, and that the food and water people use are looked after, people in communities should:

- Not cut down trees
- Plant a tree or take care of a house plant to keep the air clean
- Soak clothes for 30 minutes before washing to save on soap powders because these can damage the environment
- Use both sides of the paper for writing

- Recycle as much as possible (recycle means to use things over again), like re-using bottles or cardboard boxes to make arts and crafts items
- Not pollute the water and the air (by throwing rubbish around)
- Not use anywhere outside for a toilet
- Do not litter. Pick up any litter that is lying around and get rid of it in the proper way
- Check and fix any water leaks. Do not waste water
- Not wash dishes or brush teeth with the water running
- Water grass early in the morning or in the early evening
- Make a compost heap (food for the soil) by:
 - Collecting vegetable peels and putting them in one place in the garden
 - Collecting grass clippings when the grass is cut and putting them in the compost heap
- Remove pools of standing water, as mosquitoes could breed in them
- Keep the yard area clean, cut the grass and remove any objects that harmful creatures (like spiders and snakes) could live in



4. Sanitation

Sanitation is the right way to get rid of waste by using proper toilets and cleaning up after animals.

- Keep the areas around taps, boreholes and springs clear of rubbish. Do not let animals go near where people get drinking water. Put a fence around these places to keep animals out
- Do not go to the toilet or throw rubbish near where people collect their water
- Take special care to keep rivers and streams clean upstream from any place where drinking water is taken
- Burn all rubbish that can be burnt in a safe place away from children. Rubbish that cannot be burnt should be buried in a special pit or place far away from houses and the places where people get drinking water. Rubbish brings rats and mice which carry diseases. Remember to put the flames out with water once the rubbish has been burnt, to prevent people, especially children, from getting hurt
- Build toilets (out-houses) so goats and other animals cannot reach the human waste
- A deep hole with a little house over it works well. The deeper the hole, the less problem there is with flies and smell
- To make water safe:
 - Collect fresh water every day
 - Pour water through a clean cloth
 - Do one of the following:
 - Pour 1 teaspoon of bleach into 20 to 25 litres of water. Mix well and wait at least 30 minutes
 - or
 - Boil the water. Let it bubble for one minute to make it clean and safe
 - Safe water can easily get dirty. Store the safe water in a clean closed container
 - To use the safe water:
 - Use a clean cup each time to scoop water from the container
 - or
 - Pour water from the container when you need it



Exercise



Look at the drawing above, and put a circle around all the examples of bad sanitation. Discuss in the groups how these problems could be corrected. Write the group's answers in the table below.

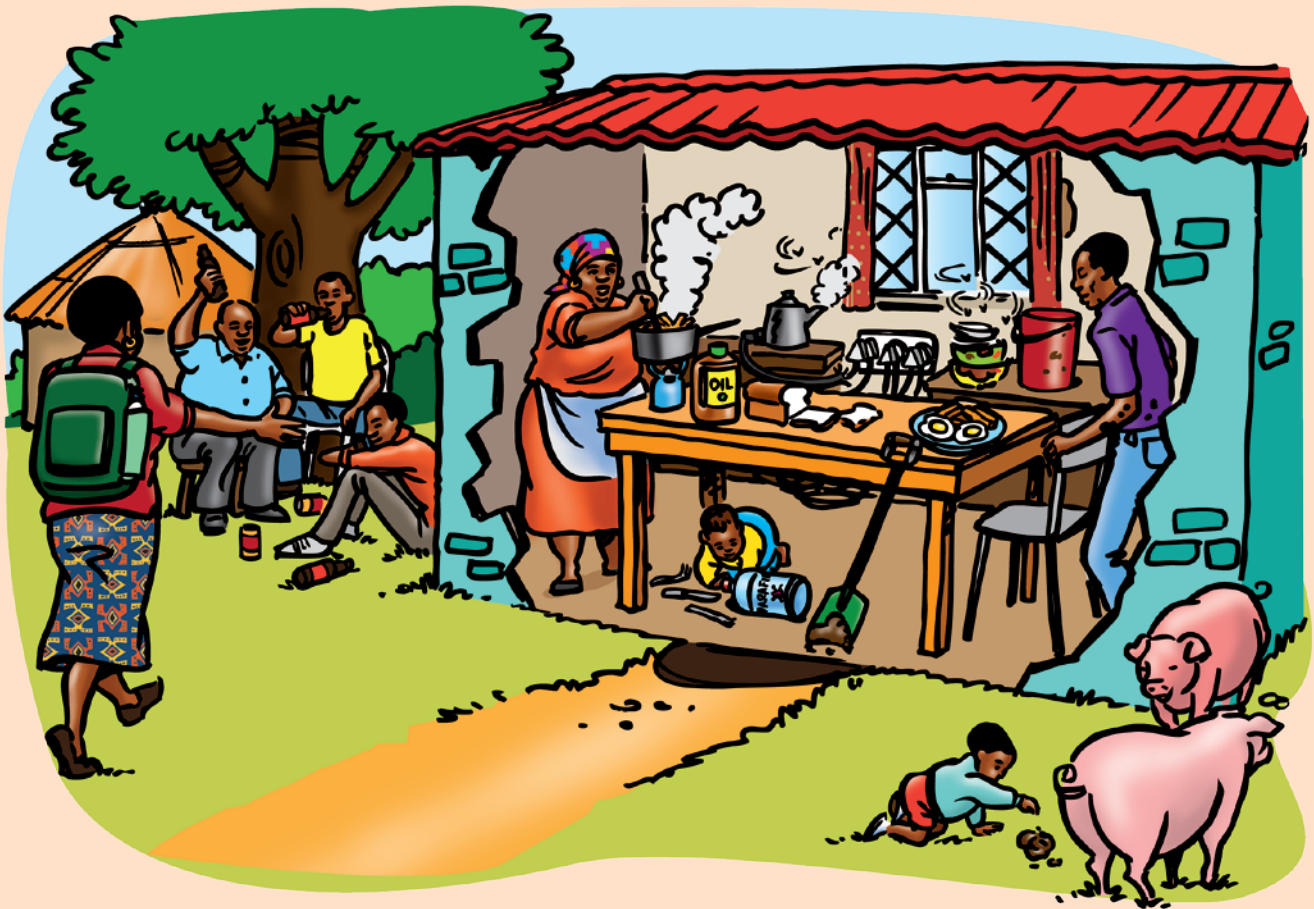
Problem	Solution

Module 2

Healthy Living

Case Study

Thuli, a community caregiver arrives at the Msomi household as they are about to serve breakfast. She observes that all the windows are shut, the cord for the kettle has bare wires showing and a toddler was playing with a paraffin container for the primus stove next to a boiling kettle. There were eating utensils on the floor, a dog was close by, and the sink was overflowing with unwashed dishes. Thuli also observed that they do not wash their hands before eating. The food served appears to be fried eggs and chips in used oil with white bread. The adults sitting under a tree are drinking Mahewu, umqomboti and some were having beer. Near them there were pigs eating from a rubbish dump and there were pig faeces on the ground where a child was crawling around.



Using the case study on the Msomi family, divide into groups and discuss the following:

1. Do you think this family is eating healthy food and why?

2. What advice would you give to this family to help them eat healthy food?

Module 2

Healthy Living

Case Study

3. Explain why healthy food is necessary for our bodies.

4. Identify environmental health problems and advise how these can be solved.

5. Discuss the sanitation problems that you have observed and give advice to the Msomi family on how these can be solved.

6. What do you think about the cleanliness of the family and home in general?

7. What advice would you give the Msomi family on cleanliness?

8. List household safety measures that are dangerous in this case study and explain what should be done to improve it.

9. What physical exercises would you advise the Msomi family to do?

10. As a CCG working in this community, what are other points of discussion or services can you recommend to help the Msomi family?
