NUR392

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Annotated Bibliography

Experts, K. (Ed.). (n.d.). Hygiene Basics (for teens) - Nemours kidshealth. Retrieved March 2, 2023, from https://kidshealth.org/en/teens/hygiene-basics.html#cattake-care

The website provides guidance for teenagers on basic hygiene practices, including dental care, bathing and showering, skin care, and hand hygiene. It offers practical and engaging information on how to use soap effectively, how often to bathe, and how to care for different body parts. It also covers oral hygiene, including brushing and flossing techniques, tips for maintaining a healthy diet to support oral health, and when to see a dentist. The website also provides advice on skincare, including how to keep skin healthy and clean, with information on acne, sun protection, and moisturizing. Finally, it offers guidance on proper handwashing techniques to prevent the spread of germs, along with tips on the importance of hand hygiene in preventing illness and disease. The information is presented clearly and easily, with helpful illustrations and real-life examples.

Health - Hygiene. (n.d.). Retrieved March 2, 2023, from https://www.educationquizzes.com/us/middle-school-6th-7th-and-8th-grade/science/health-hygiene/

This website offers quizzes on health and hygiene topics suitable for middle school students. The quizzes cover personal hygiene, food hygiene, infection, and disease and provide feedback to help reinforce good hygiene habits and promote learning. The personal hygiene quiz covers handwashing, dental care, and skincare topics. The food hygiene quiz covers food safety, healthy

eating habits, and food preparation techniques. The infection and disease quiz covers germ transmission, disease prevention, and immunization. The website also provides an overview of hygiene and disease prevention, covering personal hygiene, disease transmission, and healthy habits in a clear and informative manner with practical applications for students to use daily.

Lange, /. (2022, July 08). 20 healthy hygiene activities for Middle School. Retrieved March 2, 2023, from https://www.teachingexpertise.com/classroom-ideas/hygiene-activities-for-middle-school This website offers a variety of hygiene activities for middle school students, including topics like hand hygiene, dental care, and personal grooming. It provides interactive classroom activities, and lesson plans to reinforce good hygiene habits, presented clearly and practically with helpful tips and examples. Additionally, it includes a science experiment to demonstrate the importance of handwashing, guidance on dental care, and a classroom game to reinforce personal hygiene habits, all presented in a fun and engaging way. The website's lesson plans cover topics such as hand hygiene, dental care, and personal grooming and offer a range of activities suitable for middle school students with practical applications for their daily lives.

Puberty guide: Signs and stages for boys and girls. (n.d.). Retrieved March 2, 2023, from https://www.medicalnewstoday.com/articles/156451?scrlybrkr=71ad9f15%3A This website provides information on stress and its effects on the body and mind. It covers various topics such as the causes and symptoms of stress, strategies for managing it, and its impact on different systems and organs of the body, including mental health. The information is presented in a clear and informative way, with practical advice and real-life examples. It also offers guidance on stress management techniques like mindfulness meditation, exercise, and deep breathing, as well as tips for managing stress at work and in daily life. Additionally, it focuses on the link between stress and heart

health, providing an overview of how stress can affect the cardiovascular system and offering tips for reducing stress to improving heart health.