

LLDD Health: Personal Hygiene

Course overview

This course will help you to develop your knowledge and understanding of personal hygiene. You will be able to recognise how maintaining good personal hygiene will help you to feel more confident and improve your self-esteem.

What will I study?

You will:

- learn about the importance of practising good personal hygiene at all times
- learn how to identify, improve and maintain personal hygiene
- learn why good hand washing is important, when and how to keep your hands clean
- identify what products we need to use for personal hygiene
- discuss what you need to do to keep your clothes clean
- discuss why personal appearance is important to us and to others
- identify uniform and clothing for specific jobs

Assessment method

- You will take part in Q&A sessions and discussions to confirm your understanding
- There will be classroom activities and role play
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

You should be able to:

- take part in group discussions
- read simple sentences and recognise signs and symbols
- be able to write simple sentences independently

What should I bring with me?

An A4 folder, A4 notepad and a pen. You may want your own set of colouring pens or pencils.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
8705CP	Friday 25 September 2020 to Friday 11 December 2020	10am to 12pm	Dagenham	£12.00	£12.00

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other LLDD Health and LLDD Life Skills courses that suit your level.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722