

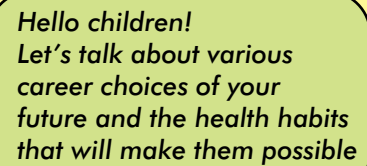
**Health &
Career
ABC**



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Who is an Architect?

An Architect designs, restores and conserves buildings.



Name a career that begins with letter **A**

Architect



Who is a Barrister?

A Barrister gives advice and represents clients in criminal or civil matters.



Name a career that begins with letter **B**

Barrister



Who is a Chef?

A Chef makes delicious dishes prepared at restaurants and also creates new recipes for more varieties on a menu.



Name a career that begins with letter **C**

Chef



Who is a Doctor?

A Medical Doctor diagnosis the conditions of the body, assessing the need for medicine or therapies and prescribing them.



Name a career that begins with letter **D**

Doctor



Who is an Engineer?

An Engineer creates, builds and maintains new technologies or essential infrastructures.



Name a career that begins with letter **E**

Engineer



Who is a Firefighter?

A Firefighter extinguishes flames and saves people from fire accidents.



Name a career that begins with letter **F**

Firefighter



Healthy Lifestyle Tips:

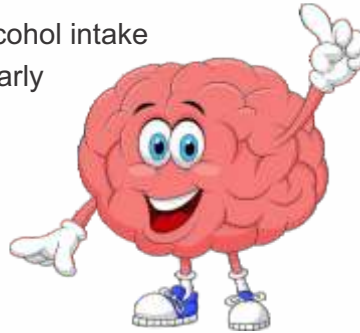
A healthy body is made up of healthy vital organs. Your vital organs are like your friends and if you take good care of them, you can achieve all your dream careers.

Children, you can become all you want to be with good health. Now, let's talk about healthy lifestyles



Brain care tips

- ◆ Stay away from drugs abuse and alcohol intake
- ◆ Eat healthy diets and exercise regularly
- ◆ Have adequate sleep
- ◆ Reading and learning



First, the Brain.

The Brain is your most vital organ that keeps other organs working as they should



Liver care tips

- ◆ Avoid Alcohol intake
- ◆ Avoid self-medication
- ◆ Maintain a healthy diet and exercise regularly



The Liver.

The Liver helps with the detoxification and purification of the blood and also the storage of vitamins and minerals



Heart care tips

- ◆ Eat healthy diets
- ◆ Exercise regularly
- ◆ Avoid excessive intake of salt



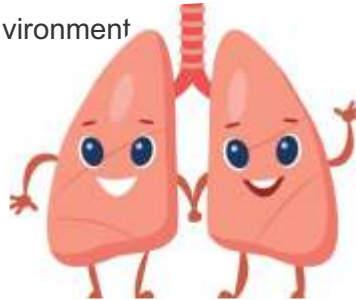
The Heart.

The Heart helps pump blood and oxygen around your body and remove carbon dioxide



Lungs care tips

- ◆ Avoid smoking
- ◆ Use face mask in dusty or polluted environment
- ◆ Exercise regularly



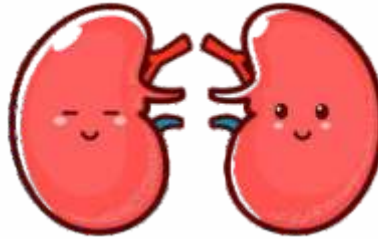
The Lungs.

The Lungs helps in taking oxygen into the blood and removes carbon dioxide



Kidney care tips

- ◆ Drink a lot of water
- ◆ Exercise regularly
- ◆ Eat fruits and vegetables
- ◆ Avoid alcohol intake



The Kidney.

The Kidney helps to remove waste and extra fluid from your body



- ◆ Wash hands regularly with soap under running water
- ◆ Drink only clean or boiled water
- ◆ Avoid playing in polluted waters
- ◆ Avoid moving around barefooted
- ◆ Always cover your food
- ◆ Cover your mouth with tissue paper or elbow when coughing or sneezing
- ◆ Avoid open defecation

***Other healthy
lifestyle
habits are:***





Eat lots
of nuts



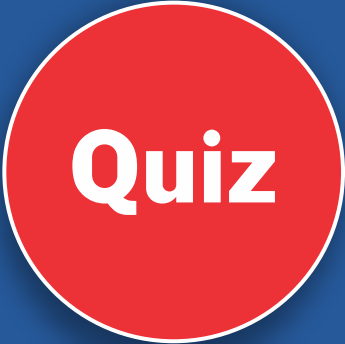
Eat lots
of fruits



Eat lots of
vegetables



Drink lots
of water



Quiz

1. **How often should we drink water?**
 - (a) *Once a day*
 - (b) *Regularly*
 - (c) *After eating food*
2. **Which of the following is not a function of the liver?**
 - (a) *Removal of toxins*
 - (b) *Storage of vitamins*
 - (c) *Removal of Carbon dioxide*
3. **How can we take care of the brain?**
 - (a) *Reading*
 - (b) *Exercising*
 - (c) *Yawning*
4. **Which of the following is not good for the Lungs?**
 - (a) *Smoking*
 - (b) *Fruits*
 - (c) *Vegetables*
5. **Which of the following is not a healthy habit?**
 - (a) *Covering of food*
 - (b) *Drinking lots of water*
 - (c) *Always walking barefooted*

Hand-washing technique with soap and water



**Wet hands
with water**



**Apply enough soap
to cover all
hand surfaces**



**Rub hands palm
to palm**



**Rub back of each hand
with palm of other hand
with fingers interlaced**



**Rub palm to palm with
fingers interlaced**



**Rub with back of fingers
to opposing palms with
fingers interlocked**



**Rub each thumb clasped
in opposite hand using a
rotational movement**



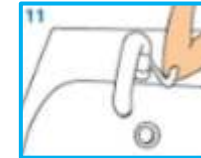
**Rub tips of fingers
in opposite palm in a
circular motion.**



**Rub each wrist with
opposite hand**



**Rinse hands
with water**



**Use elbow to
turn off tap**



**Dry thoroughly with
a single-use towel**



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