

projectgreenchallenge

pgc  
2013

# CURRICULUM

LESSON PLANS  
FOR A  
conscious  
lifestyle  
\*\*\*

# WHOLE BODY

# Introduction

---

*Introduction: Your shampoo is extra foamy, your toothpaste promises pearly whites and your deodorant leaves you smelling fresh...but how? Toxic chemicals!*

*The majority of cosmetics and personal care products contain synthetic ingredients that have never been tested for safety. Think about the products you use daily: toothpaste, mouthwash, face wash, shower soap, moisturizer, hair gel, deodorant, makeup, and more. Flip just one of those bottles around and take a good look at the ingredient list. Most of those unpronounceable, multi-syllabic ingredients have not been approved by the FDA or any other governing body. Researchers have found that repeated use of products containing potentially harmful ingredients can accumulate in our bodies and lead to health long term health problems.*

*But we have good news! It is easier than ever to green your daily routine. Awesome eco alternatives work without the dirty thirty (a list of toxic ingredients like parabens, phthalates, triclosan, aluminum, talc, lead, mercury and synthetic fragrance found commonly in the conventional personal care products). And these green items are widely available in stores like Whole Foods Market, Independent Natural Grocers, Target, and Walmart. Be on the lookout!*

# Resources

---

- [\*Pinterest Board\*](#)
- [\*Project Green Challenge Resources 2011\*](#)
- [\*Project Green Challenge Resources 2012\*](#)

# Objectives

---

Today's objectives include:

- Identify ingredients and chemicals in everyday body products that are hazardous to our health
- Distinguish between ethical, safe body products and harmful, toxic body products.
- Create a PSA to educate fellow students about the importance of selecting ethical body products.

# Materials Needed

---

- Handout (included)
- Computer Lab (or access to computers)
- FLIP cameras or students' cell phones with videorecording capabilities
- ingredients for the optional DIY Green Spa activity

# Lesson Plan

---

## **Start of Class:** 15-20 minutes

To begin today's class, screen *The Story of Cosmetics*, part of Annie Leonard's Story of Stuff series. Following the screening of the video, it's time for think-pair-share. First, give students two minutes to think about their reactions to the video and write them down, then two minutes to share their thoughts with the person sitting next to them. Then, take a few minutes to go around the room and let students share what they learned from the video.

## **EWG Skin Deep Activity:** 20-30 minutes

For homework the night before, give students each a map of the body on the supplied handout. Each student must write what products he or she uses on their bodies, such as shampoo, conditioner, soap, deodorant, nail polish, facial cleansers, make-up, sunscreen, cologne, perfume, lotions, shaving cream, or anything else.

In class, the students should each choose a product that they use on their skin, hair or body to start their investigation. Using the *EWG Skin Deep* resource, the students will look up the five worst ingredients in that product, the score, and the health concerns related to these ingredients, and record them on their handout.

## **Dirty Thirty Activity:** 45 minutes

In pairs, students will select one ingredient from the *Dirty Thirty* resource. Then, in the computer lab, they will create two different digital collages or Pinterest boards. The "before" collage or Pinterest board will contain "conventional" products that contain toxic chemicals, and the "after" collage or Pinterest board

will contain more ethical and "conscious" products that don't contain toxic chemicals. After they are finished, the students will share their collages with the class and explain what they learned about the chemical and its health risks.

## **Optional DIY Green Spa Activity:** 30 minutes

Now that your students have learned about several important aspects of body products and their impact on their health, they can learn how to make their own products! You don't have to be an aesthetician to make a great face mask, body scrub, toner or moisturizer with ingredients that already live in your kitchen. Items such as oats, brown sugar, olive oil, and avocado are all as good for your skin as they are to eat!

Based on your classroom, you can decide if there is a fun and easy product that you make, such as a basic scrub or hand cream. Here are several ideas, but you can find your own: [glamour.com](http://glamour.com)

Guide the students through how to make the product, and have all of the students get involved in making it. Finally, let everyone try out the new creation!

## **Assessment/Checks for Understanding:** 30 minutes

Have the students use their phones or flip cameras to create a short, 30 second PSA about the importance of using ethical products. In groups, students should plan and record how to select better products and to teach their fellow classmates/schoolmates about what they are putting on their bodies. The PSAs must be educational, fun, creative, and engaging! Host a class screening of the PSAs, and share them with whomever you like.

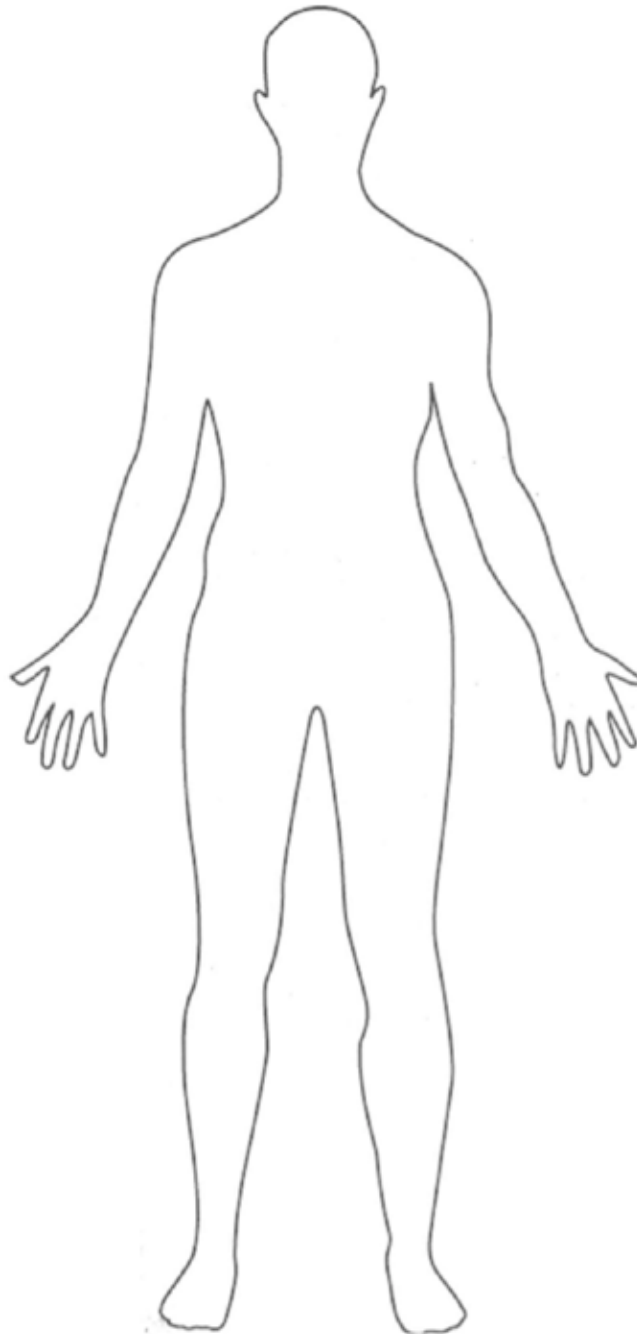
# Whole Body Handout

---

## What's On Your Body?

name: \_\_\_\_\_

A. Using the diagram below, label all of the products that you use over the course of a day. This could include: shampoo, conditioner, soap, deodorant, nail polish, facial cleansers, make-up, sunscreen, cologne, perfume, lotions, shaving cream, or anything else!



# Whole Body Handout cont.

---

B. In this activity, select one of the body products you used yesterday. Go online to [EWG's Skin Deep Cosmetics Database](#). Type in the name of your product and select the closest match. Using the chart below, record the five ingredients with the highest health concern ratings, and share the health concerns of these ingredients.

Name of Product:

Ingredient	EWG Rating	Concerns

What did you learn from this activity?

Want to learn more? At home, look up some of the other products that you or your family use, and see what potential health risks they may pose to you. Feel free to share your findings!