

Objective

By the end of this lesson, you will understand the science behind common health and beauty practices and products.

Materials and Prep

- Mirror
- Moisturizer
- Healthy snack options
- Access to the internet for research

Prior knowledge of basic biology concepts is helpful.

Activities

- **Skincare Science:** Research and explain the importance of moisturizing and how it benefits the skin.
- **Nutrition Exploration:** Investigate how different foods can impact skin health and overall well-being.
- **DIY Beauty:** Create a natural face mask using ingredients from your kitchen and understand the science behind why it works.

Talking Points

- **Moisturizing:** "Moisturizing helps keep our skin hydrated and prevents dryness and irritation."
- **Nutrition and Skin:** "Eating a balanced diet with plenty of fruits and vegetables can help give us that healthy glow."
- **DIY Beauty:** "Mixing honey and yogurt for a face mask can provide hydration and soothe the skin."