

DIY Hair Care Recipes

Lesson Packet #15 – May 2018
The Change Agent <changeagent.nelrc.org>

Description: Use this collection of homemade hair care recipes to practice reading, writing, and math. Take it further by creating a class recipe book of DIY personal care products and perhaps making some in class to use and/or share as gifts.

Level: These texts are Levels 3-7 (grade level equivalent).

Materials:

- A. the activity sheet “Recipe Cards for Hair Care” from p. 28 of the “Hair” issue (#46) of *The Change Agent*
- B. PDFs of six articles from the “Hair” issue:
 - 1. “My Family’s Hair Care Recipe” (Level 5)
 - 2. “Hair Growth without Chemicals” (Level 3)
 - 3. “Beauty from Handmade” (Level 6)
 - 4. “Coconut Oil Massage” (Level 5)
 - 5. “Mom’s Homemade Hair Care Product” (Level 7)
 - 6. “Eliminate Frizz” (Level 4)
- C. To make the activity more hands-on, bring in measuring cups and spoons, mixing bowls, and ingredients from the recipes for students to measure and make their own products. Bring small jars and labels, too, so you can package the finished product.

How to Use These Materials: We do not include classroom steps for teachers in this packet. Instead, we hope that by providing this set of materials, you can pick and choose the ones that are right for your students and build from there. For example:

- 1. **Start with the activity sheet on p. 28.** Warm up by getting students talking about their own family hair-care recipes. Then go on to build vocabulary and review measurements, as per instructions on the page.
- 2. **Make copies of the blank recipe card** on p. 28 or make your own version. Ask students to transfer information from the 6 recipes on pp. 29-32 to 6 different recipe cards. This activity supports reading and writing. Students will have to look for key pieces of information and transfer to the proper spots on the recipe card.
- 3. **Turn your classroom into a test kitchen!** Bring in measuring spoons and cups, mixing bowls, ingredients, and jars and labels. Have students mix up some batches of different products. See who’s willing to try them out at home. Have them write a review of the product. If the product works well, students could make more for gifts or to sell.

Find more *Change Agent* lesson packets at <changeagent.nelrc.org>, as well as PDFs of magazines on a wide variety of themes, articles in audio, CCR-aligned activities, and more. All of that is available for the price of an online subscription: \$20 per teacher per year.

Recipe Cards for Hair Care

Cynthia Peters

IN THIS SECTION (pp. 28-33), we have compiled recipes for homemade hair care. *The Change Agent* does not have a test kitchen, so we have not tried out these products. However, each writer stands by their recipe!

USE THE ACTIVITIES on this page to build vocabulary and reading, writing, and speaking skills.

BEFORE YOU EXPLORE THE RECIPES, discuss your own family recipes for hair care.

LEARN NEW VOCABULARY. Verbs: massage, wash, rinse. Nouns: ingredient, scalp, follicles, vitamins, tangles, emollient. Adjectives: oily, creamy, thick, shiny, moist, smooth, anti-bacterial, anti-fungal.

REVIEW MEASUREMENTS. Bring in measuring cups and spoons and review the vocabulary for each of them. Learn how to abbreviate teaspoon (tsp) and tablespoon (Tbs or tbsp).

MAKE YOUR OWN RECIPE CARDS. Make copies of the blank recipe card below. For each of the recipes on pp. 28-33, fill in a recipe card. First, make up a name for the recipe. Then list all the ingredients. Finally, list the steps you need to take to make the recipe. The process of reading the recipes and then re-writing each one so that it fits on the recipe card will be a great way to practice reading comprehension, writing, and finding key information.

Recipe Name: _____

Ingredients: _____

Steps:

Questions about this recipe: For example, some recipes don't list quantities.

My Family's Hair Care Recipe

Mildred Sanchez

This recipe has been used in my family for many years. My grandmother used this recipe. My mother used this recipe. I use this recipe. And now my daughters use this recipe on their children, too.

My recipe includes three ingredients: one teaspoon of castor oil, one teaspoon raw honey, and half of a teaspoon of peppermint oil.

Mix the ingredients until the mixture becomes a creamy paste. Then part your hair into 4 sections. Using your fingers, apply the mixture to your scalp and massage. Use the entire mixture. Then put on a plastic shower cap for about 10 minutes. After the 10 minutes, rinse with warm water and

then shampoo like you normally would. Shampoo twice if you feel like your hair is too oily. You can use this hair repair recipe twice a month. You have to use it for at least two months before you can see actual results.

Mildred Sanchez is a student at the Methuen Adult Learning Center in Methuen, MA. She is originally from New York City. She hasn't missed a single day of class and has been on time. Her goal is to have perfect attendance this year.



Learn More about Mildred's Ingredients



Castor oil has natural anti-bacterial and anti-fungal properties. It is high in vitamin E and omega 6. There are also beneficial fatty acids in castor oil.



Raw honey is an emollient. Emollients make the hair smooth and moist. Raw honey also has anti-bacterial properties.



The last ingredient is peppermint oil, which increases blood flow to the hair follicles. This is going to increase hair growth dramatically.

Hair Growth without Chemicals

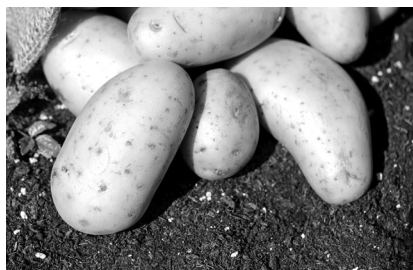
Serena Cruz-Santiago

When I was a little girl, my hair was thin. It didn't look good, so my father cut my hair short. My mom bought potato "juice" from a neighbor. She poured some onto my head. She massaged my hair and head. Then she peeled and boiled tomatillos. She rinsed my hair with that. She did this once a week, many times.

When I was a teenager, my hair started to grow thick and shiny like it is today.

I am thankful for my wonderful parents. With their help, my hair is shiny and thick.

Serena Cruz-Santiago is a student at the Adult and Continuing Education Program in Plainville, CT. She was born in Oaxaca, Mexico. Her mom is a lovely person who likes to make everything naturally.



Beauty from Handmade

Ellen Wang

My friend's husband had gray hair when he was 40 years old. One day, they went to a party, and a little girl called her "aunt" but called her husband "grandpa." Another time, someone thought her husband was her father. No one wants to be so embarrassed.

Luckily, we are smart and inventive and can create solutions to our problems. Some people use chemical dye to change their hair color. But I prefer to use a natural product to dye my hair because it is much safer for my health. First, I put an egg, a teaspoon of vinegar, a teaspoon of honey, and a handful of henna powder in the bowl. I add fresh water and mix it; then I stir until it forms a smooth paste. I let it sit for 2-3 hours or overnight if pos-

sible. Second, I apply the henna paste to my hair, covering it from my scalp to the ends of my hair. I leave it on for 2-3 hours and then rinse until my hair is clear of all particles. Finally, I shampoo my hair, and it is beautiful and glowing once again.

Using this kind of natural product not only colors but also conditions my hair. It adds confidence and ease to my life.

Ellen Wang is from China. She is a student at the El Rio Adult Learning Center in Tucson, AZ. She has been in the U.S. since 2014 and is working to improve her English language skills.



Coconut Oil Massage

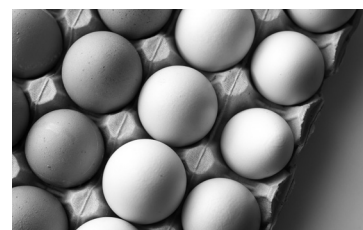
Emily Santos

When I was a child, my mother used to take a coconut and grind it. Then she would put the ground coconut in a clean, thin sock to take the oil out of the coconut.

After my mother washed my sisters' and my hair, she would place some of the coconut oil on her hands and put it on our hair. She then massaged the oil into our scalp, which I loved as a child.

When she was finished, she put our hair in a pony tail.

Emily Santos was born in Brooklyn, NY. She studies at the Department of Education, Office of Adult Education, Alternative Education Complex, School 4 in New York City. She worked as a medical receptionist for 12 years.



Mom's Homemade Hair Care Product

Victor Marrero

My mother used to comb my sister's hair. My sister's hair was tangled and uncontrollable until one day my mother tried a new recipe that included different ingredients: mayonnaise, avocado, one whole egg, and tinfoil.

Once a week my mother used these ingredients to make my sister's hair shiny, clean, and soft with no tangles. If you don't have the funds to go to a hair salon, you can try this on your hair.

Here are the ingredients my mother used:

- 2 spoonfuls of mayonnaise
- 1/2 of an avocado
- 1 whole egg
- Tinfoil for wrapping

Mix all the ingredients in a bowl, then take a handful and spread the mixture all over your head. Wrap the tinfoil. Wait 5-10 minutes, then rinse with warm water.

Your hair will look shiny, clean and you will have no more tangles. By doing this at least three times a month, you will smooth out the tangles in your hair.

Victor Marrero is a student at the Department of Education, Office of Adult Education, Alternative Education Complex, School #4 in New York City. He is attending school so he can become a school safety officer.



Eliminate Frizz

MacKenna Shea-Smith

BEFORE YOU READ: DIY stands for “do it yourself.” What are some other contexts where you might see DIY used?

I’ve had to deal with having frizzy hair my whole life. I used to just embrace the frizz. But one day, I came across this DIY hair serum, and I’ve been in love ever since. The only two ingredients you need are coconut oil and avocado oil! Here are the instructions:

1. Melt coconut oil in a microwave-safe bowl.
2. After the coconut oil is melted, add the avocado oil in the bowl and mix.
3. Put the serum in a spray bottle and enjoy. (The avocado oil helps keep the coconut oil from coagulating.)

I really love this serum because it doesn’t only eliminate frizz, but it keeps my hair silky smooth! A little bit goes a long way, so I always use sparingly. When you use too much, it can cause your hair to become oily. Sometimes, I prefer to spray it in my hands and then run it through my hair.

This is my go-to solution for frizz and bed head, and now hopefully it’s yours too!

AFTER YOU READ:

1. What does the word “embrace” mean? What do you think the author means when she says she used to “embrace the frizz”?
2. Another idiom she uses is, “A little bit goes a long way.” Talk about recipes you use that only require a little bit of a certain ingredient. Incorporate the saying, “A little bit goes a long way!”
3. More vocabulary: Find the words *serum*, *coagulate*, and *sparingly*. Using the context for clues, what do these words mean?

MacKenna is an 18-year-old student at Vermont Adult Learning in St. Albans, VT. She is enrolled in the High School Completion Program earning her high school diploma from Bellows Free Academy Union High School. She expects to graduate in June 2018.



Turn a Noun into an Adjective

In this article, MacKenna uses the word “frizz” (a noun) and “frizzy” (an adjective). By adding “y” to the end of the noun, it becomes an adjective. Try turning some of the following nouns into adjectives by adding “y” at the end.

Noun	Adjective	Noun	Adjective
Frizz	Frizzy	Oil	
Shine		Silk	
Tangle		Wire	
Sparkle		Health	

Note that when you add a “y” to a word that ends in “e,” you drop the “e.”