

Keeping My Body Clean

Chapter 2: My Body · Topic 2

Key Concept

We should bathe daily to remove dirt and sweat from our skin, and wash our hands before eating and after using the washroom to remove germs that could make us sick.

Brushing our teeth twice a day, morning and night, helps prevent tooth decay and keeps our breath fresh.

Wearing clean clothes, trimming our nails, and combing our hair are also important parts of keeping our whole body clean and neat.

Practising good cleanliness habits from a young age helps us build routines that keep us healthy throughout our life.

Quick Revision Notes

- Bathe daily to remove dirt and sweat.
- Wash hands before eating and after the washroom.
- Brush teeth twice a day.
- Wear clean clothes regularly.
- Trim nails and comb hair for cleanliness.
- Good cleanliness habits prevent germs and illness.
- Clean habits should be practised from a young age.
- Cleanliness helps us stay healthy throughout life.

Practice Questions

- 1 Demonstrate how to wash your hands properly.
- 2 Make a chart of your daily cleanliness routine.
- 3 Explain why brushing your teeth twice a day is important.
- 4 List three cleanliness habits you practice.
- 5 Check and trim your nails with an adult's help.
- 6 Discuss with your family why cleanliness matters.