

Personal Hygiene

Chapter 9: Staying Healthy and Happy · Topic 1

Key Concept

Bathing daily removes dirt, sweat, and germs from our skin, helping prevent skin infections and body odour.

Washing our hands before eating and after using the washroom removes germs that could make us sick, and is one of the most important hygiene habits.

Brushing our teeth twice daily, along with regular dental check-ups, keeps our teeth and gums healthy and prevents cavities.

Good personal hygiene not only keeps us healthy but also helps us feel confident and comfortable in our daily activities and interactions with others.

Quick Revision Notes

- Personal hygiene means keeping our body clean.
- Bathing daily removes dirt, sweat and germs.
- Washing hands prevents illness from germs.
- Brushing teeth twice daily prevents cavities.
- Regular dental check-ups keep teeth healthy.
- Good hygiene keeps us healthy.
- Good hygiene helps us feel confident.
- Clean clothes are part of personal hygiene.

Practice Questions

- 1 Demonstrate proper handwashing steps.
- 2 Make a daily hygiene routine chart.
- 3 Explain why brushing teeth twice a day matters.
- 4 Discuss why clean clothes are part of hygiene.
- 5 Check your nails and hair for cleanliness.
- 6 Discuss good hygiene habits with your family.