

Name: _____

HOW TO TAKE CARE OF YOUR BODY?

Good personal hygiene means keeping your body clean and healthy every day. Simple habits like brushing your teeth twice a day, washing your hands regularly, showering, and wearing clean clothes help prevent the spread of germs and illness. Washing your hands before eating and after using the washroom is one of the best ways to stay healthy. Taking care of your skin, hair, and nails also helps you feel fresh and confident. When you practice good hygiene, you not only protect yourself but also show respect for others by helping to keep your surroundings clean and safe.

Comprehension Questions:



What does personal hygiene mean?

Name three habits that are part of good personal hygiene.

Why is washing your hands important?

How does taking care of your body help you feel?

What does good hygiene show about how you treat others?

Fill in the Blanks:

Personal hygiene means keeping your body _____ and _____.

Brushing your _____ twice a day keeps your mouth healthy.

Washing your _____ helps stop the spread of germs.

Taking care of your skin, hair, and nails helps you feel _____.

Good hygiene shows _____ for others.