

Name: _____



What is personal Hygiene ?



Personal hygiene means keeping our bodies clean and healthy to prevent germs from spreading and to make us feel good. It includes simple daily habits like brushing our teeth, washing our hands, showering, and wearing clean clothes. These habits help us stay fresh, avoid bad smells, and reduce the risk of illnesses caused by bacteria or viruses.

Good hygiene doesn't just keep us healthy—it also helps us feel confident and comfortable around others. When we take care of ourselves, people enjoy being near us and we show respect for our own health and others. Handwashing is one of the most important hygiene habits. We should wash our hands before eating, after using the washroom, and after playing outside.

Dental hygiene is another key part of personal care. Brushing teeth twice a day and visiting the dentist regularly keeps our teeth strong and our gums healthy. Clean clothes, trimmed nails, and combed hair also play a role in looking and feeling our best. When we practice good hygiene every day, we stay healthy, confident, and ready to take on anything.

1-What does personal hygiene mean?

2-Name three daily habits that are part of good hygiene.

3-Why is hand washing important?

4-How does good hygiene affect our confidence and relationships?

5-What are two ways to keep your mouth healthy?

Fill in the Blanks:

Personal hygiene means keeping our _____ and _____ clean and healthy.

Washing our _____ helps remove germs and prevent illness.

Brushing teeth twice a day helps keep our _____ strong.

Wearing _____ clothes and trimming nails are part of good hygiene.

Good hygiene helps us stay healthy and _____.

