

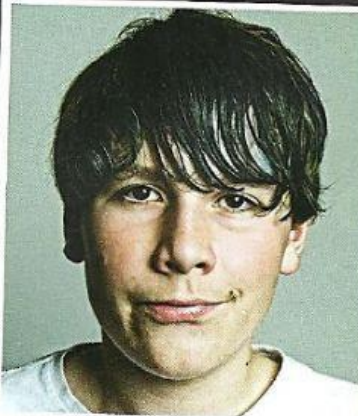
1 What happens if you don't wash every day?

2  65 Read and listen to Alex's blog about his experiment. Are the sentences T (true) or F (false)?

a Alex thinks we use too many personal hygiene products. T ☐ F ☐

b At the end of the experiment, his skin feels terrible. T ☐ F ☐

No shower gel for a month!



Most people buy a lot of personal hygiene products. However, these products destroy the natural bacteria on your skin that clean and protect it. So I want to try an experiment. Can I live for one month with only a bar of soap for washing my hands?

Day 1: My skin feels really dirty.

Day 4: The skin under my arms is sore. 😞

Day 10: My hair looks disgusting!

Day 22: Wow! My skin feels great. Finally, the bacteria are helping! But I need some deodorant ... urgently ...

Day 31: It's the last day! I now know I must use deodorant every day and shampoo twice a week, but I don't need to use shower gel every day. The bacteria on my skin do a great job, and they don't cost any money! 😊😊😊



VOCABULARY: Personal Hygiene products

2-Match the words below to the photos.

deodorant hair gel a hairbrush makeup shampoo shower gel soap a
toothbrush toothpaste



1 soap



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



Cuando nos referimos a estos productos, a veces solemos nombrar el contenedor en el cual vienen disponibles. Por ejemplo, frasco ,botella, pomo, etc. En inglés son comunes frases como:

- ▶ A bottle of shampoo
- ▶ A tube of toothpaste
- ▶ A bar of soap
- ▶ A can of deodorant (can=lata en inglés Británico-)
- ▶ A pot of hair gel

COUNTABLE OR UNCOUNTABLE NOUNS?

(Sustantivos contables o incontables)



click here!

3- Click the correct option.

Countable noun		Uncountable nouns
singular	plural	Singular only
bottle		X
X	X	deodorant

4- Complete the text with the correct option



In the past, personal hygiene was very different from today. There was only one type of ¹ soap to use on your hair, body, and hands. There was no ² _____ for your hair until the 20th century! These days, we brush our teeth every day. This isn't new - ³ _____ are about 7,000 years old! But the ⁴ _____ of toothpaste that we use now are a product of the 19th century. ⁵ _____ isn't a recent invention. Most of us use ⁶ _____ of it under our arms every day, but it was first available in shops in the 1880s.

4-Read the examples and study the table.

I need **some** deodorant.
They don't cost **any** money!

	Countable		Uncountable
	Singular	Plural	Singular only
✓	There's a can.	There are some cans.	There's some soap.
✗	There isn't a can.	There aren't any cans.	There isn't any soap.
?	Is there a can?	Are there any cans?	Is there any soap?

Now complete the rules with *some*, *any*, or *a / an*.

We use ...	for ...
¹ _____	plural countable nouns, uncountable nouns, affirmative sentences
² _____	plural countable nouns, uncountable nouns, negative sentences, questions
³ _____	singular countable nouns, affirmative and negative sentences, questions

5- Complete the conversation with *a*, *an*, *some*, and *any*, and the correct words in brackets.

Tom: Dad, I want a shower. Is there
¹ any shower gel ? (hairbrush / makeup / shower gel)

Dad: Yes, there's ² _____ next to the sink. (new bottle / new can / new pot)

Tom: And I want to wash my hair, but there isn't
³ _____ ! (deodorant / shampoo / soap)

Dad: Look in the bathroom cupboard. There's
⁴ _____ in there. (hair gel / makeup / shampoo)

Tom: OK. And have we got ⁵ _____
(hair gel / makeup / soap) for my hair afterwards?

Dad: No, there isn't any. Oh, wait – there's
⁶ _____ in my bedroom. (old bar / old can / old pot)