

Unit 8.1.3 Wellness for Life

Topic: Hygiene

I. Why is Hygiene Important?

✎ Write down three reasons why keeping good personal hygiene is important for health and well-being.

- 1.
- 2.
- 3.

2. Correct Use of Personal Hygiene Items

✎ Match the item with the correct use.

Items:

A. Toothbrush

B. Soap

C. Deodorant



D. Nail clippers

E. Shampoo

Uses:

Keeps hair and scalp clean

Removes germs and dirt from the body

Prevents body odor

Cleans teeth and gums

Keeps nails neat and prevents infections

Item

Correct Use

3. Reflection - Applying to My Life

 **Answer the questions in full sentences.**

How can you apply what you learned about hygiene in your daily routine?

How can your good hygiene practices influence others and your environment?

4. True or False - Hygiene Check

✎ **Write T for True and F for False.**

Washing your hands only once a day is enough. (___)

Brushing your teeth twice a day helps prevent cavities. (___)

Sharing personal items like combs or razors is safe. (___)

Good hygiene can improve both health and self-confidence. (___)

Using deodorant replaces the need for showering. (___)

5. Story: The Origin of Personal Hygiene

For thousands of years, humans have cared about cleanliness. Ancient Egyptians bathed daily in the Nile River and used scented oils to keep their bodies fresh. The Romans built public bathhouses where people could wash and relax. In the Middle Ages, hygiene practices declined in Europe, leading to the spread of diseases. Over time, scientists discovered that germs caused illness, and modern hygiene practices like handwashing, dental care, and bathing became part of daily life.

✎ Answer in complete sentences.

Which two ancient civilizations practiced personal hygiene?

Why did diseases spread during the Middle Ages?

What discovery helped modern hygiene practices improve?

Exit Ticket

✎ Write one personal hygiene habit you want to improve and explain why.

Habit: _____

Why: _____

✨ Well done! Today you learned the importance of hygiene for yourself and your community.