

Name: _____

Date: _____

Grade: _____

Personal Hygiene

Answer all questions.

Word Bank: *one bacteria clean soap two bad*
shampoo twice good tangles

1. Keeping your body _____ is a very important part of keeping you healthy and helping you feel _____ about yourself.
2. How often should you take a bath or a shower? _____
3. When you shower make sure you use _____ to wash your body and _____ to clean your hair.
4. Remember _____ loves moisture so be sure to dry yourself completely with a towel.
5. You need to brush your hair everyday or you will get _____.
6. When your underarms sweat they give off a _____ odor.
7. You need to brush your teeth _____ times a day and floss your teeth _____ time a day.

Name the following grooming products.












