

Tier 1- Assessment Worksheet:

Answer the live worksheet on the importance of personal hygiene.



## Personal Hygiene

Choose the words from the box to complete the sentences on the importance of personal hygiene.

clean

tidy

safe

1. Personal hygiene keeps our clothes \_\_\_\_\_.
2. Personal hygiene keeps us \_\_\_\_\_ from germs.
3. We remain \_\_\_\_\_ when we take care of our personal hygiene.



**Tier 2- Assessment Worksheet:**

Answer the live worksheet choosing the correct answers on the importance of personal hygiene.



Why is Person  
Hygiene  
important?

**Tick the box that shows the importance of personal hygiene.**

It keeps us clean. ☐

We can smell badly. ☐

Keeps us safe from germs. ☐


### Tier 3- Assessment Worksheet:

Answer the live worksheet by choosing the activities done to take care of personal hygiene from a given set of pictures.

## What Is Personal Hygiene?

Personal hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!

Choose the activities we do for good personal hygiene.

A cartoon illustration of a girl with dark hair and a red bow, and a boy with dark skin, both smiling. They are standing in a garden with a brick wall and a bush in the background. A small 'twinkl.com' watermark is visible in the bottom right corner.