

LISTENING ACTIVITY

Listen to a doctor talk about good personal hygiene habits and put a check in the ones that are mentioned.

- Washing your hands.**
- Wearing clean clothes**
- Keeping your fingernails short.**
- Getting restful sleep.**
- Brushing your teeth three times a day.**
- Flossing your teeth once a day.**
- Bathing or washing your hair.**
- Washing hands after handling garbage.**
- If sick, stay away from healthy people.**
- Cleaning the surrounding areas.**