

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.