

## Hygiene

### Fill the gaps activity

(Insert the numbers 1-6)



spreading - 1	shower - 2	bacteria - 3
smell - 4	hands - 5	morning - 6

When you wake up in the \_\_\_\_\_ you should brush your teeth, take a \_\_\_\_\_, wash your body and put on clean clothes.

If you don't practise good personal hygiene then dirt and \_\_\_\_\_ could build up on your body and cause it to \_\_\_\_\_ bad or the skin to become infected and sore.

Keeping your body and \_\_\_\_\_ clean also helps to stop bacteria and viruses from \_\_\_\_\_.