

Name: \_\_\_\_\_

## PERSONAL HYGIENE

Use the links to get information to answer the questions that follow.

<https://jharaphula.com/effects-poor-personal-hygiene/>

<https://kidshealth.org/en/teens/handwashing.html>

<https://kidshealth.org/en/teens/hygiene-basics.html>

1. Define the word hygiene.

\_\_\_\_\_

2. Name 6 times when you should wash your hands thoroughly?

_____	_____
_____	_____
_____	_____

3. State 5 reasons why you need good hygiene.

_____	_____
_____	_____
_____	_____

4. How does clean hands help health?

\_\_\_\_\_  
\_\_\_\_\_

5. State 6 ways germs can spread.

_____	_____
_____	_____
_____	_____

6. How often should you wash your hair?

\_\_\_\_\_