

Name _____

Hygiene

Hygiene and Good Health Habits

DIRECTIONS: Sort the words or phrases into the correct boxes.

regular
bedtime

go to dentist

drink water

take bath or
shower

wash hands

brush teeth

avoid soda

eat vegetables

use soap and
shampoo

tooth decay

illness

wash hair

use deodorant

bad breath

body odor

PERSONAL HYGIENE

GOOD HEALTH HABITS

CONSEQUENCES OF POOR HYGIENE AND POOR HEALTH HABITS