

Personal Hygiene

Personal hygiene is a collection of habits that people have to keep themselves clean and their bodies healthy. These habits are important for everyone because they help you stay clean and healthy. Good personal hygiene helps keep you well because it protects you from germs that enter your body. Germs are tiny living things that can make you sick. Germs are so small that you can't see them without using a microscope.

Your hands touch so many different things every day that they collect a ton of germs. Every time you rub your eyes, touch your food, or pick your nose, you're putting germs into your body. To avoid all this be sure to wash your hands:

- before eating
- before touching your eyes, nose or mouth
- after using the bathroom
- after touching things that a lot of people touch such as doors, taps, telephones, tables, chairs, walls and windows.

It's important to clean surfaces. All surfaces can hide germs on them. Not many people remember to cover their noses when they sneeze. Many people forget to cover their mouths when they cough. Having a clean house keeps you safe from diseases and it also makes you feel relaxed.

1. Match the words with the correct picture:



1. microscope

2. rub v.

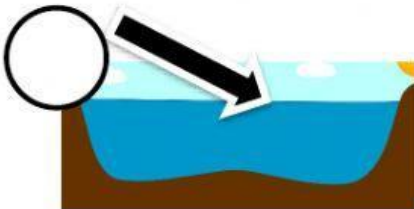
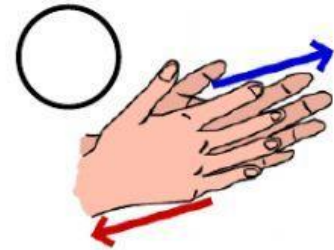
3. sneeze

4. cough

5. pick your nose

6. surface

7. relaxed



The top part of something



2. Match the words with the correct meaning:

1. living things	() very small living things.
2. germs	() a set of similar things.
3. personal adj.	() things that can grow, like animals and plants.
4. hygiene	() belongs to a person.
5. collection	() the practice of keeping yourself and the things around you clean.
6. protect	() very small.
7. ton	() 1000 kilograms.
8. tiny adj.	() to stop something bad from happening.
9. avoid	() something bad happens to your body and makes you sick.
10. disease	() to keep someone or something safe.

3. Write T for True and F for False:

1. Your hands collect a lot of germs every day. ()
2. You need to wash your hands before using the bathroom. ()
3. People need to cover their nose when they cough. ()
4. You will feel relaxed if your house is clean. ()
5. You need to wash your hand before you rub your eyes. ()

4. Answer the following question:

1. What is the personal hygiene?

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2. What are germs?

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3. Why is cleaning surfaces important?

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4. Why is personal hygiene important?

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5. Is this passage fiction or non-fiction?

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6. Think about one more hygiene habit.

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