

3) Know the need for regular changes of clothes

3.1 *Outline his/her routine for changing clothes.*

How often do you (choose the correct option).

Change your socks?

Change your t-shirt?

Change your jeans, trousers or skirt?

3.2 *State why clothes should be changed regularly.*

Please give two reasons why you should change your clothes regularly.

1)

2)

3.3 *State why clothes should be washed or cleaned regularly.*

Please give a reason why you should wash your clothes regularly.