



Year 2 Science
(Week 7)

Worksheet – Keeping yourself clean

Name: _____

Class: Year 2 A B C D

Date: _____

Our hands may look clean, but are they? We may have millions of germs on each hand. Some of these germs are harmless, some can cause **illness**.

To stay well and healthy we must be **hygienic** (hi-jean-ick). It is hygienic to wash our hands with soap and water. This helps stop the spread of germs.

1. Match the problem to the answer.

problem
Damp (wet) hands spread 1000 times more germs than dry hands.
The number of germs on our fingertips doubles after we use the toilet.
Water does not kill germs on our hands.

answer
Use soap to wash your hands.
Dry your hands properly after washing them.
Wash your hands after every visit to the bathroom.

The hand washing rule

We must wash our hands for at least 20 seconds. Doctors and vets wash their hands very carefully to help stop the spread of germs. We must follow this hand washing rule.

Did you know?



20 seconds is as long as it takes to sing the *Happy Birthday* song twice! Try it the next time you wash your hands.

2. Drag the pictures to show the correct way of washing your hands.



Wash away the soap bubbles.

Put soap on your hands.

Rinse your hands with water.

Dry your hands.

Rub your hands together.

3. Select and match the ways to be hygienic and keep yourself clean.

Everyday, our hands pick up millions of germs when we touch a lot of things. Germs can make us ill.

When you cough or sneeze, germs can spread.

Bacteria are tiny things. Bacteria can cause tooth decay and gum disease.

When it's hot, you will feel warm and sweat especially after playing and exercising.

After taking a shower or washing ourselves

We often make a mess after waking up, eating and playing.

Cover your mouth with a tissue or your sleeves and wash your hands after throwing your trash.

We should wash our hands often, cut our nails short to keep our hands clean.

We should dry ourselves, comb our hair and clean our ears.

We need to tidy up after ourselves to keep things neat and clean.

Brush your teeth at least twice a day and avoid sugary food and drinks.

Take a shower or a bath to keep yourself clean.

