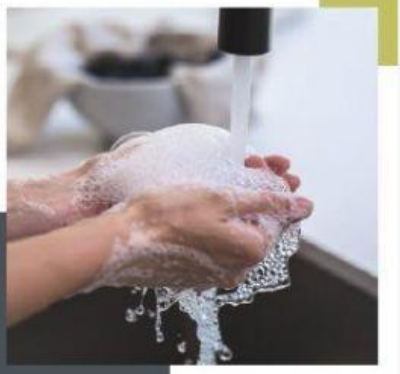
Read the text given about Personal Hygiene.

PERSONAL HYGIENE

Personal **hygiene** is all about keeping ourselves clean. Keeping our bodies clean is very important because it helps us stay healthy and even feel good about ourselves. If we do not stay clean, we may be at risk of catching **infections** as well as smelling badly to others.



SKIN

Shower everyday to cleanse the skin using a mild soap. The skin is the largest organ of your body and needs to be washed and moisturized frequently. Cleansing the skin will wash away the buildup of oil and bacteria to prevent infections. An everyday moisturizer will keep the skin **supple** and healthy looking.



HAIR

It is not necessary to wash your everyday, as washing too often strips the hair of the natural oils that are essential for keeping it healthy. If your daily activities cause **excessive** sweating, then daily washing is recommended. Choose a shampoo that is suitable for your hair type. For instance, don't use shampoo made for dry hair if your hair is oily. When washing your hair, massage the scalp to stimulate healthy growth and wash away dirt, oil and dandruff. Keeping the scalp and hair clean prevents any excess oil from making its way to your face. This oil will clog pores and cause acne.



TEETH

Brushing daily and **flossing** can reduce the risk of permanent damage, including tooth loss. Brush your teeth at least twice a day and remember to floss. Your teeth are exposed to harmful foods and beverages everyday that cause tooth decay. These acidic foods break down the enamel that protects your teeth. When you brush your teeth daily, you can smile confidently.



PERSONAL SURROUNDINGS

Wash your bedding every week. Bedding can absorb sweat when you sleep and germs can **fester**. Do not sleep in your own filth when you go to bed. Create a routine of cleaning in your home. Having a clean surrounding makes you more relaxed and productive. When eyes see clutter, it can make focusing on a task difficult. Having a clean surrounding also keeps you away from diseases.

Match the words from the text above to its correct meaning.

Hygiene	Growth of germs in the body.
Infection	Moving easily and flexible.
Supple	Practices to maintain health and prevent disease through cleanliness.
Flossing	More than necessary or normal.
Excessive	To decay or rotten.
Fester	Cleaning in between the teeth.

LIVEWORKSHEETS