

### **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.