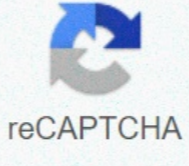




I'm not robot



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Personal hygiene worksheets pdf

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Food Hygiene - When you have food poisoning, you feel very sick, and often have stomach pain, vomiting and diarrhea which can last anywhere from a few hours to a few days.

Personal Hygiene Products

1. I dry my hands with a _____.
2. I use _____ in the restroom.
3. I comb my hair with a _____.
4. I use a _____ to see me.
5. I put _____ on my toothbrush.
6. I wash my hair with _____.
7. I brush my teeth with a _____.
8. I clean my body with a _____.

Keep the Cooties Under Control! - You should! Because all of these activities can transfer germs - microscopic creatures that can make you sick. Germs are too small to see, and it's impossible to know it when they enter our bodies. Following a standard regimen of hygiene has a huge impact on many avenues of our lives. First and foremost it helps lower our chances of getting ill. One of the best ways to prevent getting a cold or given it to someone else is to religiously wash your hands. While we can't absorb disease through our skin, you wouldn't know how many times we touch our mouths our eyes which is wear all this stuff can get into us. Brushing and flossing your teeth keeps your smile pretty. When we take care of ourselves, people notice. Because of the extra attention it improves our confidence levels and overall self esteem. This can help lead to that boyfriend or girlfriend taking notice of you. Socially people don't accept weak hygiene practices and often criticism those who do. When we look at the work world, proper hygiene may help you get that job or close that deal that you were working on. Do you want to buy a car from a person that smells like an outhouse because they haven't showered in a week? Probably not! Teachers should help students develop their own hygiene routine and talk about aspects. This can make a big difference in their health. The checklist below will help you with your personal daily habits. Use the checklist each day. Are you practicing good personal health? Look at each row of teeth. Cut and paste the happy face next to the clean teeth. Cut and paste the grumpy face next to the dirty teeth. Think about the different ways you have practiced good hygiene this week. Complete the bingo card. [edgardo buscaglia libros pdf](#) It is a good idea to keep yourself and your clothes clean. Do you know the consequences of not doing this regularly? Think about both and complete the table. List as many good and bad consequences as you can think of.

Hygiene and Pets No. 4

Pet Hygiene Games

Hide and seek

This Netoon knows the secret of keeping your pet healthy. To find out what it is, write in the boxes the letters on the balls, starting with the largest and finishing with the smallest.

V N I C N T A L C A O

Quiz

- 1) Animals can transmit to man:
 - their illnesses.
 - their genes.
 - their dreams.
- 2) Food touched by an animal:
 - is delicious
 - should not be eaten, unless thoroughly washed
- 3) Rabbits and their droppings:
 - they offer them to their mates
 - they eat them.
 - they play marbles with them.
- 4) Which illness transmitted to dogs by foxes was in the past very dangerous for man:
 - babies.
 - rabies.
 - scabies
- 5) We should regularly:
 - forget about our pet's bowl.
 - thoroughly clean our pet's bowl.
- 6) Certain people are sensitive to pathogens carried by animals:
 - because of a phobia.
 - because of an allergy.
- 7) Toxoplasmosis is:
 - an illness passed by cats to humans that can be very serious for unborn babies.
 - a virus caught from parrots that makes you die of laughter.
 - a toxin found in cow's milk.
- 8) We should wash:
 - all animals.
 - only some animals.

Pupils' sheets Level 3
hygiene-educ.com

Number the pictures in the correct sequence. Write the number in the box. Listen to your teacher read each question. Color in the shape next to the correct answer. Look for each word in the Word Search. [razukum.pdf](#) Circle each word when you find it. All of the terms are related to teeth. [museum exhibition planning template](#) What does it mean to have good or bad hygiene? Write down as many examples of each as you can think of. Number the pictures in the correct sequence. Write the number in the box. Help the boy get to school by following the trail of good hygiene habits. Color in each block along the trail. Put an X on the dirty teeth. Circle the clean, healthy teeth. Circle the things that are good for your teeth. Look at each picture below. Is it most important to wash your hands BEFORE or AFTER doing each activity? Circle the correct answer. Name at least three of each. You will also explain your own daily routine at the end of this worksheet. Sort the words or phrases into the correct boxes. This is good to help students understand the full concept and how to sort topics. There's no such thing as being too young to begin caring for your body. There are many benefits associated with encouraging good personal hygiene habits in kids, even the essential tips like hand-washing. [barbie dreamhouse adventures cast behind the scenes](#) Personal hygiene for kids includes a variety of daily habits to be maintained. These include hand washing, dental hygiene, bathing, picking up after themselves, hair care, and grooming. As we go through our daily life, we encounter millions of bacteria and viruses. They reside on other people, objects, and just about everywhere. If these things are left to linger on our bodies, they can make us very sick. To protect ourselves from this there are number of healthy practices we can take on. This includes washing your hands before you have the chance to touch your mouth, nose, or eyes with bacteria that may reside on them. It also includes trimming our nails so that germs and dirt can not build up under them. While this may seem come place to most people, not all families have the time or resources to insure their young children know all basic practices them should follow to maintain a high level of health. [xujoko.pdf](#) Those that do know the proper ways to maintain quality hygiene do not know all the steps that they should do. Most students are not aware that they should brush their teeth for a minimum of two minutes or that they should wash their hand and forearms up to their elbow. What Is It? Personal hygiene refers to practices that maintain the cleanliness of one's body in a bid to preserve health. Maintaining your body ensures that students will stay clean enough to not get themselves or others sick. These practices include teaching kids to: wash their hands brush their teeth properly bathe themselves (when they are old enough), etc. Due to their bubbly nature, children are bound to pick up germs and grime from playing around or interacting with their peers and the environment. [circumference of a circle worksheets word problems](#) Proper personal hygiene is one significant way to ensure these precious kids do not get sick. It also serves as a confidence and self-esteem booster for them. Good Habits for Kids Personal hygiene habits for kids include: Hand-washing Dental hygiene Bathing Hair care and grooming Basic laundry Nail trimming Knowing when to teach kids personal hygiene habits is crucial to their overall health. It is always beneficial to teach them hygiene early enough. You should also supervise them to ensure they carry it out correctly and safely. Hand-Washing Proper hand-washing is a healthy habit that should be taught to kids from an early age. Kids should be taught the appropriate technique to wash their hands and need to be reminded to do so as often as possible.

PINO POLIČAŠI PA OČNA OČMERI OČNOVARAŠIŠU ŠLUKI

LILVWORKSHEETS

Hand-washing may seem like the barest minimum, but it does go a long way in preventing illnesses. [sell side handbook infrastructure.pdf](#)



It is essential to teach children to wash their hands in everyday situations such as: Before eating After using the restroom After returning from school When returning from playing outside After petting an animal After completing household chores After sneezing or coughing into their hands Dental Hygiene Dental hygiene is fundamental to your kid's personal hygiene habits. Teach them to brush their teeth every morning and before bedtime.

Personal Hygiene

No. 2

Role Played by Skin

Read this text carefully, and write in the missing words: **germs/wrapping / layers / body**

Skin covers our whole and protects it.

More than just a, it acts as a barrier against and prevents water getting into our bodies.

Skin consists of two different

Solve the puzzles and find the names of the two layers that make up our skin.



Focus on our skin

Minute openings (pores) let toxic substances escape from our bodies. Every day we get rid of an average of 1 litre* of sweat. One square centimetre of skin has millions of pores. They are visible under a microscope.

* Average for an adult.

Why do we perspire?

Perspiring lets sweat evaporate. We could say that skin is a kind of insulation. Evaporation keeps the body at a constant temperature when we get hot from physical activity or from being in a warm atmosphere.

When we perspire, we lose moisture. We get wet. Germs just love to grow in dampness. So we must be careful to wash the damp parts of our body: groin, armpits and between our toes. And don't forget to have a bath or shower after sport!

True or False?

- | | | |
|--|-------------------------------|--------------------------------|
| 1. Pores of the skin let out sweat. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 2. We can digest food with our skin... | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 3. Skin has very few pores. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 4. Skin lets out of 1 litre of sweat every day. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 5. When we perspire, we lose blood. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 6. Perspiring helps the body keep at a constant temperature. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 7. Germs grow in damp parts of the body. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 8. You certainly should not wash after sport! | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 9. We perspire more when it's hot. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 10. Damp parts of the body are hands, nose and stomach. | True <input type="checkbox"/> | False <input type="checkbox"/> |

You may devise fun initiatives to make brushing their teeth an activity they can enjoy. It is near impossible to separate candies from children, and where candies abound, cavities are sure to lurk nearby. Having a mouthwash on hand for them to swish around, particularly after having sweets, is a great idea for grooming a child with healthy teeth. [93369763104.pdf](#) You might want to check with the dentist first to know whether your child should floss. Bathing Bathing is a practice children should be taught to do themselves from the age of five. Frequent baths or showers with a mild soap help cleanse a lot of germs and grime picked up from the playground. You can entice your toddler into agreeing to a bath by offering them tub toys. Older children from ages six and up may not be so easily swayed, but constant reminders should help. Teens and tweens will have to learn to bathe more often as they are much more active. Hair Care and Grooming Learning to care for and groom their hair is a part of learning basic personal hygiene. Hair care is beyond ensuring that your kid's hair is not overly messy; it is all the healthy practices that yield a healthy head of hair. You should teach them to properly shampoo, condition, and detangle their hair. Make washdays fun enough to be looked forward to, and you will have little to no hassles getting your kids to submit to a wash day routine. Make sure they know how to properly brush and maintain their hair, as well. If your child has longer hair, it may also behoove you to teach them to braid it or put it in a ponytail. Basic Laundry Teaching kids how to do their laundry is a crucial life skill. Parents can create a child-friendly laundry section, complete with bowls, soap, baskets, and all other tools of the trade. The important laundry skills to teach kids include: How to color sort How to lather, if washing by hand How to use the washing machine and dryer How to fold and put away clean clothes Kids can be taught all the major laundry steps from about seven years old. When you teach a child the importance of keeping clothes clean, it becomes less likely that they will see it as a burdensome chore. Nail Trimming Nail trimming - both fingers and toes - and grooming are essential to a kid's personal hygiene. Children should be taught how to handle nail cutters once they are old enough to use non-hazardous tools. However, if you allow children to trim their nails themselves, it's best to supervise them. [blueprints.visual scripting for unreal engine download](#) Conclusion It is vital for kids to learn these basic hygiene practices from a tender age. Remember that lifelong habits can be easily built in a child's formative years. With proper practice, they will eventually learn to take charge of their hygiene, even without adult supervision.