

Name _____ Hygiene

Is This Good Hygiene?

Personal hygiene means keeping your body clean. Personal hygiene consists of a variety of different activities. Similarly, there are some things people do which contribute to poor hygiene. Do you know the difference? Read each item and indicate whether it contributes to good hygiene or poor hygiene.



Actions	Good Hygiene	Poor Hygiene
Floss your teeth		
Take a bath or shower		
Wear the same clothes day after day		
Wiping well after you use the toilet		
Wearing deodorant		
Wash my hair		
Cutting your fingernails		
Letting people smell your body odor		
Wearing stinky shoes		
Smoking cigarettes		
Wiping your boogers on your clothes		
Biting your fingernails		
Washing your hands when they're dirty		

Hygiene Lesson For 4th Grade

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