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What is Personal Hygiene

Personal hygiene keeps you healthy and feeling great!

DEFINITION

Personal hygiene refers to the practices that help maintain cleanliness and promote good health. It includes habits like washing hands, brushing teeth, and bathing.

KEY CONCEPTS

Handwashing

Washing hands with soap and water removes germs and prevents illness.

Dental Care

Brushing and flossing teeth daily keeps your mouth healthy and prevents cavities.

Bathing

Regular bathing helps remove dirt and sweat, keeping your skin clean and fresh.

Nail Care

Keeping nails trimmed and clean prevents dirt buildup and reduces the risk of infections.

Clean Clothing

Wearing clean clothes helps prevent body odor and keeps you looking neat.

EXAMPLES

- Wash hands before meals and after using the restroom.
- Brush teeth twice a day, morning and night.
- Take a shower at least every other day.

MEMORY TIPS

- ★ Remember 'HBD' - Handwash, Brush, Daily hygiene.
- ★ Think of 'Clean Hands, Happy Life' to remember handwashing importance.
- ★ Use the rhyme: 'Brush, wash, and scrub, keep germs in the tub!'

COMMON MISTAKES

- ✗ Skipping handwashing after using the restroom.
- ✗ Brushing teeth only once a day.
- ✗ Not changing into clean clothes regularly.

QUICK RECAP

Personal hygiene is essential for staying healthy and feeling good. Key practices include handwashing, dental care, and regular bathing. Always remember to keep your body and clothes clean!