

Lesson 30. Personal Hygiene

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Learning Objectives

After this lesson, students will be able to:

- Identify hygiene tools in English.
- Define what personal hygiene is and its benefits.
- Explore importance of good personal hygiene.
- Distinguish the difference between affect and effect.
- Identify facts from myths related to personal hygiene.
- Practice the pronunciation of consonant sounds /d/ and /z/.

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Name as many hygiene tools as you can.

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Personal hygiene refers to maintaining cleanliness of one's body and clothing to preserve overall health and well-being.

The Benefits of Personal Hygiene



Good Health



Healthy Personal Relationships



Healthy Professional Relationships



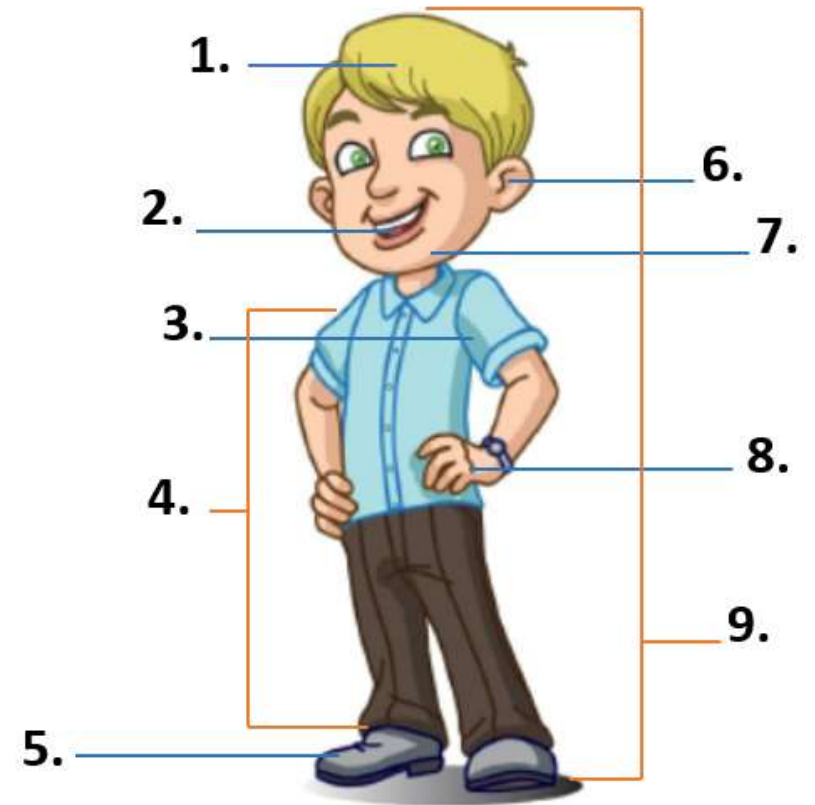
How do we practice good personal hygiene?

Source: [The Benefits of Personal Hygiene \(leaf.tv\)](http://leaf.tv)

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Components of Personal Hygiene

- Body hygiene (skin care)
- Oral hygiene
- Hand hygiene (hand care)
- Face hygiene
- Fingernail and toenail hygiene (nail care)
- Ear hygiene
- Hair hygiene (hair care)
- Armpit and bottom hygiene
- Clothes hygiene



Identify the components that are numbered in the picture.

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Complete the table with your partner.

Components	Activities	Recommended frequency of cleaning
Body Hygiene		
Hair Hygiene		
Oral Hygiene		
Feet Hygiene		
Hand Hygiene		
Armpit and Bottom Hygiene		
Clothes Hygiene		



Always
Every day
Twice a
day
Thrice a
day

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Personal Hygiene

Personal hygiene is a collection of habits that people have to keep themselves clean and their bodies healthy. These habits are important for everyone because they help you stay clean and healthy. Good personal hygiene helps keep you well because it protects you from germs that enter your body. Germs are tiny living things that can make you sick. Germs are so small that you can't see them without using a microscope.

Your hands touch so many different things every day that they collect a ton of germs. Every time you rub your eyes, touch your food, or pick your nose, you're putting germs into your body. To avoid all this be sure to wash your hands before eating, before touching your eyes, nose or mouth, after using the bathroom, after touching things that a lot of people touch such as doors, taps, telephones, tables, chairs, walls and windows.

It's important to clean surfaces. All surfaces can hide germs on them. Not many people remember to cover their mouth when they sneeze or cough. Having a clean house keeps you safe from diseases and it also makes you feel relaxed.

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Answer the following questions about the text.

1. What does personal hygiene means?
2. Why is personal hygiene important?
3. Why can't we see the germs?
4. How can germs enter our body?
5. Why is it important to wash our hands?
6. Why is it necessary to keep the surfaces clean?



1. **Is it possible to be always clean? Why or Why not?**
2. **What poor hygiene annoys you the most? Why?**
3. **What is the dirtiest you have ever been?**
4. **Have you ever contracted an illness from someone?**
5. **What do you do to keep from getting sick?**

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AFFECT

/ə'fekt/ (verb)

to influence; to produce a change in someone or somethings



Pollution negatively **affects** the environment.

EFFECT

/ə'fekt/ (noun)

an impact, change, or result



Exercise and healthy eating have positive **effects**.

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Fill in the blanks with the correct word.

Affect

or

Effect

1. Brushing your teeth will positively _____ your gums.
2. Using mouthwash everyday helps you fight the bad _____ of mouth problems.
3. Skin problems might have _____ on your self-confidence.
4. When your friends don't have good personal hygiene, there is a chance that they can _____ your habit too.
5. People avoiding someone because of their smelly body is one _____ of poor personal hygiene.

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True or False

1. You should change your underclothes every day.
2. Skin temperature is the same all over.
3. All germs are harmful.
4. You can't be contaminated with your own germs.
5. To avoid catching cold, you should wash and dry your hands regularly.
6. Linen handkerchiefs are more hygienic than paper handkerchiefs.
7. You should brush your teeth for three minutes after every meal.
8. A wound is safe under a bandage.
9. You should put your hand in front of your mouth when you cough or sneeze.
10. Hands have the most germs.

True	True
True	True
True	True
True	True
True	True
True	True
True	True
True	True
True	True
True	True
True	True

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Express Yourself

1. Do you always eat healthy food/unhealthy food?
2. What are some harmful effects of not taking a bath every day?
3. Do you use a normal tooth brush or an electric toothbrush? Why?
4. If you drop food on the floor, will you **pick it up, dust it off** and eat it?
5. How often do you wash your hands with soap?
6. How often do you clean your house or room?
7. Do you know anyone who is REALLY concerned about **germs** and cleanliness?
8. Do you carry **hand sanitizer** with you everywhere you go?
9. Is it common in your country to floss or use mouthwash?
10. What is the most important hygiene habit for you?

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Consonant sounds - /d/ and /z/ Minimal Pairs

do	zoo
doom	zoom
dead	zed
D	zee
dap	zap

den	zen
dip	zip
deal	zeal
dice	size
bud	buzz

The End