



LESSON 7. HEALTH AND HYGIENE



Differentiate the two pictures.

HEALTH: is the condition of someone's body and mind.

HYGIENE: is the things that you do to keep yourself and your surroundings clean in order to maintain good health.



- Can you describe what **good hygiene habits** are these?



- a) Cut your nails
- b) Change your clothes
- c) Cover your nose / mouth
- d) Comb your hair
- e) Clean your ears
- f) Brush your teeth
- g) Wash your hands

Let's Practice

- Look at the pictures and tell your teacher what good hygiene habit you need to do for each situation. There can be 2 or more answers for each.



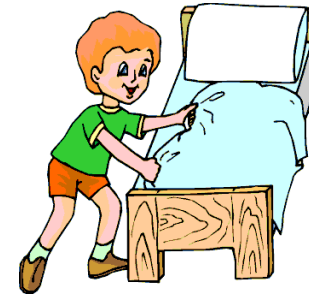
Before eating a meal



After eating a meal



When coughing



Before going to bed



Before going to school

Follow this pattern :

You should wash your hands before eating a meal.



Do you think a good hygiene can make people healthier?

Sally's Cold

Sally had a **cold**. Her nose was red. She pulled a **tissue** out of the tissue box. She **blew her nose**. She threw the tissue into the **trash**. She looked at her **fingernails**. Her fingernails were too long. She needed to cut her nails. She opened her purse. She took her **nail cutter** out of the purse. She **cut** all the nails on her left hand. Then she cut all the nails on her right hand. She looked at **both** of her hands. Now her nails were **nice and short**. She put her nail cutter back in her **purse**. She pulled another tissue out of the **box**. She blew her nose again.



- Answer the questions about the story.
 1. What does Sally have?
 2. What does she do to her nose?
 3. What did she do when she saw her fingernails?
 - How about you? How often do you do it?
 4. What do you think makes her sick?
 5. What do you think should Sally do so she won't have a cold again?



Role Play

- Read the dialogue and discuss the underlined words with your teacher.

Annie: Hi Sam! How are you?

Sam: I'm great! How about you?

Annie: I'm **not feeling well** again today. Achoo! (*sneezes*)

Sam: Oh! Do you have a cold again?

Annie: Yes, again. Sam, can you tell me how what can I do to **stay healthy**?

Sam: That is easy. First, You should eat **healthy** food.

Annie: Like what food?

Sam: Food such as **fruits**, **vegetables** and **meat**. Those foods give you **energy** and **vitamins** that will **protect** your body from **sickness**.

Annie: Please tell me more Sam!



Drink plenty of water

Exercise daily



Get enough sleep

Continue the dialogue using the pictures.

■ Express Yourself

1. Are you healthy?
2. Do you have bad hygiene habits? What are they?
3. Do you exercise?
4. What kind of exercise do you do?
5. How often do you exercise?
6. Do you think it is important to wash your hands often?
Why? How often do you do it?
7. When do you brush your teeth?
8. What do you usually drink?
9. Why is it important to drink plenty of water?



The End