

Independence - Looking Good



Fill in the blanks

1. It is important to have good personal hygiene as it can help protect yourself and others from becoming _____.
2. You should wash your body in the shower/ bath every _____ and wash your hair at least _____ per week.
3. When washing your body, you should remember to use shampoo and _____.
4. To help prevent body odour you should use an _____ regularly.
5. You should wash your hands regularly as this will help remove dirt and stop the spreading of _____ and bacteria.
6. If you wash your hands properly it should take about as long as _____ seconds.
7. You should brush your teeth _____ a day, once in the morning and once in the evening.
8. It is important to wash your teeth as it helps the removal of _____.
8. You should visit the dentist every _____ for a check up.

Ill	Shower Gel	6 months	20
Anti-perspirant	3-4 times	Twice	
Plaque	Germs	Day	