

The Human Body Personal Hygiene



Illustration by Lynn M. Hanousek

It is very important to have good personal **hygiene**¹. This means that a person should be clean and well groomed at most times. Why is this important? The biggest reason is that it's good for your health. Cleanliness controls the growth of bacteria and other germs that can cause disease. But good personal hygiene is also important for another reason. Let's say you're meeting someone for the first time. If you look neat and clean, chances are you'll make a good **impression**².

Daily rituals help to maintain good personal hygiene. Taking a bath or shower every day keeps the body free from dirt and odor. It also helps prevent skin infections. Hair should be washed and brushed regularly. Brushing your teeth twice a day and using dental floss is also important. Clean teeth help prevent **decay**³ and gum disease. Everyone needs to do these things if they want to stay healthy.

Personal hygiene can also be a very personal matter. For some women, good grooming means shaving body hair from their under arms and legs. For others, it doesn't. Some men have facial hair, others don't. Some people clean their ears every few days. Other people rarely do. These rituals often vary from person to person.

¹ **Hygiene**- actions taken by people to stay clean and healthy

² **Impression**- an idea or feeling

³ **Decay**- to rot or break down

Name: _____

Date: _____

1. If someone has good personal hygiene, they are...
 - a. clean.
 - b. dirty.
 - c. loud.
 - d. friendly.

2. A first impression is
 - a. what someone thinks of you when they first meet you.
 - b. when someone first falls in love with you.
 - c. something you should make part of your daily ritual.
 - d. giving someone a hug.

3. According to the passage, it's important to do certain things that help your hygiene
 - a. every hour.
 - b. every day.
 - c. every week.
 - d. every month.

4. Which of the following is not an example of a daily personal hygiene ritual?
 - a. Cleaning your clothes
 - b. Taking a shower
 - c. Brushing your teeth
 - d. Using deodorant

5. The passage "Personal Hygiene" is mostly about
 - a. why it's important to be clean and how to do it.
 - b. what counts as good-looking in different cultures.
 - c. the science behind good first impressions.
 - d. the advantages of taking a bath.

6. What can happen if you don't wash your body and hair or brush your teeth?

7. What does it mean when the passage says personal hygiene can be “a personal matter”?

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

If you look neat and clear the first time you meet someone, you will _____ make a good first impression.

- a. never
- b. probably
- c. especially
- d. previously

9. Answer the following questions based on the sentence below.

To make sure you have good hygiene, you should shower every day.

Who? you

(should) What? _____

When? _____

Why? _____

10. **Vocabulary Word:** impression: an idea or feeling.

Use the vocabulary word in a sentence: _____

Teacher Guide and Answers

Passage Reading Level: Lexile 680

Featured Text Structure: Descriptive – the writer explains, defines or illustrates a concept or topic

Passage Summary: It's very important to have good personal hygiene, because it keeps you healthy and helps you make a good impression on other people. Daily rituals help with good hygiene. Hygiene can be a personal matter.

1. If someone has good personal hygiene, they are...
 - a. **clean.**
 - b. dirty.
 - c. loud.
 - d. friendly.
2. A first impression is
 - a. **what someone thinks of you when they first meet you.**
 - b. when someone first falls in love with you.
 - c. something you should make part of your daily ritual.
 - d. giving someone a hug.
3. According to the passage, it's important to do certain things that help your hygiene
 - a. every hour.
 - b. **every day.**
 - c. every week.
 - d. every month.
4. Which of the following is not an example of a daily personal hygiene ritual?
 - a. **Cleaning your clothes**
 - b. Taking a shower
 - c. Brushing your teeth
 - d. Using deodorant
5. The passage "Personal Hygiene" is mostly about
 - a. **why it's important to be clean and how to do it.**
 - b. what counts as good-looking in different cultures.
 - c. the science behind good first impressions.
 - d. the advantages of taking a bath.

6. What can happen if you don't wash your body and hair or brush your teeth?

Suggested answer: Your skin might become infected because of germs and bacteria. Your teeth would decay and have more cavities; the gums might also become diseased.

7. What does it mean when the passage says personal hygiene can be “a personal matter”?

Suggested answer: When the passage says personal hygiene can be “a personal matter,” it means that sometimes whether or not something is good hygiene can depend on the person and what they think good hygiene is.

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

If you look neat and clean the first time you meet someone, you will _____ make a good first impression.

- a. never
- b. probably**
- c. especially
- d. previously

9. Answer the following questions based on the sentence below.

To make sure you have good hygiene, you should shower every day.

Who? you

(should) What? **shower**

When? **every day**

Why? **to make sure you have good hygiene**

10. **Vocabulary Word:** impression: an idea or feeling.

Use the vocabulary word in a sentence: answers may vary.