

# PERSONAL HYGIENE

## LESSON K-5

### PRINTABLE PDF

Personal Hygiene

I know what I need to do to stay healthy.

NAME: \_\_\_\_\_



### Personal Hygiene Post Test

NAME: \_\_\_\_\_

When should you wash your hands with soap?



How often should you brush your teeth?



How often should you bathe/shower?



How often should you brush or comb your hair (if it is not braided)?



How often should your nails be trimmed?



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### Personal Hygiene!

Write about what you learned about staying healthy below.



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# Fifth Grade Hygiene

**Michael Brown**



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