

Keeping clean

1

To look after my body I need to keep it clean. Keeping my body clean will help to keep germs away. Germs can make me sick.

2

It is good to wash my hands before I eat so that germs do not get into my mouth.

3

It is good to wash my hands after I go to the toilet. Lots of germs live there.

4

It is good to take a shower often. I use soap to help me get clean.

5

It is good to keep my hair clean. I use shampoo to wash my hair.

6

It is very good to clean my teeth in the morning and at night. Foods with sugar can make my teeth decay. Decay happens when germs eat away at my teeth and make holes.

7

It is good to carry tissues to blow my nose. When I have used the tissue I throw it in the bin. Dirty tissues carry germs.

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