

Hygiene Year 5

What is Hygiene ?

Its keeping ourselves clean

Why do we need to wash so much and change our clothes?

It keeps us healthy and stops us having germs and infections



Hygiene

Especially during puberty, our bodies make more oil, which clogs up pores in skin and this causes us to sweat more.



You can see this and smell this, people have spots and bodies smell if we don't wash them.



Hygiene



After going to the toilet, especially after a poo, there is bacteria around this area and we need to make sure that it is cleaned with toilet paper and washed every day or we could get infections and become ill.



Hygiene

Hair.



Have you noticed that your hair gets greasy and it too can smell?

Need to wash hair with shampoo, keep it clean and tidy.

Teeth

Hygiene



Teeth too can carry food and this gathers between the teeth and can cause infection in the mouth and gums.

It also causes bad breath which is not very pleasant so we need to brush teeth at least twice a day.

Hygiene

Change clothes.

Clothes too can carry dirt and smells and we need to change them.



Especially pants and socks, they need to be changed every day and clothes washed with soap powder.



Hands

Hygiene

Hands too can carry bacteria and smells especially after being to the toilet.

Need to wash hands properly with soap and water and dry them well too.

