



Personal Care and Hygiene

1. Why should you change your clothes often?

- I don't need to
- So I look
- So I don't smell and look dirty
- To keep my friends happy

2. Why should you wash your clothes?

- To shrink them
- So they smell nice
- So they stay dirty
- To get rid of any stains and dirt

3. How many times a day do you brush your teeth?



4. Why is brushing your teeth important?

- So your teeth don't fall out
- To keep your gums healthy
- So your teeth stay dirty
- So your breath doesn't smell

5. How should you clean your teeth?

- You only need a little bit of toothpaste
- You need to spit the toothpaste out at the end
- You only need to brush the front teeth
- You need to brush all of your teeth, front and back
- You should use lots of toothpaste
- You must swallow your toothpaste at the end