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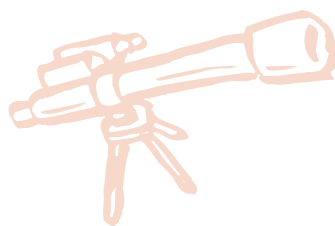
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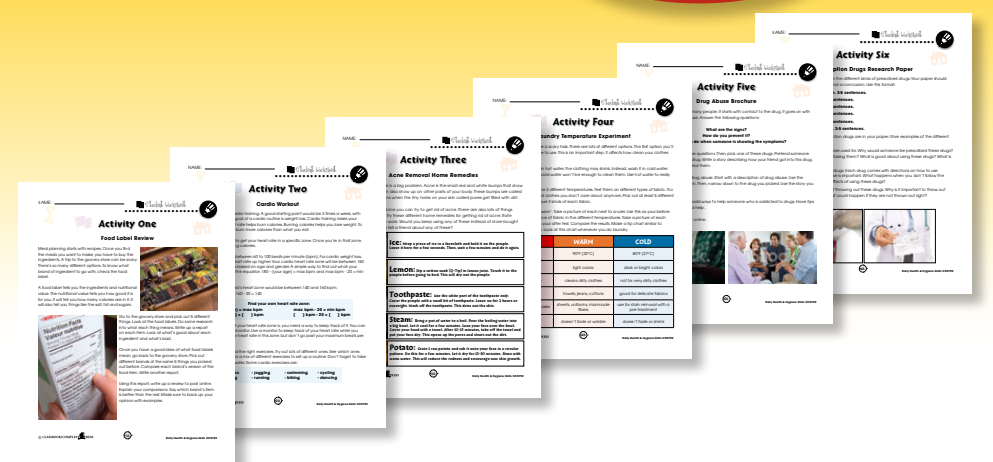
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## Personal Hygiene, Grooming and Dental Care

1. Charlie takes a shower every morning. He takes an hour to get ready. This includes brushing his teeth, combing his hair and getting dressed. He always starts his work day with a staff meeting. What message does Charlie give with his appearance?



2. Katerina wakes up 20 minutes before her class. She doesn't have time to shower, brush her teeth, or even comb her hair. She gets dressed in clothes she finds on the floor. What message does Katerina give with her appearance?

3. With a straight line, connect each word on the left with its meaning on the right.

- |   |            |  |   |
|---|------------|--|---|
| 1 | hygiene    | Brushing, combing and cutting your hair. | A |
| 2 | sweat      | Tiny holes all over your body.           | B |
| 3 | acne       | A rotten part of the tooth.              | C |
| 4 | pores      | Salty water that comes out of your body. | D |
| 5 | grooming   | When your gums are swollen.              | E |
| 6 | gingivitis | Washing and cleaning yourself.           | F |
| 7 | cavities   | Red bumps on your face.                  | G |



## Personal Hygiene, Grooming and Dental Care

What is personal hygiene, and why is it important? Personal hygiene is when you clean yourself. It is important because it keeps you healthy. It also makes you look and smell nice. This tells a message to others.

**Hygiene Tip: Make sure to wash your hands a lot during the day to fight off germs.**

There's lots of ways to have good personal hygiene. The first way is bathing. Taking a bath or a shower lets you wash away dirt and sweat from your body. This will also make you smell nice. Smell is a very strong sense shared by everyone. If you smell bad, people will not want to be around you.

**Hygiene Tip: Washing, combing, and wearing clean clothes tells people you care.**

During the day, you will most likely sweat. This can make you smell bad. Wearing deodorant or body spray can help hide these smells. But washing is the only way to stay healthy.

Most people struggle with acne. Acne is pimples that you can get on your face and body. It happens when pores in your skin get clogged. Pores are tiny holes all over your body. These holes can get filled with dead skin cells and oil. When this happens, you get a pimple. To stop acne, you should wash every day.

Audrey is learning how to wash her hands. She labels the diagram with the steps in the right order.



## Personal Hygiene, Grooming and Dental Care

1. Put a check mark (✓) next to the answer that is most correct.

- a) What's the first thing you should do when you get a cut?

- A Wipe with alcohol.  
 B Put on a band-aid.  
 C Wash with soap and water.  
 D Add healing cream.

- b) What causes acne?

- A Washing too much.  
 B Clogged pores.  
 C Using deodorant.  
 D Not flossing.



2. What is the proper way to wash your hands? Put the steps below in order.

- \_\_\_\_\_ a) Soap.  
 \_\_\_\_\_ b) Wet hands.  
 \_\_\_\_\_ c) Scrub.  
 \_\_\_\_\_ d) Dry.  
 \_\_\_\_\_ e) Rinse.



## Personal Hygiene, Grooming and Dental Care

3. Mathis wakes up one morning, goes to the bathroom, then eats breakfast. After, he takes a shower and puts on clean, wrinkled clothes. He brushes his teeth and thinks about shaving, but decides not to. He does use mouthwash though. He leaves the house ready for his presentation.



When he gets back, Mathis washes his hands. He then changes for a workout. After his workout, Mathis towels off the sweat on his body. He puts on deodorant and clean clothes. He then heads out to meet his friends for dinner.

What are the bad behaviours and habits that Mathis shows? Why are these bad?

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### Graphic Organizer

4. Use the graphic organizer on page 12 to get good daily hygiene habits.

The graphic organizer shows a normal day. It starts in the morning when you wake up. It continues through the day. It ends when you go to bed.

Follow the daily routine. It will help you get good hygiene habits.



# Your Own Cooking Show

Food preparation is an important step in daily health and hygiene care. This starts with food storage. Look at the Food Storage Diagram on page 18.

The next step is food handling. Do some research on the dos and don'ts of handling food. Look at the chapter *Household Care: Cooking, Laundry and Cleaning*. Explain how to handle these foods the right way:



Now you should know how to handle your food. Find a recipe for your favourite meal. Write down key notes next to each ingredient and step. Give yourself tips, like don't use the same cutting board for your raw meat as your vegetables.

Next, look into the different ways to measure foods. Find out when you should use dry measuring cups, measuring spoons, and liquid measuring cups. Go online and find the equivalent measurements. For example, there are 16 tablespoons in a cup.

When finished, record yourself cooking your meal. Start with buying your food and preparing them. Measure out everything first, then go step by step. Be sure to give your little tips as you go. Show your video in person or online.



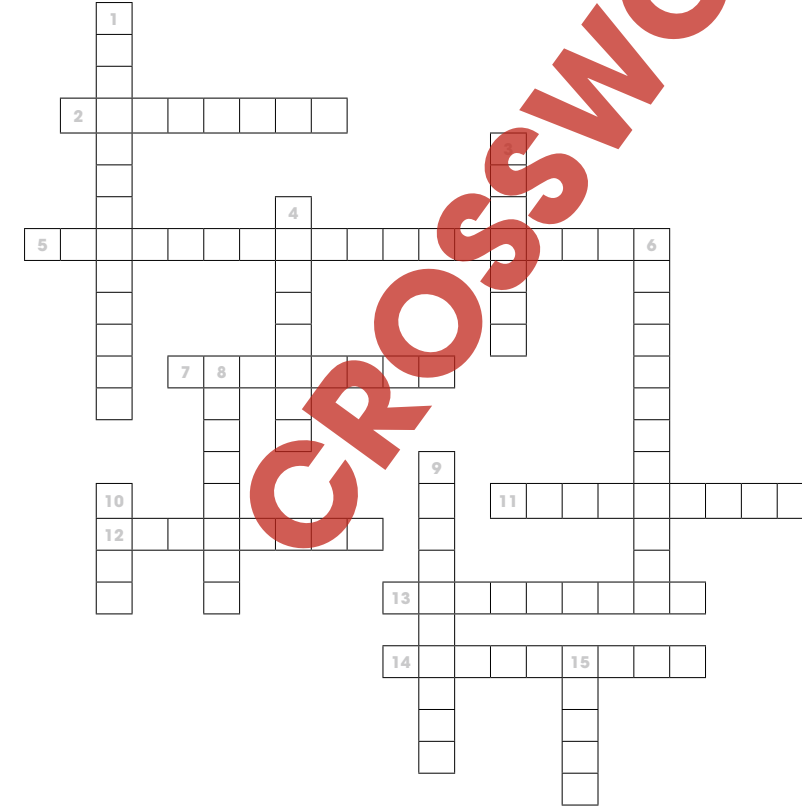
# Crossword Puzzle!

### Across

- 2. What you show when you're sick.
- 5. You get this from what you eat.
- 7. You take this when you're sick.
- 11. Do this to any surface when cooking.
- 12. Some people become \_\_\_\_\_ to drugs.
- 13. When you use drugs too much.
- 14. People you don't know.

### Down

- 1. What your weight should be.
- 3. Brushing your teeth and hair.
- 4. Burn more of these than you eat to lose weight.
- 6. What's around you.
- 8. Doing this will help you lose weight.
- 9. Eat in \_\_\_\_\_ to stay fit.
- 10. Being careful about something.
- 15. Small things that can make you sick.



### Word List

- addicted
- body mass index
- calories
- drug abuse
- essential nutrients
- exercise
- germs
- hygiene
- medicine
- moderation
- sterilize
- strangers
- surroundings
- symptoms
- wary



# Comprehension Quiz

### Part A

22

Circle TRUE if the statement is TRUE or FALSE if it is FALSE.

- 1. Your weight is a way to track how fit and healthy you are.  
TRUE FALSE
- 2. How you look and smell sends a message to others.  
TRUE FALSE
- 3. Steak and chicken are safe to eat raw.  
TRUE FALSE
- 4. If you eat more calories than you can burn, you will lose weight.  
TRUE FALSE
- 5. You can only get prescription drugs with a doctor's note.  
TRUE FALSE
- 6. Dentists say to brush once a day and floss twice a day.  
TRUE FALSE

### Part B

2. Put a check mark (✓) next to the answer that is most correct.

a) When should you wash your hands?

- A After using the bathroom.
- B After being outside.
- C Before eating.
- D All of the above.

b) What is NOT a step to take when your boundaries are crossed?

- A Ignore them.
- B Voice your discomfort.
- C Get help.
- D Protect yourself.

SUBTOTAL: /8

# Checking Your Appearance Chart

Is your hair brushed?

Are your clothes cleaned and ironed?

Is your face clean?

Are you smiling?

Does your breath smell fresh?

Are you standing straight?

Are your teeth brushed?





# Personal Hygiene, Grooming and Dental Care

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- \_\_\_\_\_ d) Dry.
- \_\_\_\_\_ e) Rinse.



1.

a)  C

b)  B

2.

a) 2

b) 1

c) 3

d) 5

e) 4

10

# EASY MARKING ANSWER KEY

