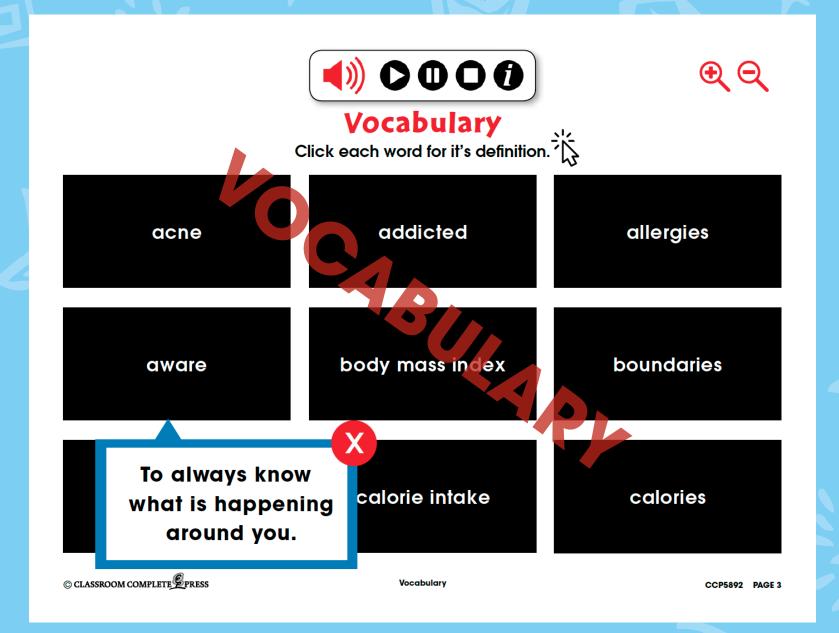


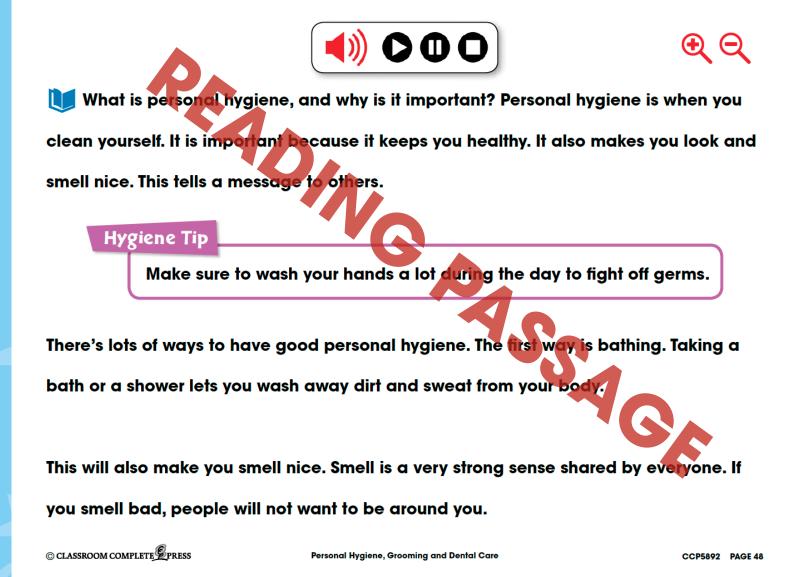


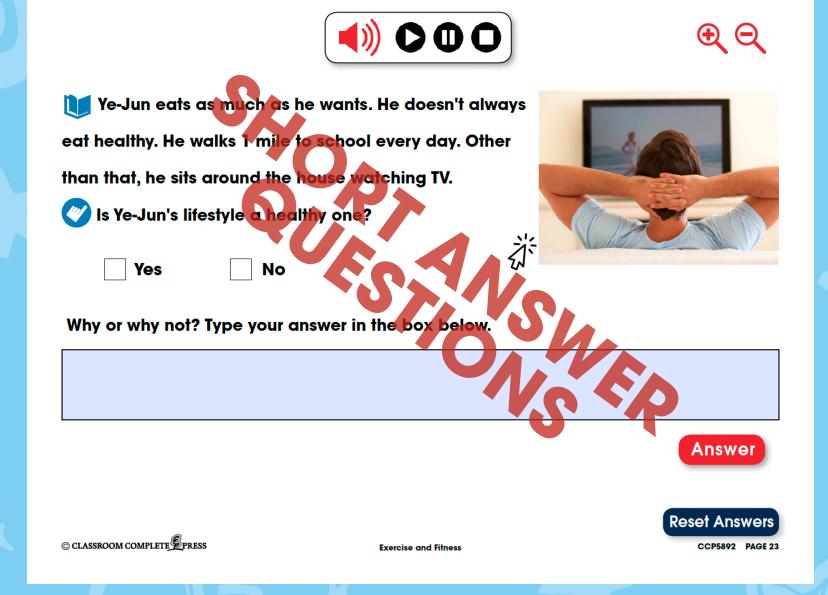
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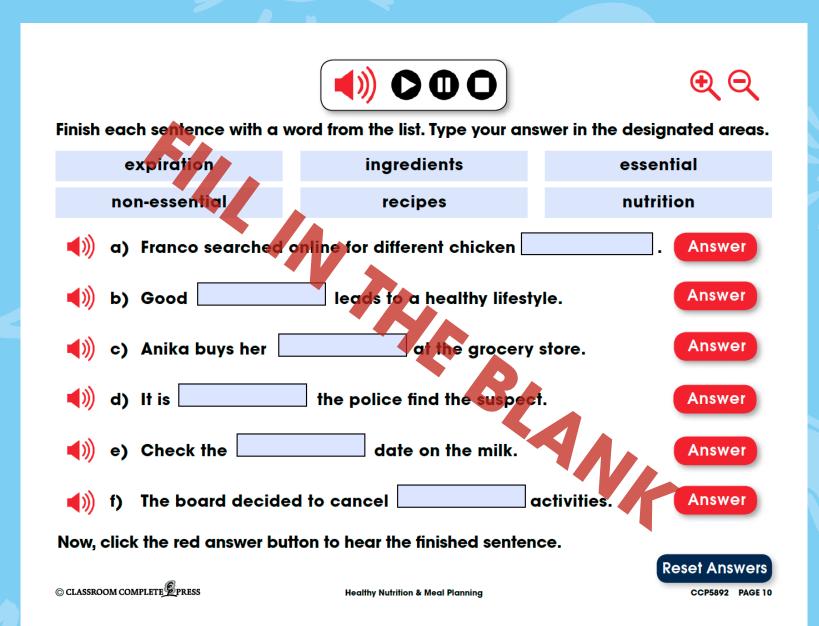
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Ye-Jun eats as much as he wants. He doesn't always eat healthy. He walks 1 mile to school every day. Other than that, he sits around the house watching TV.



Yes No



Why or why not? Type your answer in the box below.











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.