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Vocabulary

Click each word for it's definition.

acne addicted allergies

aware body mass index boundaries

To always know what is happening around you. calorie intake calories



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.



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.

Is Ye-Jun's lifestyle a healthy one?

Yes No



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

[Text input box for answer]

Answer

Reset Answers



Finish each sentence with a word from the list. Type your answer in the designated areas.


expiration	ingredients	essential
non-essential	recipes	nutrition

- a) Franco searched online for different chicken [] . Answer
- b) Good [] leads to a healthy lifestyle. Answer
- c) Anika buys her [] at the grocery store. Answer
- d) It is [] the police find the suspect. Answer
- e) Check the [] date on the milk. Answer
- f) The board decided to cancel [] activities. Answer

Now, click the red answer button to hear the finished sentence.

Reset Answers



 **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.**



 **Is Ye-Jun's lifestyle a healthy one?**

Yes


No

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

Answer

Reset Answers



 **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

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