

HYGIENE

A) Write a letter „T” if the statement is true, and a letter „F” if it is false.

- 1 Personal hygiene is closely related to health.
- 2 It is known that many pathogens can place themselves easily in the body of dirty persons.
- 3 Cleaning of hair, body, mouth and teeth and frequently washing of clothes are necessary to protect the health of a person.
- 4 Microorganisms causing illnesses might spread from person to person by a handshake.
- 5 The best way of washing hands is completed with lots of water and soap.
- 6 There is no need to dry your hands after washing and rinsing processes.
- 7 Fingernails and toenails should be cut short and round weekly.
- 8 A bath with soap and 37-38 degree water helps people get rid of dirt.
- 9 Teeth should be brushed carefully twice a day with fluoride toothpaste.
- 10 If scalp is fatty, it should be washed frequently.

B) Test your personal hygiene knowledge.

Complete the following sentences with the suitable expressions.

a: germs; b: nutrition; c:brushes; d:personal hygiene; e: microorganisms; f: dirty water; g: dirty hands; h: combs; i: paper towel; j: with hanky; k: sebum; l: circular; m: teeth



- 1) While sneezing and coughing, cover your mouth and nose
- 2) behaviours are very important to control many infectious diseases.
- 3) Washing hands with water and soap is the best effective way for removing
- 4) General rule for brushing teeth is the move of a toothbrush from gum to tooth.
- 5) Oral hygiene and especially that of the are so important.
- 6) Healthy appearance of hair is related with good
- 7) Microorganisms mostly spread with and
- 8) Hands should be dried with after washing them with disinfectant liquid soap.
- 9) and used personally should frequently be washed with soapy water and then they should be rinsed.
- 10) Bath provides hygiene by removing sweat,, dead cells and some from the skin.

Solution:

A)

1	2	3	4	5	6	7	8	9	10
T	T	T	T	T	F	T	T	T	F

B)

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
<i>j</i>	<i>d</i>	<i>a</i>	<i>l</i>	<i>m</i>	<i>b</i>	<i>g, f</i>	<i>i</i>	<i>c, h</i>	<i>k, e</i>