

**Read the passage about personal hygiene. Answer the questions using the information from the text.**

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As adults, we have many responsibilities. At the most basic level, it is important to practice good personal hygiene.

Personal hygiene is the way we take care of our bodies. For most of us, this includes washing our hands, brushing and flossing our teeth, taking showers or baths, putting on deodorant, and washing our clothes. Other examples of personal hygiene are cutting our fingernails, applying lotion, and putting on perfume or cologne. Sometimes, people have a hygiene routine. This is when they do steps in an order every day. For example, one person's routine might look like this: take a shower→ put on deodorant→ apply lotion→ wash face→ floss teeth→ brush teeth→ put on perfume/cologne.

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1. What are some examples of personal hygiene? List at least 3, including one that was not listed in the text.
2. Do you have a personal hygiene routine? If so, what does it look like?
3. Is washing the dishes an example of personal hygiene? Why or why not?
4. Why is personal hygiene important?
  - a. It helps us keep our bathrooms clean.
  - b. It helps us take care of our bodies.
  - c. It helps us take care of the environment.
  - d. It helps us not take care of our bodies.
5. Is personal hygiene different between adults and children? Explain why or why not.

## Key

1. What are some examples of personal hygiene? List at least 3, including one that was not listed in the text.  
**Answers may vary but should include at least two of the following: washing our hands, brushing and flossing our teeth, taking showers or baths, putting on deodorant, washing our clothes, cutting our fingernails, applying lotion, and putting on perfume or cologne.**  
**Answers should include at least one example that is not from the list above.**
2. Do you have a personal hygiene routine? If so, what does it look like? **Answers may vary.**
3. Is washing the dishes an example of personal hygiene? Why or why not? **No. Personal hygiene describes how we take care of our bodies. Dishes are not humans, or part of our bodies, so washing them is not personal hygiene.**
4. Why is personal hygiene important?
  - a. It helps us keep our bathrooms clean.
  - b. It helps us take care of our bodies.**
  - c. It helps us take care of the environment.
  - d. It helps us not take care of our bodies.
5. Is personal hygiene different between adults and children? Explain why or why not. **Answers may vary.**