

Primary Worksheets: Hygiene



It is important for all to practice good personal hygiene for health and social reasons. Good personal hygiene will stop spread of germs and illnesses. It will benefit your own health and impact the lives of those around you.

It is not difficult to set up good personal hygiene standards. Once in place, it becomes a habit and will become a daily routine.



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There are many different ways to practice good personal hygiene standards. The first begins with washing your hands thoroughly with soap and water. We use our hands to touch many different things throughout the day, thus becoming one of the biggest carriers of germs.

We should shower using warm water and soap also. A warm shower and using soap can remove any harmful germs from your body and can prevent body odour.



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Washing clothes are important to prevent spread of germs. Germs and dirt can cling to your clothes. We should wash clothes each use so that the germs and impurities are removed. When washed, our cleans will come out clean and smell fresh!

There are social benefits when good hygiene is carried out. It reduces our odour and boost our confidence when approaching others. We should all practice good hygiene standards!

Primary Worksheets: Hygiene

Answer the questions.

Why is hygiene important?

Why should we practice good hygiene?

What is the first hygiene practice we should do?



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Answer the questions.

Why should we wash clothes?

Who are the social benefits of good hygiene?

What other hygiene practices are there?

