

Inspector Hygiene!

Investigate the personal hygiene habits of people around you.



Try to find 6 people in these categories who you could question: children, adolescents, adults, old people, pregnant women.

Then write their names in your exercise book.

Did you know? In some countries flannels are shaped like a glove!



Ask the Right Questions

To be able to compare answers, the class should all ask the same questions. Here are some suggestions.

Personal details

- Sex : Male Female
- How old are you:
 - Under 13 (child)
 - Between 13 and 18 (adolescent)
 - Between 18 and 60 (adult)
 - Over 60 (older person)

Body hygiene

- Do you take a shower / a bath:
 - every day
 - every other day
 - occasionally
- After the shower/the bath, do you:
 - change your clothes
 - put back on the same clothes
 - always use soap
 - wash with water only
- In the bath / the shower, do you:
 - always use soap
 - wash with water only

Clothes hygiene

- Do you change your clothes:
 - every day
 - twice a week
 - occasionally
- Do you change your underclothes:
 - every day
 - twice a week
 - occasionally

Hand hygiene

- Do you wash your hands
 - before every meal
 - when they are dirty
 - after going to the toilet
 - after blowing your nose
 - when you come home
 - not very often

9. Answer Yes / No to the following statements:

- . I wash my hands with soap _____.
- . I lather with soap for at least 30 seconds _____.
- . I wash my hands in cold water _____.
- . I wash my hands in warm water _____.
- . I always dry my hands with a clean and dry towel _____.
- . Everyone in my family has their own towel _____.
- . I cut my nails regularly _____.

Nasal hygiene

- When you blow your nose, do you use:
 - a paper handkerchief
 - a linen handkerchief