

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
- 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