

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

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

Body hygiene

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

Clothes hygiene

6. Do you change your clothes:
☐ every day
☐ twice a week
☐ occasionally
7. Do you change your underclothes:
☐ every day
☐ twice a week
☐ occasionally

Hand hygiene

8. 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

10. When you blow your nose, do you use:
☐ a paper handkerchief
☐ a linen handkerchief