



Working In Partnership



North Somerset

# KEEPING CLEAN



## PERSONAL HYGIENE



What does "personal hygiene" mean?

It is having a clean body



and clean clothes.

Why is it important?



Our bodies sweat, especially when we are hot.  
Sweat makes us smell bad!



If we do not clean our teeth our breath will smell bad! We will also get toothache.

## WHY DOES THIS HAPPEN?



There are millions of tiny bacteria, which we cannot see in the air around us. Bacteria are also on every surface and on our bodies.



Bacteria are tiny creatures but you cannot see them with just your eyes. We would need a microscope to see them.



They especially like to eat things that are fatty or sweet. They grow very quickly and then there are even more of them!

Some bacteria do not do us any harm.



Other bacteria can be bad:



They can:



make food go bad



make our teeth sore and make our breath smell



upset our stomachs



make us smell under our arms.

We can stop bacteria growing by keeping ourselves clean.

# HYGIENE FOR OUR BODIES

## Clean Clothes



We should have clean underwear and socks everyday. Top clothes should be checked daily.



## Washing



We should:  
have a shower or bath regularly, particularly in the summer or after playing sport.



Wash our ears with a flannel.



Wash under our armpits and between your legs every day.



Wash our feet and cut our toe nails when they need it.



Clean our teeth after breakfast and at bedtime.

## FOOD HYGIENE



If our kitchens are dirty food goes off and we will get ill.



Always wash hands before cooking  
Wash hands when you throw rubbish in the bin.



A cut finger must always have a plaster on it.



Hands must be washed after using the toilet.



Tie back long hair



Use a clean apron



Do not smoke while cooking



Do not taste food with our fingers



Check the "use by date" on food



Do not cough or sneeze over food.



Before cooking wipe the worktops to make sure they are clean

When food is left over it should be covered and allowed to get cool before putting in a fridge



Wash up using hot water and washing up liquid or by using a dishwasher.

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