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EXTRACT PAGES

The dream team teaches hygiene

Pre-reading question

What do we do every day to keep ourselves healthy?

New words

germs – When germs get into our bodies it makes us sick.

habits – Good habits are brushing your teeth and washing yourself every day.

hygiene – Wash every day to make sure you have good hygiene.

Rinse – You rinse your hair after washing with shampoo.

Scrub – You scrub your toes and make them clean.

Meet Susan, Lebo, Ryan and Tumi – the awesome Dream Team. They're here to teach you all about health and hygiene. You have a right to a clean, safe home and you need to help keep it clean.



Hygiene is about practising healthy habits every day. Living in clean ways and clean places stops us getting sick. Getting sick is *ick!*

HYGIENE

What a funny word! 'Hi Jean!' sounds the same as hygiene.





It's a joy to be clean, so wash your body every day. Slosh and wash! Wash from the top of your head down to those toes. Rub and scrub! Also, wash in all those hidden places too – like behind your ears!

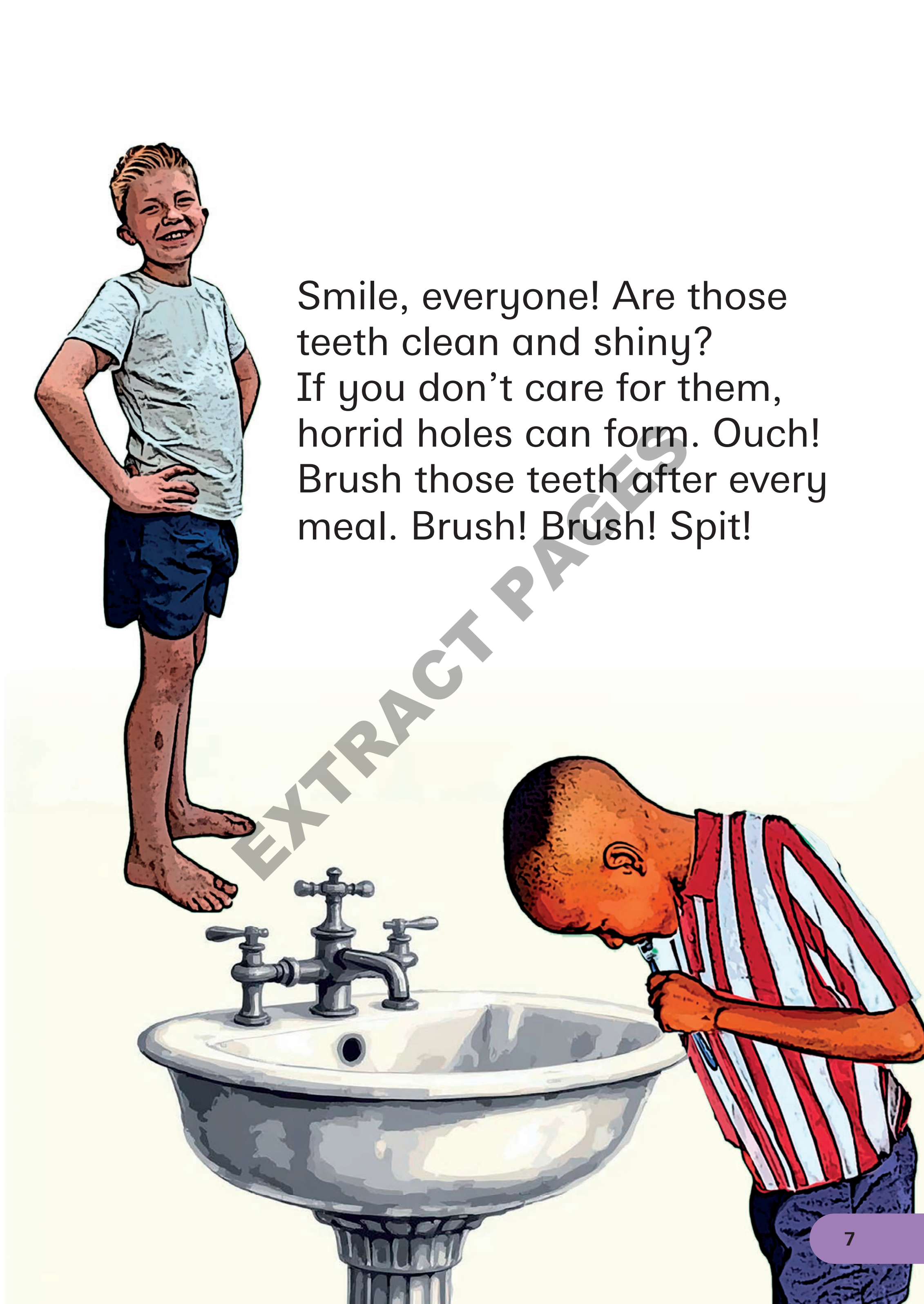




Oh boy! That hair needs a good wash too.
Squirt on shampoo. Rub! Rub! Rub!
Then rinse, rinse, rinse! You smell good.
It's true!

Now for those hands of yours . . . they need washing often. Wash when dirty. Wash before eating. Wash after the loo! Use soap, then rub and scrub! Rinse and dry! Get rid of the dirt and the germs too!



An illustration featuring two boys and a sink. On the left, a boy with blonde hair, wearing a light blue t-shirt and dark blue shorts, stands with his hands on his hips, smiling broadly. On the right, a boy with dark skin, wearing a red and white striped shirt and dark blue shorts, is leaning over a white pedestal sink, brushing his teeth with a toothbrush. The sink has a central faucet and two side handles. The background is a plain, light yellowish-green color. A large, semi-transparent watermark reading 'EXTRACT PAGES' is oriented diagonally across the center of the image.

Smile, everyone! Are those teeth clean and shiny? If you don't care for them, horrid holes can form. Ouch! Brush those teeth after every meal. Brush! Brush! Spit!



Wear clean clothes every day.
Dirty, sweaty clothes can make us smell
bad. Phew!
Put those pongy socks in the wash right
away!

No time to rest, everyone. We also need clean homes.

Let's get busy dusting, sweeping, mopping and scrubbing.

Put that litter in the bin. Be tidy, all of you!



There's more: wash fruit before you eat it.
Wash vegetables before you cook them.
So much washing!
AND — only drink water that is clean!





Being clean looks good, feels good and smells good.

Practise good hygiene every day to stay healthy. Okay?

Good habits show you care about your precious body. Taking care of yourself is your responsibility.

Post-reading questions

1. Why is it important to practise good hygiene?
2. Work with a partner and explain to each other how you brush and rinse your teeth.
3. When do you think you should always wash your hands?