



Level 1

Sample!

Personal Care

STUDENT WORKSHEETS



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I. Write the words.

towel, toothpaste, earbuds, toilet paper, soap



2. Look at the picture and answer the questions:



lotion, toothbrush, mirror, bathroom

a) Which room is he in?

b) What kind of brush can you see?

c) What do you think he is putting on his head?

d) What is he looking into?

3. Complete the sentences:



soap



scissors



shampoo

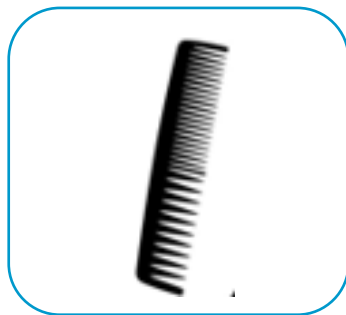
a) I wash my hair with _____.

b) I wash my hands with _____.

c) I cut my nails with _____.



lotion



comb

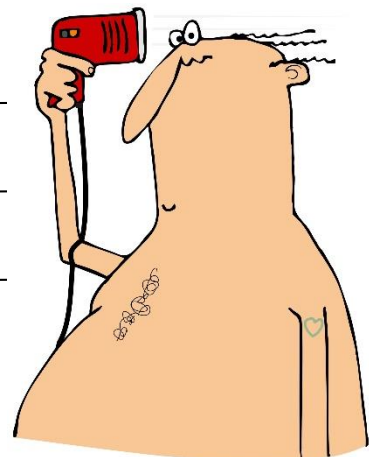


hairdryer

d) I comb my hair with a _____.

e) I make my skin soft with _____.

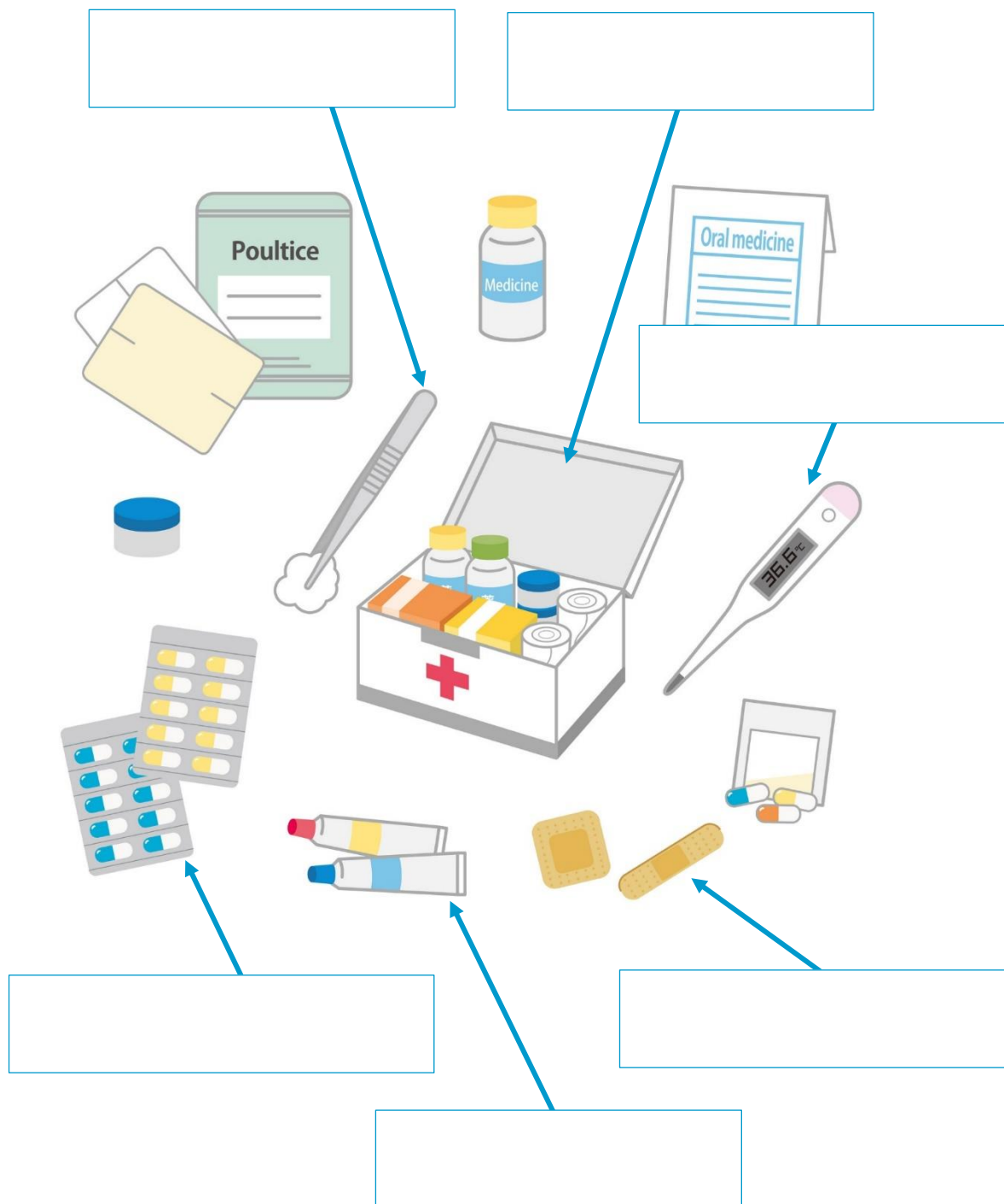
f) I dry my hair with a _____.



C. Tools and products in a First Aid kit

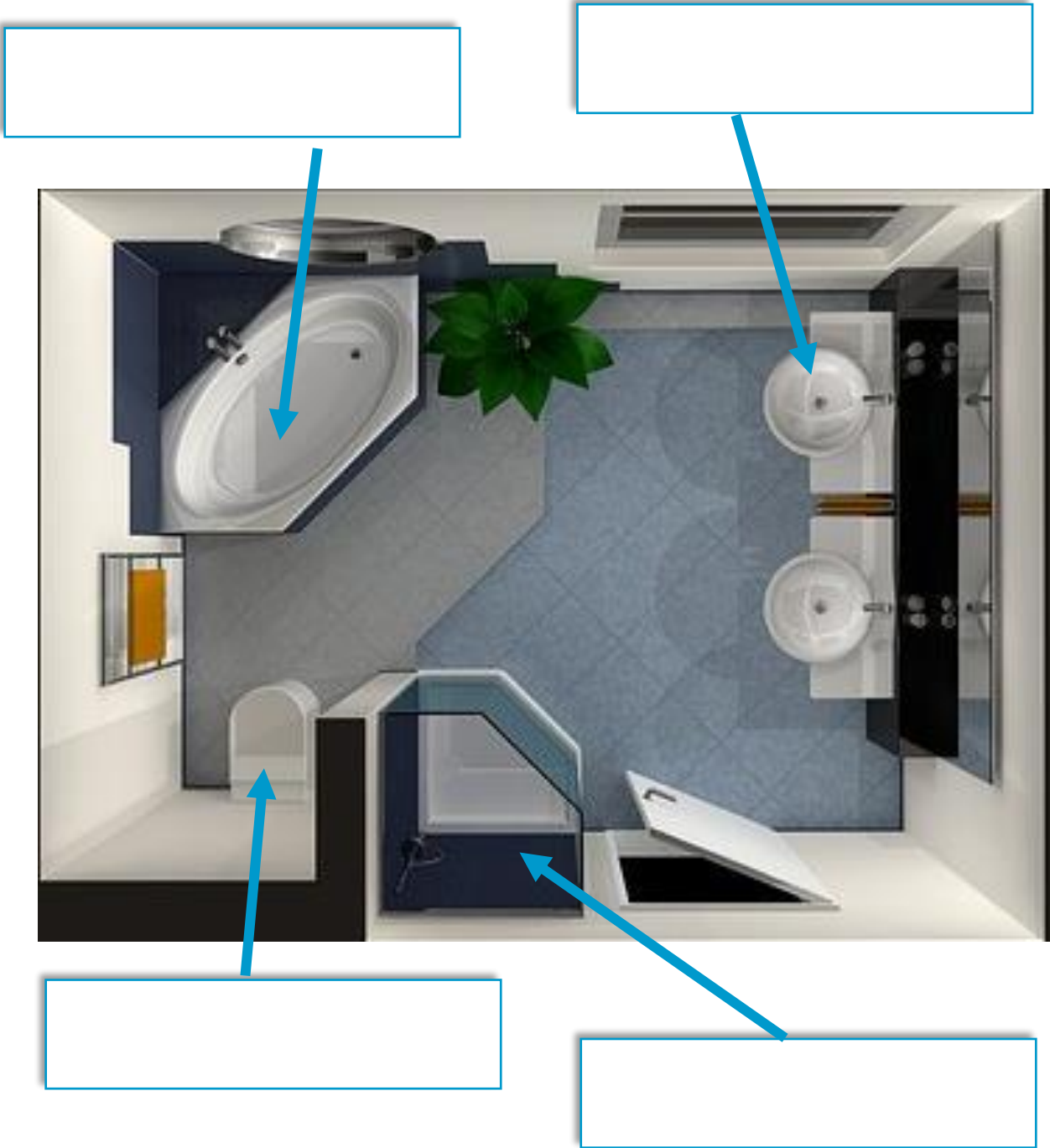
I. Write the labels for the first aid kit:

tweezers, ointment, pills, thermometer, plasters, First Aid box



I. Label the bathroom below:

shower, basin, bath, toilet



B. Haircare

I. Choose the correct answers:

a) It is important to wash the hair at least twice a _____ to keep it free from dirt and grease.

year

week



b) Wash your scalp and hair with _____.

shampoo

toothpaste

c) Rinse with clean _____.

water

shampoo



d) Use _____ on your hair if you need to.

conditioner

mouthwash

e) Brush or comb your _____ every day.

hair

hands





Try it out!

Wash your hands, using the correct technique.

Did you....?

- Wet your hands with clean, running water
- Turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap.
- Wash your hands for at least 20 seconds.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel.



Teacher / Tutor
Verification Table

I. What can you do to prevent unpleasant body odour? Tick the things you should do.

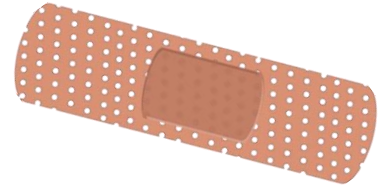
- Brush your teeth once a day.
- Take a bath or shower every day.
- Change your clothes monthly.
- Change your underwear daily.
- Air out your shoes.
- Wash your hair regularly.
- Floss your teeth daily.
- Use mouthwash.
- Drink alcohol.
- Always wear clean clothes.
- Wash your body with shampoo.
- Eat spicy foods every day.



D. Wound care

Proper care of wounds can prevent infection and speed up the body's process of healing.

I. Choose the correct words:



a) After the injury, wash your hands hair.

b) Apply gentle pressure to start stop the bleeding.

c) Clean the wound with clean water bandages and mild soap.



d) You can use an alcohol face wipe to clean the wound.

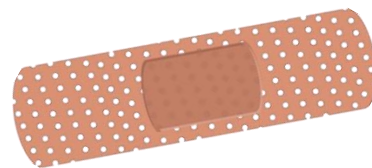
e) Remove any water dirt or debris from the wound.



f) Apply antibiotic pills ointment to the wound.

g) Cover with a clean old dressing or bandage.

h) Deep wounds may need bandages stitches or other wound care from a medical professional.



1. Your teacher will read these statements. Answer yes or no.

- a) Wear an apron when you cook. _____
- b) Sneeze or cough over the food. _____
- c) Tie your hair back while cooking. _____
- d) Store raw meat with cooked meat. _____
- e) If you have the flu, do not enter the kitchen _____
- f) Check dates on foods. _____
- g) Leave dirty dishes in the sink overnight. _____
- h) If you have any cuts, cover them with a plaster.

- i) Leave leftover food on the counter. _____
- j) Cook foods to the right temperature. _____



Talk about food safety.

**Teacher / Tutor
Verification Table**

1. Match the pictures and sentences. Write the numbers.

a) I eat healthy food.

b) I keep my body clean.

c) I brush my teeth twice a day.

d) I exercise every day.

e) I sleep well.

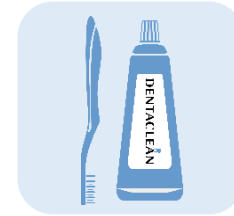
f) I drink water.

g) I keep my clothes clean.

1.



2.



3.



4.



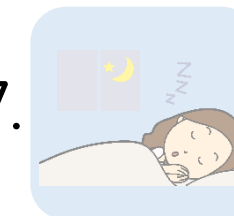
5.



6.



7.



Appendix 1: Personal Care Checklist

Fill in the checklist. Use ticks ✓.

How often do I...?	Regularly	Daily	Once or twice a year
Take a bath or shower			
Wash my hair			
Brush/Comb my hair			
Get my hair cut			
Wash my hands			
Brush my teeth			
Use mouthwash			
Visit the dentist			
Keep my skin clean			
Keep my skin soft			
Scrub my feet			
Drink water			
Wash my face			
Use deodorant			
Change my clothes			
Wash my clothes			
Clean my environment			
Dress neatly			
Taking care of my stuff			
Eat healthy food			
Exercise			
Sleep well			

Mapping of Learning Outcomes

(PCI) List routines in daily personal care practices, e.g. hair care, dental care, daily hygiene practices and getting treatment for minor infections Pages 38 to 42 (bathing and showering), Pages 44 to 48 (haircare), Pages 50 to 55 (handwashing), Pages 57 to 62 (brushing teeth), Pages 64 to 66 (skincare), Pages 68 to 70 (face washing), Page 71 (footcare), Pages 72 to 77 (body odour), Pages 80 to 82 (wound care / first aid), Pages 83 to 86 (keeping environment clean), Pages 88 to 91 (dressing appropriately), Pages 93 to 94 (looking after our stuff), Pages 95 to 101 (healthy eating / cooking), Page 103 (sleeping), Pages 104 to 108 (daily routine)

(PC2) Practise essential skills that promote personal hygiene, e.g., washing, dental care, care for clothes Page 43 (bathing and showering), Page 49 (haircare), Page 56 (handwashing), Page 63 (brushing teeth), Page 67 (drinking water), Page 78 (laundry), Page 79 (avoiding body odour), Page 87 (keeping environment clean), Page 92 (dressing neatly), Page 102 (eating / cooking healthy), Page 110 (personal care checklist), Page 111 (daily routine checklist)

(PC3) Identify a range of personal care products, e.g., soaps, shampoo Pages 9 to 24 (products and tools to keep us clean), Pages 25 to 33 (products and tools to keep our homes clean), Pages 34 to 35 (first aid kit), Page 112 (personal care exhibition), Page 113 (personal care shopping list), Page 114 (experiment - how soap works)