Objectives:

1. to define hygiene;

2. to establish the difference between good and poor hygiene;

3. to be aware of the rules of good hygiene.

**I. Introduction** Ask the student/s to complete the given crossword. The solution offers them the title of the lesson: **Hygiene.** Some of the answers a bit silly I know.

* Ask student/s what personal hygiene is.
* Lists the examples they give on the board or paper.
* The list should include a variety of words related to hygiene: shower/bath, to clean, to brush, soap, deodorant, etc.
* Discuss the importance of a good hygiene and the disadvantages of a poor one.
* Pupils find out more things about hygiene possibly internet search, and the causes of diseases.

Read a text about germs and answer the given questions.

Good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is essential to have a healthy life.  
  
1. You have to comb your\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_daily.  
2. Close your \_\_\_\_\_\_\_\_\_\_\_\_\_ when you wash your face!  
3. Don’t put your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the nose! Use a handkerchief!  
4. Cut your\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the clippers! If they are too long.  
5. You have to go to the dentist less if you brush your\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
6. Wash your\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_before eating!  
7. You always have to wear clean\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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**Germs**

**Reading-(maybe read with student/s dependent on ability)**

Germs are tiny organisms that can invade plants, animals, and people.

They are so small that they creep into our bodies without being noticed and may cause diseases. In fact, germs are so tiny that you need to use a microscope to see them.

Four types of germs are found all over the world, in all kinds of places: bacteria, viruses, fungi, and protozoa. –

Bacteria cause infections like sore throats, ear infections, and pneumonia.

Not all bacteria are bad.

Good bacteria live in our intestines and help us use the nutrients in the food we eat and make waste from what’s left over.

Some bacteria are also used to produce medicines and vaccines, to make cheese or yoghurts. –

When viruses get inside people’s bodies, they can spread and make people sick.

Viruses cause chickenpox, measles, flu, and many other diseases. –

Fungi are plant-like organisms. An example of something caused by fungi is athlete’s foot, the rash people sometimes get between their toes. –

Protozoa often spread diseases through water. Some protozoa cause intestinal infections that lead to diarrhea and belly pain.

When germs invade our bodies they eat nutrients and energy and produce toxins. Those toxins can cause symptoms of common infections, like fevers, coughing, vomiting, and diarrhea.

1. All germs are harmful ….....................................................................................................True False

2. To avoid catching a cold you should wash and dry your hands regularly ………..............True False

3. You should brush your teeth after each meal …............................................................True False

4. A wound is safe under a bandage …...............................................................................True False

5. You shouldn’t put your hand in front of your mouth when you cough or sneeze .........True False

6. Hands have the most germs …........................................................................................True False

7. There are seven types of germs …..................................................................................True False

8. You can’t be contaminated by your own germs ….........................................................True False

9. Flu is caused by viruses …..........................................................................................True False

10. You don’t need a microscope to see germs …..............................................................True False