Part of being fit and healthy is keeping ourselves clean.

If we wash all over every day this helps to kill the germs we get on our skin when we eat, work and play.

How do we keep ourselves clean? *Fill in the missing letters.*

1. Having a b _ _ _ or a s _ _ _ _ 
2. Washing our h _ _ _
We wash our hands:
1. before we have something to eat
2. after going to the toilet
3. if they look dirty or feel sticky
4. after stroking pets.

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We can keep our hair clean by washing it with shampoo and lots of warm water. This makes our hair smell nice and look clean and shiny.

It's a good idea to wash your brush and comb whenever you wash your hair.
Always use plenty of soap. If you like bubbles, bubble bath can be lots of fun!

Make sure that you wash all over your body. Start at your face and wash all the way down to your feet.

Remember to dry all over too, and don’t forget in between your toes so they don’t become sore.
Our feet are always busy and, after washing, like a little bit of talcum powder to help them stay soft and smelling nice.

Toe nails grow very fast and need to be cut often. If you think your toe nails or finger nails need to be cut, ask a grown-up.
teeth

We have about 22 teeth to look after every day. We can do this by brushing them twice a day.
Let a grown-up check that your teeth have been brushed properly.

When would be the best times to brush your teeth? Fill in the missing letters and draw the hands on the clocks.

1. M____l____g

2. N____gh____

Another way to help our teeth is by eating fruit instead of sweets. Fizzy drinks can sometimes have a lot of sugar in them, which is not good for teeth.