

Taking care of myself

Engage!

+ A healthy start?

Do you eat pancakes for breakfast? They are easy to make—you mix eggs, flour and milk, and then fry the mixture in a pan. You can choose any topping for your pancake: bananas, strawberries, chocolate, maple syrup... Which is your favorite? Just remember to wash your hands before you eat!

- 1 Are pancakes a healthy breakfast? Why or why not?
- 2 Which toppings are the most healthy?

Explore!

+ How well do you wash your hands?

Objective: Find out the best way to wash your hands.



Method

- 1 Place all the items next to a bowl of water or sink.
- 2 Rub soil into your hands. Wash your hands with water only. Look at your hands under a magnifying glass. Record your observations in the table.
- 3 Repeat the procedure, but this time use soap and water.
- 4 Repeat the procedure, but this time use soap, water and a nail brush.

You will need

- ☐ a bowl of water or sink
- ☐ a box of soil
- ☐ soap
- ☐ a nail brush
- ☐ a towel
- ☐ a magnifying glass



Observations



- 1 Choose (✓) your answers.

	How much dirt is there on your hands after washing them?			
only water	☐ no dirt	☐ a little dirt	☐ some dirt	☐ a lot of dirt
soap and water	☐ no dirt	☐ a little dirt	☐ some dirt	☐ a lot of dirt
soap, water and a nail brush	☐ no dirt	☐ a little dirt	☐ some dirt	☐ a lot of dirt

Conclusions



- 1 Is it important to use soap? Why or why not?

- 2 Is it important to use a nail brush? Why or why not?



Brush your teeth at least twice a day.



When we touch dirty things with our hands, we get germs on them. There can be germs on our hands even if they look clean!

+ What is personal hygiene?

It is important to take care of yourself every day. **Personal hygiene** is all the things we do to keep our bodies clean. This includes taking a bath or shower, washing your hands and brushing your teeth and hair.

We clean our hands, bodies and teeth to kill **germs** on them. Germs are small **living** things that can get into your body and make you sick. They are so small we cannot see them! Good personal hygiene helps you stay healthy.



Wash your hands after going to the bathroom and before eating. Always use soap and water.

Practice

1 Choose the pictures that show personal hygiene.



a. ☐



b. ☐



c. ☐

2 Match the actions with the objects.

a.

taking a bath
or shower



b.

washing
your hands



c.

brushing
your teeth



d.

brushing
your hair





+ What are healthy habits?

It is important to have healthy habits. A habit is something you do regularly. Good habits help you stay active and **healthy**. Bad habits make you sick or can hurt you.

Look at the table of habits to learn more.

Yoga exercises make us stronger and help us relax.



Good habits	Bad habits
sleeping 10 hours a night eating healthy food brushing your teeth drinking water doing exercise and being active	going to bed late eating too much sweet or fried food not brushing your teeth drinking too much soda not doing exercise or being active

Practice

1 Look and color the habits.



good habits



bad habits

- a. ☐ Ali plays video games all day and does not do any exercise.
- b. ☐ Tom eats five portions of fruit or vegetables every day.
- c. ☐ Gaby washes her hands before eating.
- d. ☐ Iris goes to the dentist twice a year.
- e. ☐ Ellen is always eating candy.
- f. ☐ Carlos does not drink soda. He prefers water.

2 Write advice for one of the bad habits above.

3 Complete the sentences with your good habits.

- a. Before breakfast, I _____.
- b. When I'm at school, I _____.
- c. When I get home from school,
I _____.
- d. Before I go to bed,
I _____.

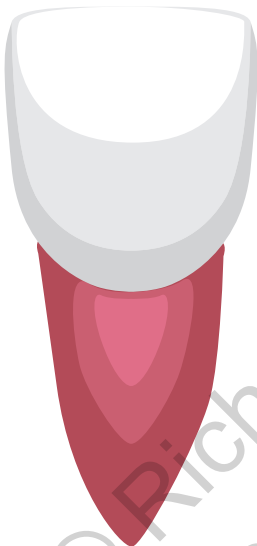




+ What kinds of teeth are there?

Do you have all your **permanent teeth** yet? Probably not! Most children have all their baby teeth, or **milk teeth**, by the age of three. From about the age of five, your milk teeth start falling out and your permanent teeth start to grow in. The last milk tooth usually falls out around 11 or 12 years old. There are 20 milk teeth and 32 permanent teeth.

There are three types of teeth:



Incisors

cut food.



Canines

tear food.



Molars

crush and grind food.

We have to take care of our teeth. Sugar and acid in food can harm teeth, so we need to brush them two or three times a day. Also, we need a dentist to check our teeth twice a year.



Practice

1 Read and circle.

- a. We usually have all our milk teeth by the age of **two.** / **three.**
- b. There are **12** / **20** milk teeth.
- c. There are **20** / **32** permanent teeth.
- d. You should go to a dentist **once** / **twice** a year.



2 Look and color.



good for teeth

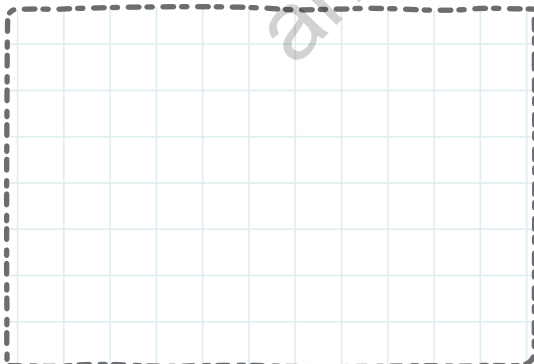


bad for teeth

- a. drinking a lot of soda
- b. forgetting to brush your teeth
- c. going to the dentist twice a year
- d. using toothpaste when you brush your teeth
- e. eating candy and sugary food every day



3 Use a mirror and draw your teeth. Then count and answer.



a. How many teeth do you have?

b. How many are milk teeth and how many are permanent teeth?



+ What are food groups?

Humans need **energy** to be active, learn and **grow**.

We get our energy from food. Food must be **nutritious** to help us stay healthy and strong.

There are five food groups: fruit and vegetables, **grains** (such as wheat, corn and rice), **protein** (such as meat, fish and beans), **dairy** (such as milk and cheese) and foods that are high in **fat** or sugar. What is your favorite food? Which group is it in? Do you think it is healthy?

This food plate tells us the right amount to eat from each food group.



Practice

- 1  Label the food groups on the plates. Circle the healthier meal.

fatty foods fruit grains proteins vegetables

a. 

b. 

c. 

d. 

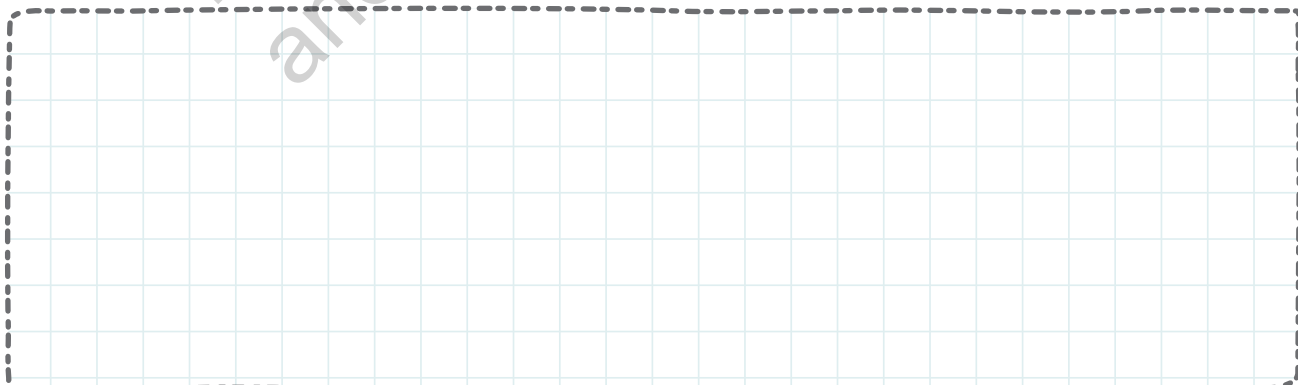
e. 

f. 



- 2  Find out how many glasses of water you should drink a day at your age.

- 3 Draw a balanced meal that you eat.





+ Why do we need to do exercise?

As well as healthy food, our bodies need exercise to stay fit and work properly. Exercise makes our **muscles**, **bones**, **heart** and **lungs** stronger. It makes us feel good, too, and helps us relax and sleep—another healthy habit!

A lot of fun hobbies are active and involve exercise. You can do activities like dancing or jumping rope with friends on the school playground. You can also ride a bike or go swimming, or you can play a team sport like soccer or basketball. What do you do to stay active?

Daily exercise is important for a healthy life.



Practice

1 Circle the pictures that show exercise.

a.



c.



b.



d.



2 Write three types of exercise that you do every day.



My exercise

3 Complete the sentences.

feel healthy muscles sleep

a. Exercise makes our _____ strong.

b. Exercise makes us _____ good.

c. Exercise helps us relax and _____.

d. Regular exercise is a _____ habit.



+ How do we avoid getting sick?

Washing your hands and showering regularly are important for staying healthy. Healthy eating and exercise can stop you from getting sick, too. It is also important to wear clean clothes and keep your home clean.

When we sneeze, cough or touch things with dirty hands, germs can spread. Cleaning our homes and classrooms kills germs and protects us from illness. There are many ways you can help in the classroom: you can sweep and mop the floor or wipe tables. What are you waiting for? Let's clean!



Dirty clothes may have germs on them that can make us sick.



Cleaning can be good exercise, too.

Practice

1 Match the actions with the pictures.

a.



b.



c.



cleaning around
our home

taking
out the trash

washing
our pets

2



Read and answer.



Vaccines prevent illnesses that spread quickly. We get some vaccines when we are babies and small children. We get other vaccines when we are older.

a. Do you remember getting a vaccine? How did you feel?

b. Do you know the names of any illnesses we vaccinate against?

Check my progress ✓

1 Match the habits with the pictures.

a.

good personal
hygiene



b.

a healthy
diet



c.

taking out the
trash



2 Circle the things that are good for teeth.

a.



b.



c.



d.



e.

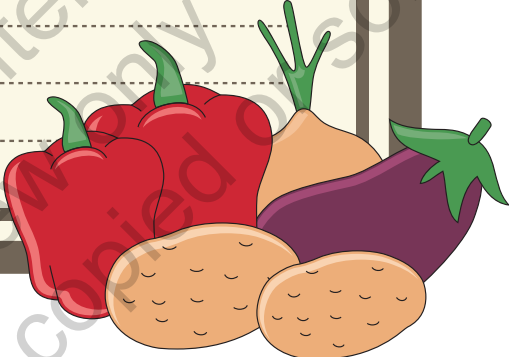


- 3 Create healthy menus for three meals in a day.

breakfast:

lunch:

dinner:



- 4 Do a class survey. Choose (✓) the favorite activities of your friends.

Exercise activity				
Name	riding a bike	jumping rope	roller-skating	playing a sport