

We've talked about HEALTH as it relates to maintaining good NUTRITION and a healthy level of FITNESS. This month, HEALTH is about not being sick. HYGIENE really just comes down to staying clean. Then we're gonna go over how the two are linked.

HEALTH: When it comes to keeping ourselves from being sick, it helps to know the things that make us sick. Call 'em what you like, they're germs., and in order to defeat them, you must know where they are found. Where are some of the places we should be extra careful about germs? _____

Everyday there are things we can do to fight those evil germs. List five things you can do everyday to help in the heroic fight against these evil microscopic menaces:



1. _____
2. _____
3. _____
4. _____
5. _____



HYGIENE: Keeping things clean. In the end, it really comes down to two things: YOU and YOUR STUFF. What are some of the things you can do to stay clean? _____

What are some of the things you can do to keep YOUR STUFF clean? _____

Alright, peer pressure time. If someone has bad HYGIENE, do you wanna hang around them? _____ Why or why not? _____

Bringing it all together: germs are evil. Like all evil things, they enjoy damp, dark, dank places. With that idea in mind, how can keeping YOU and YOUR STUFF clean help keep you healthy?
