**Monday, 25th January 2021**

**LO: I can explain how and why I practice personal hygiene**

**Add your ideas to the below table. The first example has been done for you:**

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| **How I practice personal hygiene** | **Why is it important?** |
| *I clean and trim my nails.* | *Germs and dirt can get trapped under my nails. I might eat the germs when eating with my fingers and become sick.* |
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