

Name: _____ Date: _____

PROCEDURE TO CLEAN

Answer the following questions.

1. Match the body part to the action.

SORT ELEMENTS

soap and scrub

wash at the sink

brush after every meal

keep these clean

shampoo and condition

hands

teeth

fingernails

hair

body

2. Place the procedure to wash hands in the correct order.



- _____ Then use the fingers to rub the back of hands.
- _____ Finally, rub finger over the palm in circular motion.
- _____ Rub your hands, palm to palm.
- _____ Rub both palms and fingers together.
- _____ Clean the thumbs, while enclosing it in the free hand.
- _____ Wet hands and soap hands with a good enough lather.
- _____ Cup the finger together, (first right over left, then left over right) rub the finger against your palm.

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3. Place the procedure to brush teeth in the correct order.



_____ Brush your tongue.

_____ Place a pea-size amount of toothpaste on the toothbrush.

_____ Clean the inner surfaces of you upper teeth, then your lower teeth.

_____ Spit and rinse the mouth.

_____ Clean the outer surface of your upper teeth, then your lower teeth.

_____ Clean the chewing surfaces.

_____ Gagle with mouthwash.