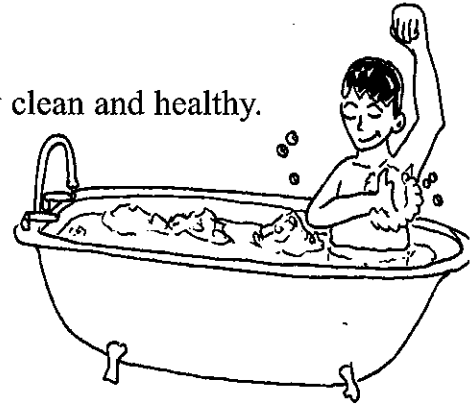


Good Hygiene

Review Key Words

hygiene Hygiene is the things people do to stay clean and healthy.
clean Clean means not dirty.
products Products are things that are made by nature or by people and are often sold in stores.



Write a Prediction

Read the Story²⁴

<p>6 When people have good hygiene, it 11 means they keep themselves clean. 17 Good hygiene is important for many 24 reasons. The main reason is that being 30 clean helps people stay healthy. For 36 example, washing your hands a lot 44 makes it less likely for you to spread 52 germs to others or to get sick from 54 others' germs. 60 Having good hygiene can also help 66 people feel good. People often feel 72 good about themselves when they are 80 clean and take good care of their bodies. 85 Good hygiene is important in 89 America. Americans have feelings 95 about hygiene that may be different from feelings about hygiene in other</p>	<p>101 108 112 116 122 128 134 141 146 152 158 162 166 173 177 183 185</p>	<p>countries. If you watch American TV or read American magazines, you probably see advertisements for products to clean homes, clean clothes, keep hair healthy, beautify skin, and freshen breath. These ads are evidence of how important cleanliness is to many Americans. Many Americans think they look their best when they're clean. Being clean helps people make good first impressions in America. Americans usually appreciate when others stay clean and take care of themselves. Being around someone with poor hygiene can make some Americans uncomfortable.</p>
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words read _____

- errors _____ = _____ cold score _____

words read _____

- errors _____ = _____ hot score _____ expression _____

Answer the Questions

Identifying the main idea⁵

1. What is the main idea of this story?
 - a. There are many products that help people stay clean.
 - b. Americans may feel differently about hygiene than people in other countries.
 - c. Having good hygiene is important for many reasons.

Recalling a fact⁶

2. What makes some Americans uncomfortable?
 - a. being near someone with poor hygiene
 - b. watching advertisements about hygiene
 - c. washing their hands a lot

Getting meaning from context⁷

3. What does **poor** mean in this story?
 - a. not having much money
 - b. to make liquid flow
 - c. not good

Making connections within the text⁸

4. Why are there many advertisements in America for things like clean homes, clothes, and hair?
 - a. There aren't any other things to make ads about.
 - b. Keeping clean is important to Americans.
 - c. Americans like advertisements on TV and in magazines.

Processing information⁹

5. How can good hygiene make it less likely for a person to get sick?

Developing vocabulary¹⁰

6. Write bold-faced words from the story that mean the same as the bold-faced word or words in each sentence below.
 - a. One of the **most important** reasons for keeping clean is to keep germs from spreading.

 - b. If you don't wash your hands, you may **cause others to get germs**.

 - c. The company put their **messages** about their shampoo on TV.

Applying information¹¹

7. Fill in the blanks with bold-faced words from the story.

Lisa likes to keep herself

_____ because it keeps her healthy. That's her main reason for having good _____. She knows that washing her hands often will keep her from spreading _____.

She also knows people

_____ when those around them are clean and looking their best. So Lisa uses

_____ that clean her teeth and freshen her breath.

Number Correct: _____

Good Hygiene

Learn New Words

advertisements¹²

Advertisements are messages that companies use to try to sell their products or services to people. *Television commercials and travel brochures are two types of advertisements.*



appreciate¹³

Appreciate means to be thankful for something. *I appreciate the help you've given me with my homework.*

beautify¹⁴

Beautify means to make something look nice or pretty. *The girls combed their hair and put on lipstick to beautify themselves.*

clean¹⁵

Clean means not dirty. *The floor was clean after Jimmy washed it with soap and water.*

evidence¹⁶

Evidence is anything that shows or proves something. *The chocolate around his mouth was evidence that he ate the candy bar.*

first impressions¹⁷

First impressions are the first thoughts you have about people when you meet them for the first time. *Sara's first impressions of Lee and Greg were that they were rich because they wore nice clothes and had new cars.*

for example¹⁸

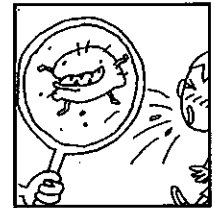
For example are words a person sometimes says just before showing or telling you what something is like. *People sometimes get sick when they eat too much sweet food; for example, too much cake and ice cream can cause a stomachache.*

freshen¹⁹

Freshen means make clean and new. *After I eat, I freshen my breath by chewing mint gum.*

germs²⁰

Germs are very small living things that can cause sickness. *He got a cold after using a telephone that had lots of germs on it.*



healthy²¹

Healthy means well and free from sickness. *She was sick for a long time, so we are glad that now she is healthy.*

hygiene²²

Hygiene is the things people do to stay clean and healthy. *Washing your hands often to get rid of germs is part of good hygiene.*

look their best²³

Look their best means people dress and appear as nicely as they can. *Some people think men look their best when they wear nice suits and ties.*

Learn New Words, Continued

main²⁴

Main means most important. *The main thing you need to remember when you cross the street is to look both ways.*

poor²⁵

Poor means not good. *She did not study for the test, so she got a poor grade on it.*

probably²⁶

Probably means likely to be or likely to happen. *The clouds are very dark, so it will probably rain.*

products²⁷

Products are things that are made by nature or by people and are often sold in stores. *Toothbrushes and toothpaste are products people buy to clean their teeth.*

reasons²⁸

Reasons are the causes of things that happen. *He was happy for two reasons: he got an A on his test and he won his baseball game.*

spread²⁹

Spread means to cause others to see, hear, have, or know. *He spread the news about his new baby by calling everyone he knew.*

uncomfortable³⁰

Uncomfortable means not able to relax; worried. *I felt uncomfortable when I was lost in the big city.*

Answer the Questions

Identifying the main idea⁵

1. What is the main idea of this story?
 - a. Many people use deodorants and antiperspirants to smell good.
 - b. Americans think that clean hands and fingernails are important.
 - c. In America, people do certain things to keep good hygiene.

Recalling a fact⁶

2. How often do many Americans brush their teeth?
 - a. one time a day
 - b. two times a day
 - c. three times a day

Getting meaning from context⁷

3. What does **heavy** mean in this story?
 - a. overweight
 - b. with a lot of power or effort
 - c. hard to lift

Making connections within the text⁸

4. Why do many Americans try to take a bath or shower every day?
 - a. They like their bodies to be clean.
 - b. Other people expect them to.
 - c. They handle food every day.

Processing information⁹

5. Why do people wash their hands right after using the bathroom?

Developing vocabulary¹⁰

6. Write bold-faced words from the story that mean the same as the bold-faced word or words in each sentence below.
 - a. Running, biking, and swimming are forms of **bodily** exercise, and reading is a form of mental exercise.

 - b. I always wash my hands after I **touch** things that are sticky.

 - c. The **rule that tells people what they must do** said that people who work with food have to wash their hands after using the bathroom.

Applying information¹¹

7. Fill in the blanks with bold-faced words from the story.
Kim does heavy _____.
every day. When she finishes, she is _____.
So she stands in her tub and takes a long _____.
Then she rubs _____ on her skin to keep it from getting dry. These _____ make her feel fresh and clean.

Number Correct: _____

Hygiene Habits in America

Learn New Words

antiperspirants¹²

Antiperspirants are products used on the skin under the arms to help stop sweating. Antiperspirants often include a deodorant to stop smells. *The girls on the basketball team all use antiperspirants before their games.*



exercise¹⁷

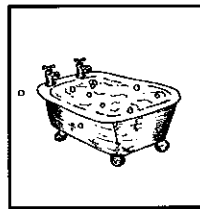
Exercise is movement of the body. *Climbing a lot of stairs, jumping rope, walking, and biking are all forms of exercise.*

flu¹⁸

Flu is a sickness caused by a virus that people get from each other. *Megan had the chills, body aches, and a sore throat when she had the flu.*

bath¹³

A bath is the act of washing something in water. *Janet felt dirty after she worked in the garden, so she took a bath to get clean.*



fresh¹⁹

Fresh means clean and new. *I like to keep my breath fresh, so I brush my teeth after I eat.*

clean¹⁴

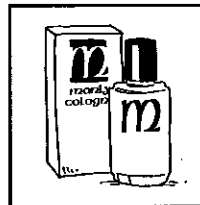
Clean means not dirty. *The floor was clean after Jimmy washed it with soap and water.*

habits²⁰

Habits are things done often and without thinking or planning. *Brushing her teeth and taking a shower every morning were habits for Mary; she didn't have to think much about doing them.*

cologne¹⁵

Cologne is a liquid with a pleasing smell that some people put on their skin. *John wanted to smell nice for his date with Julie, so he put on some cologne.*



handle²¹

Handle means to touch with the hands. *Many people handle the food at the school cafeteria.*

deodorants¹⁶

Deodorants are products used on the body to stop or hide unpleasant smells. *The boys use deodorants after they run, so their bodies don't have a bad smell.*



heavy²²

Heavy means hard, with intensity, or with a lot of power. *The heavy rainfall caused a flood.*

hygiene²³

Hygiene is the things people do to stay clean and healthy. *Washing your hands often to get rid of germs is part of good hygiene.*

Learn New Words, Continued

law²⁴

A law is a rule that tells people what they must or must not do. *The law in the city said you could not cross the street if the stoplight was red.*

lotion²⁵

Lotion is a thick liquid rubbed on the skin to keep it from getting dry, to make it soft, or to heal it. *She bought some lotion that smelled like cherries to rub onto her dry hands.*



maintaining²⁶

Maintaining means keeping in good condition. *Maintaining a garden means caring for the plants and pulling the weeds.*

perfume²⁷

Perfume is a liquid with a pleasing smell that some people put on their skin. *Liz bought some perfume that smelled like flowers.*

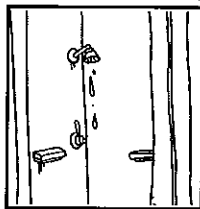


physical²⁸

Physical means having to do with the body. *Ice skating is good physical exercise.*

shower²⁹

A shower is when the body is sprayed with water. *Jim took a shower to wash the dirt off his body.*



spread³⁰

Spread is the passing around of something so that others can see, hear, have, or know it. *To prevent the spread of her secret, Mary decided not to tell it to anyone.*

suggest³¹

Suggest means to tell somebody what you think they should do. *Dentists usually suggest that people brush their teeth at least two times a day.*

sweating³²

Sweating means giving off a salty liquid through the skin, often during exercise. *He starts sweating when he runs outside in the heat.*



tend³³

Tend means likely to or will often do something. *I tend to stay inside the house when it rains.*

throughout³⁴

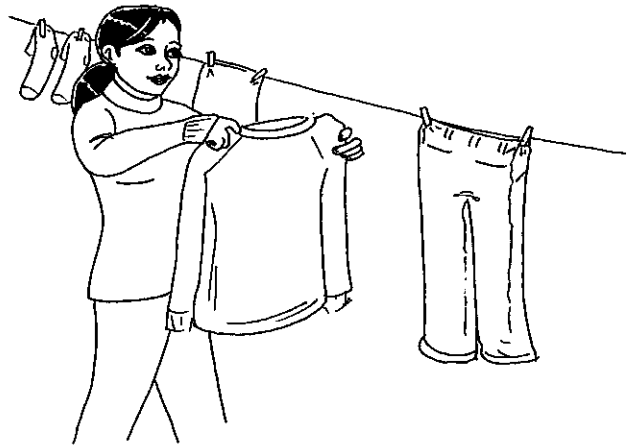
Throughout means during an entire time or in every part of something. *I could hear the birds chirping throughout the morning.*

Caring for Clothes and Teeth

Review Key Words

- clothes** Clothes are pieces of cloth or other material made into different shapes to wear on the body, such as pants, shirts, dresses, and hats.
- teeth** Teeth are the hard, bony parts inside the mouth used for eating.
- appearance** Appearance is the way someone or something looks.

Write a Prediction



Read the Story²⁴

6 Most Americans take care of their
13 bodies to have good **hygiene**. They also
21 take care of their **clothes** and **teeth** to
27 have a **neat** and **clean appearance**.
32 Clean clothes are important in
36 America. Americans **change** their
42 underwear and socks every day, and
48 they wash their clothes **regularly**. They
56 **do laundry** or take their clothes to the
63 cleaner to **ensure** that clothes do not
70 have bad **odors** or **visible stains**. If
76 they're going somewhere nice, like an
82 office or a restaurant, Americans often
90 **iron** their clothes so the clothes will not
be **wrinkled**.

92 Strong, **healthy** teeth are also
97 important in America. If possible,
102 Americans **visit** a **dentist** **twice** a year
109 to take care of any **cavities**. Most
116 people brush their teeth often. They
122 also worry about **bad breath**. Many
128 people use **breath mints** or chew gum.
135 Many Americans try to have nice-
141 looking teeth. They see **orthodontists**
146 who help them make sure their teeth are
154 **straight**. Some Americans buy **kits** to
160 whiten their teeth.
163

words read _____

- errors _____

= cold score _____

words read _____

- errors _____

= hot score _____

expression _____

Caring for Clothes and Teeth

Learn New Words

appearance¹²

Appearance is the way someone or something looks. *She is always combing her hair because she cares about her appearance.*

bad breath¹³

Bad breath is air that comes out of your mouth that doesn't smell good. *She had bad breath after she ate the spicy food, so she chewed some gum to hide the smell.*

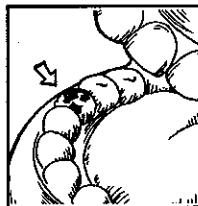
breath mints¹⁴

Breath mints are small candies that you can eat to make the air in your mouth smell better. *The waiter brought breath mints to the table after we finished eating.*



cavities¹⁵

Cavities are tiny holes in the teeth. *The dentist said that she would need to fix two cavities in my teeth.*



change¹⁶

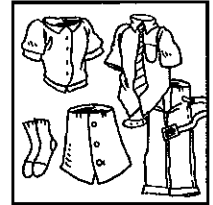
Change means to make different. *Don will need to change into dry clothes after he goes swimming.*

clean¹⁷

Clean means not dirty. *The floor was clean after Jimmy washed it with soap and water.*

clothes¹⁸

Clothes are pieces of cloth or other material made into different shapes to wear on the body. *Pants, shirts, dresses, sweaters, and hats are all clothes.*



dentist¹⁹

A dentist is a doctor who takes care of people's teeth. *The dentist cleaned my teeth and checked them for cavities.*



do laundry²⁰

Do laundry means to wash dirty clothes and then dry them. *Mom will do laundry before we go on our trip so that we can pack clean clothes.*

ensure²¹

Ensure means to make certain. *The teacher walked around the classroom to ensure that the students were all working quietly on their worksheets.*

healthy²²

Healthy means well and free from sickness. *She was sick for a long time, so we are glad that now she is healthy.*

hygiene²³

Hygiene is the things people do to stay clean and healthy. *Washing your hands often to get rid of germs is part of good hygiene.*