

Name _____ **Personal Hygiene**

Be a Thinker, Not a Stinker!

Body smells can be caused by different things. Our bodies make chemicals, like pheromones, that attract or repel others. When our body tries to get rid of certain chemicals, like garlic and alcohol, these chemicals can temporarily make our breath smell bad. Smells can also be caused by bacteria on our skin and clothes.

Bacteria live on our skin. Bacteria are microorganisms that 'feed' on dead skin cells and body fluids like sweat. The chemicals produced by some of these bacteria have an unpleasant smell. These smelly chemicals build up every day, so bathe every day, and to change your clothes daily, especially your socks and your underwear. Shoes can get smelly from bacteria too! Letting them "air out" occasionally will keep your shoes from getting stinky.



What causes body odors? _____

What can you do to prevent unpleasant body odor? Check all that apply.

Brush your teeth

Take a bath or shower

Change your clothes

Change your underwear

Air out shoes

Wash your hair

Floss your teeth

Use mouthwash

Don't smoke

Don't drink alcohol