After viewing The Basic Hygiene Video and participating in the class activities included in this Teacher’s Resource Book, your students will be able to:

- Appreciate the benefits of proper hygiene
- Understand the causes of body odor and bad breath
- Learn best practices for showering and deodorant use
- Identify the best practices for proper hand-washing
- Understand the connection between sweating, bacteria and body odor
- Understand how wearing clean clothing every day can reduce body odor
- Learn effective ways to prevent the spread of germs by hand washing
- Understand how washing the face and hair can help reduce acne
- Learn the recommended times and frequency to brush your teeth and gums
- Realize hygiene plays an important role in how they look and feel
- Realize that they have the responsibility to take care of their bodies