

Unit 1

My Body



Learning Objectives

After learning this lesson, students will be able to

- ❖ know the benefits of hand washing
- ❖ understand self-hygiene
- ❖ acquire the habit of using toilets and avoiding open defecation
- ❖ know the precautions to protect the sense organs
- ❖ recognize the differences and similarities in people's appearance and abilities
- ❖ understand good touch and bad touch
- ❖ grasp the importance of physical exercises



Tick (✓) the items used for personal hygiene.

