

Health and hygiene

These worksheets cover the following areas:

- Washing your hands
- What is he doing?
- Sentences
- Reading texts
- Spelling numbers
- Time: a.m. or p.m.
- Time: 24 hour clock
- Temperature and food safety
- Puzzle

Some keywords that you will come across in this module are:

- washing
- sink
- capital letters
- consonant
- full stops
- bacteria
- harmful
- a.m.
- p.m.
- 24 hour clock
- temperature
- thermometer
- safety

Washing your hands

Where is Tom?

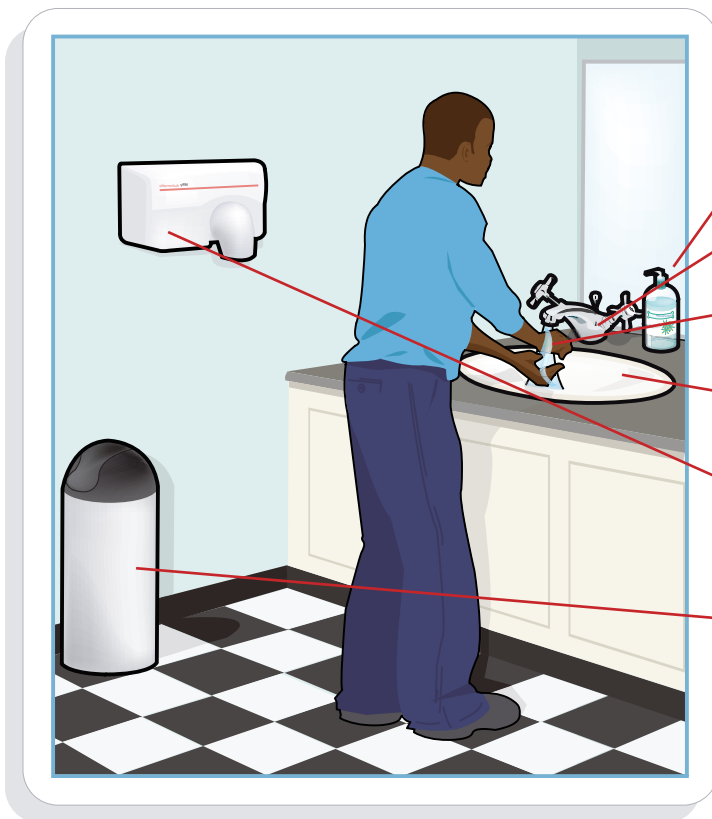
What is he doing?



Describe the picture.



Write the words on the lines.



When do you wash your hands at work?

Where do you wash your hands at work?

How do you wash your hands at work?

What is he doing? 1

What is Tom doing?

He is washing his hands.

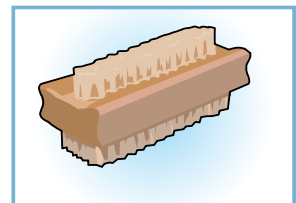


Put the verbs in the sentences.

1. dry He _____ his hands.



2. clean He _____ his nails.



3. brush He _____ his hair.



4. wear He _____ a cap.



What is he doing? 2

When a verb ends in e, you take out the e and then add -ing.

For example: use + -ing = using

make + -ing = making

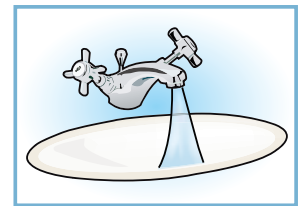


Put the verbs in the sentences.

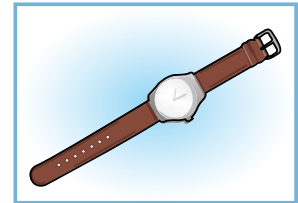
1. use He _____ soap.



2. rinse He _____ his hands.



3. take He _____ off his watch.



4. smoke He _____ outside.



What is he doing? 3

When a verb ends with a vowel and a consonant, we double the consonant and then add -ing.

For example: r u n run + -ing = runnning
 vowel consonant

Hint: There are 5 vowels in the alphabet – a, e, i, o, u.

○ a b c d e f g h i j k l m n o p q r s t u v w x y z

The other letters are consonants.

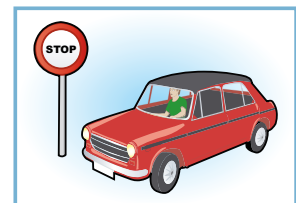


Put the verbs in the sentences.

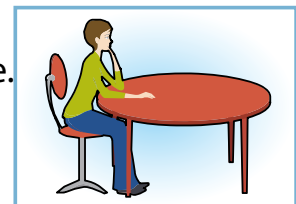
1. win He is winning the race.



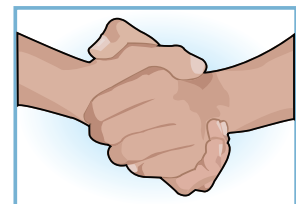
2. stop He _____ the car.



3. sit She _____ at the table.



4. rub He _____ his hands.



Sentences

Every sentence starts with a capital letter and ends with a full stop.

For example: He is drying his hands.



Write the sentences again.

Put the words in the correct order.

Remember to use capital letters and full stops.

1. washing he hands is his

2. eat you hands your before wash

3. temperature store you meat low a at should

4. temperatures kill can bacteria high

5. morning nine in the o'clock is it

Reading texts 1

Picture 1



Picture 2



Text A

Bacteria

Bacteria are tiny. A drop of water on a floor or on a table can contain millions of them. Disinfectant kills most harmful bacteria.

Some bacteria can give you a bad stomach upset. Protect yourself from infection. Wash your hands after work, before you eat and before you smoke.

Text B

Please put on your

- White coat
- Cap
- Non-slip shoes
- Ear protection

Take off your

- Watch
- Jewellery

Reading texts 2

Skim the texts on page 53 and answer the following questions.

Hint: When we skim a text we read it quickly to get the main idea.

1. Which text goes with Picture 1? _____



2. Which text goes with Picture 2? _____

Now read the texts and tick ☒ true or ☒ false.

True False



- | | | |
|---|--------------------------|-------------------------------------|
| a. Bacteria are big. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| b. Disinfectant kills most bacteria. | <input type="checkbox"/> | <input type="checkbox"/> |
| c. You should wash your hands before you eat. | <input type="checkbox"/> | <input type="checkbox"/> |
| d. You should wear your watch. | <input type="checkbox"/> | <input type="checkbox"/> |
| e. You can wear any shoes. | <input type="checkbox"/> | <input type="checkbox"/> |
| f. You should take off your white coat. | <input type="checkbox"/> | <input type="checkbox"/> |

Spelling numbers

The temperature in the fridge is 4°C.

4 four

Write the numbers.

0 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

30 _____

50 _____

70 _____

90 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

19 _____

20 _____

40 _____

60 _____

80 _____

100 _____

Time: a.m. or p.m.

When we want to show time in the morning we add a.m.

For example: 10:00 a.m. is 10 o'clock in the morning.

We can also write 10 a.m.

When we want to show time in the afternoon, evening or at night, we add p.m.

For example: 6:00 p.m. is 6 o'clock in the evening.

10.00 p.m. is 10 o'clock at night.

We can also write 10 p.m.

What time of day is it?

	In the morning	In the afternoon	In the evening	At night
10.00 a.m.	✓			
7.00 a.m.				
9.00 p.m.				
2 p.m.				
11.00 p.m.				
3 a.m.				
4 p.m.				
7.00 p.m.				
1.00 a.m.				
12.00 p.m.				

Time: 24 hour clock 1

When we use the 24 hour clock, the hours in the morning stay the same. The hours after 12 in the afternoon change.

12:00 = 12 o'clock in the afternoon

13:00 = 1 o'clock in the afternoon

18:00 = 6 o'clock in the evening

22:00 = 10 o'clock at night

What time is it?

1. What time is it?

a. 8 o'clock in the morning.



b. 8 o'clock in the evening.



2. What time is it?

a. 3 o'clock in the morning.



b. 3 o'clock in the afternoon.



3. What time is it?

a. 7 o'clock in the morning.



b. 7 o'clock in the evening.



4. What time is it?

a. 11 o'clock in the morning.



b. 11 o'clock at night.



Time: 24 hour clock 2



Write the time in the 24 hour clock.







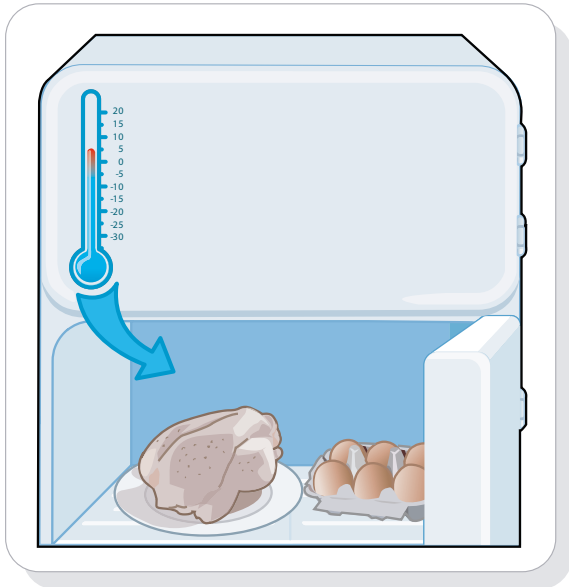




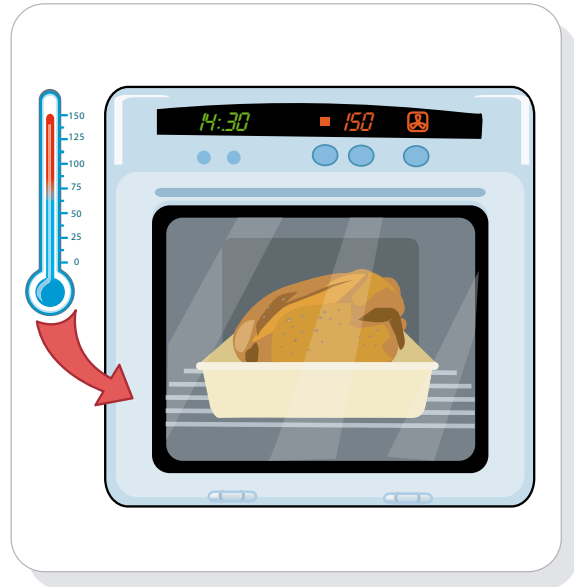
Temperature and food safety 1

What is happening in the pictures?

Picture A



Picture B



Using the words in the box below, write the correct words for each picture.

cold

cold oven high temperature
 cook store
 low temperature hot fridge

Temperature and food safety 2

The words in the box are nouns.



Put them in the sentences.

Use the pictures and words on page 59 to help you.

temperature bacteria thermometer
food fridge oven

1. You should store meat in the _____.
2. You should store meat at a low _____.
3. You can cook meat in the _____.
4. Disinfectant kills most harmful _____.
5. Bacteria can grow on some _____, like meat, poultry and eggs.
6. You can measure the temperature with a _____.

Puzzle

Here are some of the words in Module 3.

The letters are mixed up.



Can you write the letters in the correct order?

pturaemteer

--	--	--	--	--	--	--	--	--	--	--

teribaca

--	--	--	--	--	--	--	--

nnooteraf

--	--	--	--	--	--	--	--	--

singhwa

--	--	--	--	--	--	--

tfesay

--	--	--	--	--	--

htmmteroere

--	--	--	--	--	--	--	--	--	--	--

inks

--	--	--	--

nngimro

--	--	--	--	--	--	--

Notes:

[illegible]