



PREFEITURA MUNICIPAL

SÃO JOSÉ DO VALE DO RIO PRETO

São José pode mais!

Em parceria



Material de Complementação Escolar

Inglês - 8º e 9º anos

Secretaria de Educação, Cultura,
Ciência e Tecnologia

2020

BE CLEAN. BE HEALTHY

Com a pandemia da Covid-19, circula pelo mundo uma mensagem sobre higiene.

1. What is it? Use the QR Code or link to watch a video and answer.



<https://youtu.be/my39FFM3qg4>

2. Then watch again. Dance and sing along! **C'mon, everybody!**

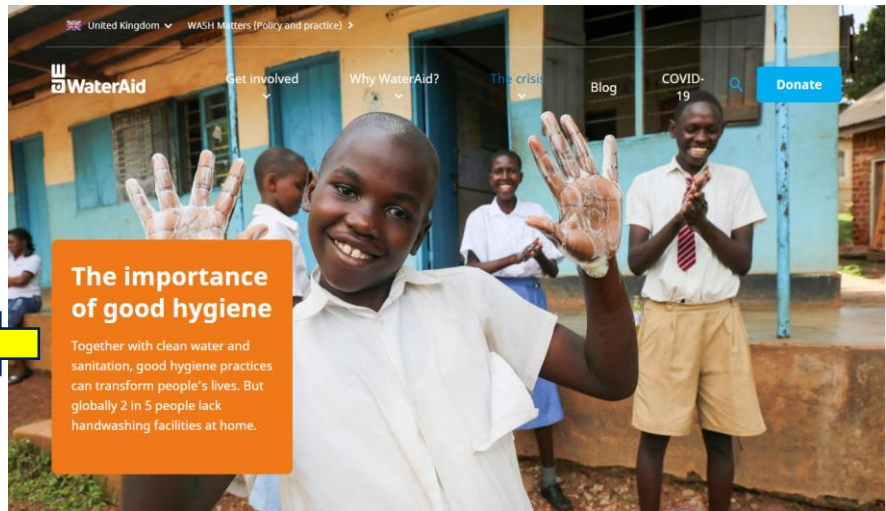
Porém, manter esse hábito de higiene não é fácil em todos os lugares.

3. Why not? **What's the matter?** Read and answer. _____

[You can answer in English or in Portuguese.]

The importance of good hygiene

Together with clean water and sanitation, good hygiene practices can transform people's lives. But globally 2 in 5 people **lack** handwashing facilities at home.



Good hygiene is vital - but what if you don't have access to **clean water** to protect yourself?

Every two minutes a child under five **dies from diseases** caused by **lack** of safe water, sanitation and poor hygiene practices.



4. The meaning of **clean** in "access to clean water" is

- [] fresca.
- [] limpa.
- [] mineral.
- [] sanitária.

5. Read the title again and answer.

Why is good hygiene important?

[You can answer in English or in Portuguese.]

GLOSSARY:

healthy – saudável; **forget** – esquecer; **C'mon everybody!**(Come on everybody!) – 'Bora, pessoal/ galera!; **What's the matter?** – Qual é o problema?; **lack** – carecem / não têm / carência; **under five** – abaixo de cinco anos; **dies from diseases** – morre de doenças.

6. Identify the activities. Pair each photo with the correct hygiene tip.

5 other personal hygiene tips

1. Brush your teeth at least twice a day.

2. Take a shower or have a bath every day.

3. Wear clean clothes.

4. Use deodorant.

5. Wash your hair often.



1) pixnio.com; 2) pixtuel.com; Ken Boyd – pixabay; 3) peekpx.com; 4) Shaun Finn – pixabay; 5) pxfuel.com

7. Now use either the QR Code or the link to check your answers and practice pronunciation.



<https://bit.ly/PersonalHygieneMCE>

8. Tick [✓] the items according to your habits.

PERSONAL HYGIENE – SELF ASSESSMENT			
Habit	Always	Sometimes	Never
A) I wash my hands with soap and water for 20 seconds.			
B) I take a shower every day.			
C) I brush my teeth at least twice a day.			
D) I apply deodorant.			
E) I often wash my hair.			
F) I only wear clean clothes.			

GLOSSARY:



Frequency

- Every day – todo dia
- At least twice a day – pelo menos 2 vezes ao dia
- Always – sempre
- Often – frequentemente
- Sometimes – às vezes
- Never – nunca

9. Talk to your family and friends.

Incentive-os a fazer também essa autoavaliação sobre hábitos de higiene.