



## FAQs

### **1. What is personal hygiene?**

Ans: Personal hygiene is the care of our bodies.

### **2. What are personal hygiene?**

Ans: Personal hygiene includes different habits i.e., washing hands and brushing teeth which keep bacteria, viruses and fungal far away from our bodies.

### **3. What is the largest organ of the body?**

Ans: Skin is the largest organ of the body.

### **4. Name different layers of skin.**

Ans: The different layers of skin are epidermis which is the outer layer and dermis which is the inner layer of the skin.

### **5. What constitutes dermis?**

Ans: Blood vessels, nerves, sweat glands, oil glands and hair roots are found in the dermis.

### **6. What is the use of oil in the skin?**

Ans: The oil helps to keep the skin soft and shiny.

### **7. Write the main role of skin.**

Ans: The main role of the skin is to maintain body temperature by continuous sweat evaporation.

### **8. What is plaque ?**

Ans: Plaque is a thin film that sticks to teeth caused by poor oral hygiene.

### **9. What is keratin?**

Ans: Keratin is the dead tissue of the body e.g. nail.

**10. What is the primary function of clothing?**

Ans: A primary function of clothing is to improve the comfort of the wearer by providing protection against the elements.