

Objectives

After going through this unit, students should be able to:

- describe standards for cleanliness of the body and of the apparel that are used on the body, which are essential for optimum health and efficiency.
- identify the importance of personal hygiene in the work place.
- recognize good personal hygiene.
- explain how poor personal hygiene practices can cause contamination of food.
- explain how to promote pride in the person, the family, and yourself.