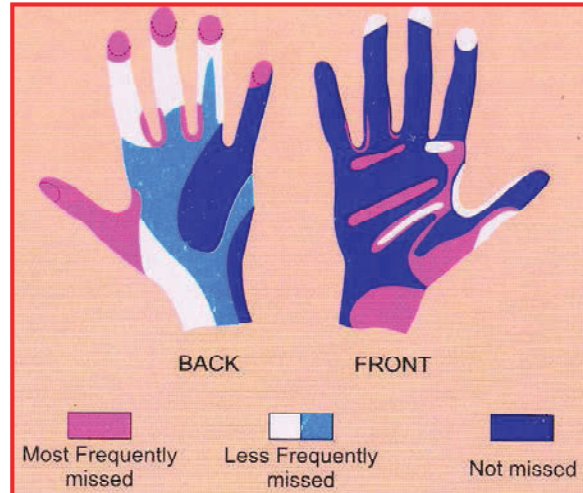


3. Hand Care

"Hand Washing is the best way to control infection." Discuss.



The results of a hand cleansing study established that in many cases, hand washing technique was inadequate.

HAND WASH TECHNIQUE



1. Wet hands thoroughly with water. Take one measure of cleanser.

2. Rub hands palm to palm.

3. Right hand over back of left. Change and repeat.



4. Fingers linked in palms.

5. Rotate right hand around left thumb, change hands and repeat.

6. Rotate right hand around left wrist, change hands and repeat.

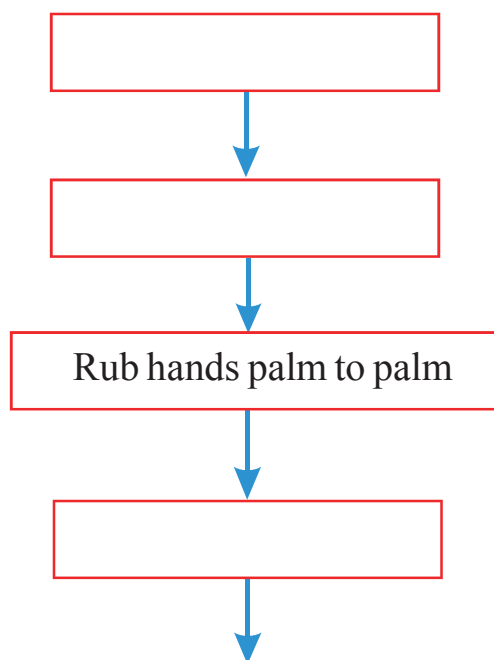
Word Meanings

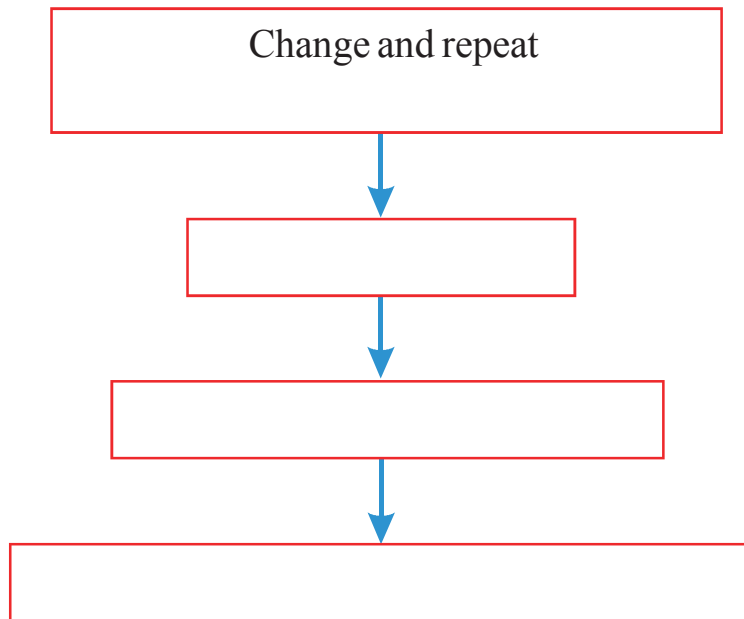
| | |
|--------------|--------------------------------------|
| corner stone | very important |
| infection | "Sankraman", being attacked by germs |
| control | to stop, slow down |
| cleanser | soap (a liquid form) |
| cleansing | to get rid of dirt |
| establish | to prove with evidence |
| technique | way of doing something |
| inadequate | not good enough |
| rotate | turn around a fixed point |
| thoroughly | completely |

Reading Comprehension

1. Write the sentence from the lesson that means "We do not wash our hands properly".
2. Look at the first picture and name the areas most frequently missed while washing hands.
3. There are six steps of hand washing in the advertisement. Which are the steps generally missed out by us ?
4. Complete the flow chart:

How to wash hands :





Vocabulary

Insert a, e, i, o, u in the bubbles to make meaningful words and write their meanings in your mother tongue.



| | | |
|---------|-------|-------|
| cntrl | _____ | _____ |
| rtt | _____ | _____ |
| tchnqu | _____ | _____ |
| clnsng | _____ | _____ |
| ndqut | _____ | _____ |
| stblshd | _____ | _____ |
| thrhly | _____ | _____ |

