

Attainment's

Survival GUIDE

PERSONAL CARE



**Don Bastian
Tom Kinney
Autumn Garza**



MEN

Contents

Introduction 7

Chapter 1 Taking Care of Your Smile 11



Brushing Your Teeth..... 13



Flossing Your Teeth..... 21



Using a Water Pick 29

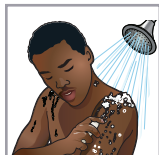


Using Mouthwash37



Going to the Dentist..... 45

Chapter 2 Basic Personal Care 53



Taking a Shower 55

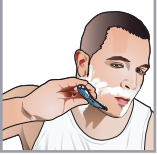


Taking a Bath 63

Contents



Shaving with an Electric Razor 71



Shaving with a Disposable Razor.....79



Using Deodorant87

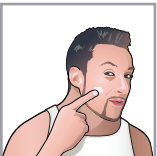
Chapter 3 Caring For Your Face and Skin 95



Washing Your Face.....97



Caring for Your Skin..... 105

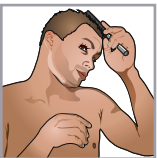


Treating Acne 113

Chapter 4 Caring For Your Hair. 121



Washing Your Hair 123



Combing and Brushing Hair 131

Contents



Styling Your Hair 139

Chapter 5 Dressing in Style 147



Dressing for an Event 149



Dressing for the Weather 157



Buying Clothes 165



Choosing Daily Outfits 173



Having Your Own Personal Style 181

Chapter 6 Other Personal Care Issues 189



Keeping Your hands Clean 191



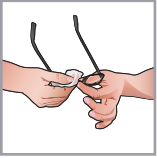
Caring for Your Nails 199

Contents



Checking Yourself Over 207

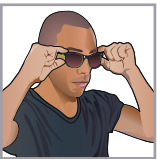
Chapter 7 Caring For Your Eyes 215



Taking Care of Your Glasses 217



Taking Care of Your Contacts 225



Being Aware of Eye Safety 233



Going to the Optometrist 241

Chapter 8 Being Social and Safe 249



Going Out with Friends 251



Getting Along with Friends 259



Good Touch, Bad Touch..... 267

Vocabulary Index 275

INTRODUCTION



Routine

Routine – a sequence of actions you follow regularly



A **routine** is a series of activities. An activity is



something you do, like brushing your teeth. A **routine** is



1

when you do several activities together one after another.



An example of a **routine** would be to brush your teeth.



Use mouthwash. Shower. Shave. Apply deodorant and get



dressed.

Routine

A suggested morning routine for men:

1



Brush Your Teeth

2



Use Mouthwash

3



Take a Shower

Routine

4



Shave

5



Apply Deodorant

6



Get Dressed

CHAPTER 1

Taking Care of Your Smile

Brushing Your Teeth

Flossing Your Teeth

Using a Water Pick

Using Mouthwash

Going to the Dentist





Get your supplies ready for brushing your teeth and wet the toothbrush.



Having clean-looking teeth is very important for first impressions.

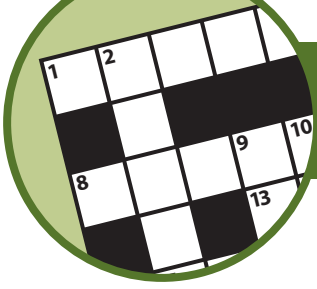
Brushing Your Teeth



Toothpaste comes in many containers and brushes come in many styles.



Brushing your teeth carefully is important.



Vocabulary

1

personal



a person's private business

2

dental



about your teeth

3

correct



the right way to do something

4

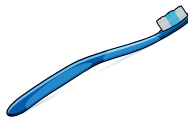
regular



doing things in a consistent pattern

5

hygiene



having good health practices

6

plaque



bacteria on a tooth surface

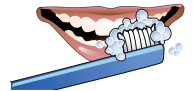
Facts



No **personal** care activity is more important than



good **dental** care. It is the key to fresh breath and



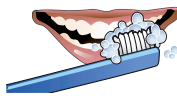
looking good. And it is important for health reasons. Brush

2

3



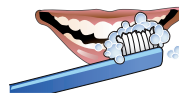
your teeth two or three times daily. But it is not enough



A+



just to brush. It must be done **correctly**. Ask your dentist



to show you how to brush the right way.



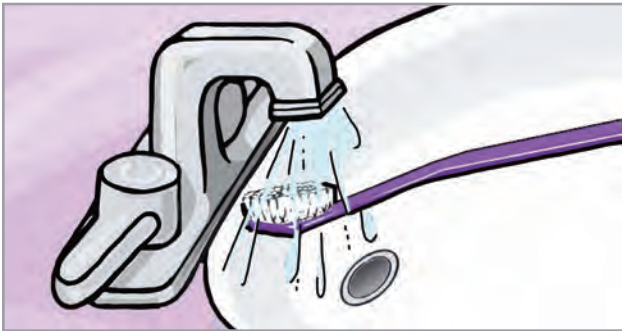
Step by Step



1 Get supplies.



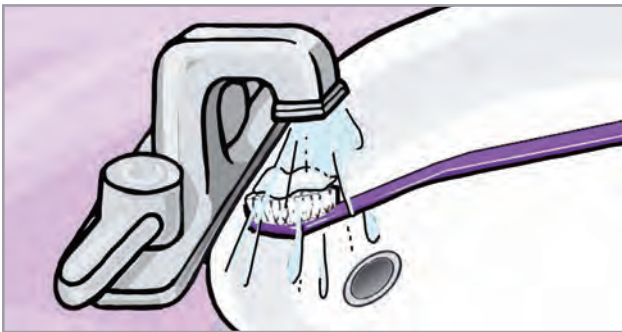
2 Wash hands.



3 Wet toothbrush.



4 Apply toothpaste.



5 Wet brush again.



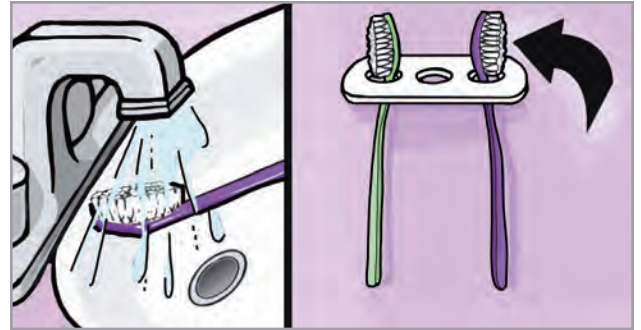
6 Brush teeth.

Step by Step



7

Spit and brush more.



8

Rinse brush and put away.



9

Fill up and rinse mouth.



10

Put cap back on.



11

Put supplies away.



12

Brush your teeth after eating.



Helpful Tips



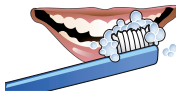
See your dentist **regularly**. Ask your dentist to



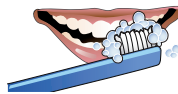
give you an oral **hygiene** program for you to follow. And



ask your dentist for a **plaque** assessment to make sure



you are brushing properly. That will show if you need



to change the way you brush. Consider using an electric



toothbrush to stimulate your gums.

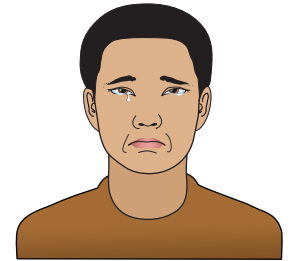
Problem Solving



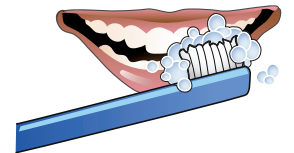
1 You do not see your dentist often enough. What should you do?



2 You do not have a good oral hygiene program. What should you do?



3 You do not know if you are brushing correctly. What should you do?








Quiz



1 Keeping your teeth in good shape is called ____ care.



 dental	 face	 mouth
---	---	--


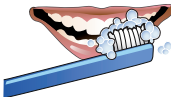

2 Good dental care is important for _____ reasons.



 weather	3 three	 health
--	-------------------	---

3 Make sure you _____ properly.



 eat	 brush	 dance
--	--	--