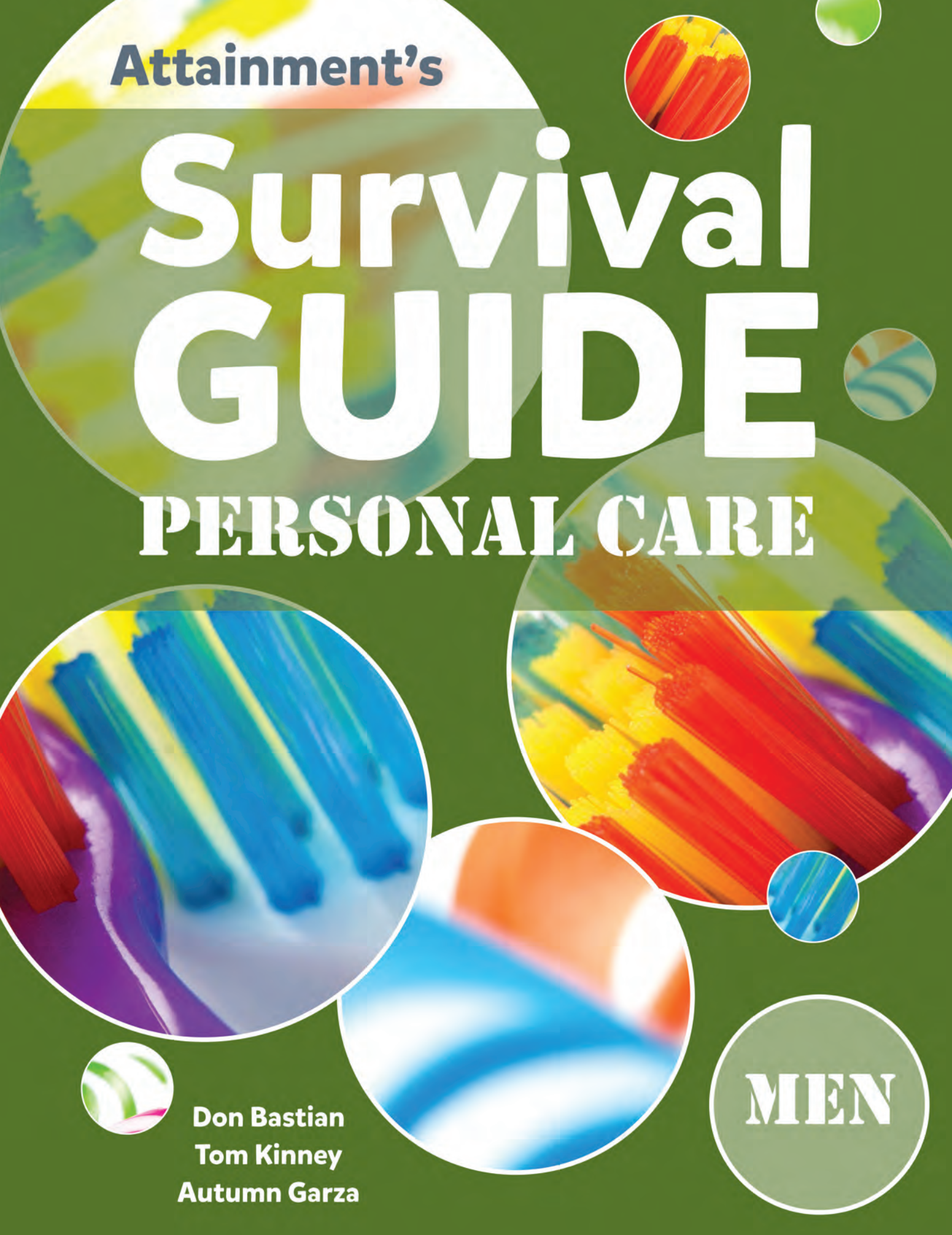




**Attainment's**

# Survival GUIDE

## PERSONAL CARE



**Don Bastian  
Tom Kinney  
Autumn Garza**



**MEN**

# Survival Guide to Personal Care for Men

By Don Bastian, Tom Kinney, and Autumn Garza

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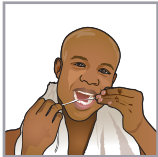
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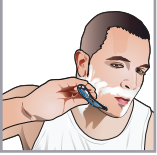


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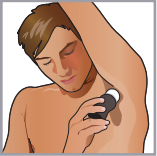
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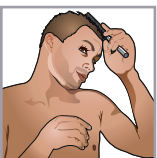


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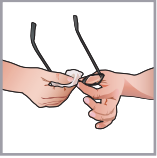
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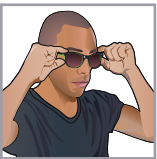
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# INTRODUCTION



# 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.*



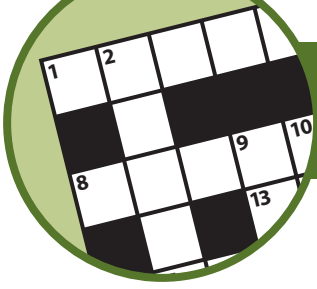
# Brushing Your Teeth



*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



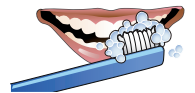
# Facts



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



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



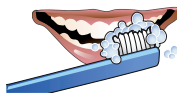
looking good. And it is important for health reasons. Brush

**2**

**3**



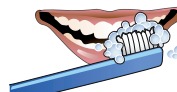
your teeth two or three times daily. But it is not enough



**A+**



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



to show you how to brush the right way.



# Step by Step



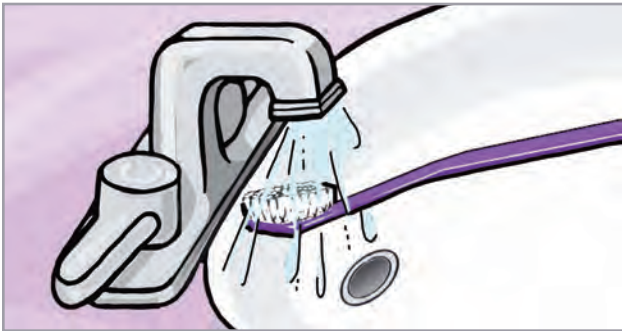
1

*Get supplies.*



2

*Wash hands.*



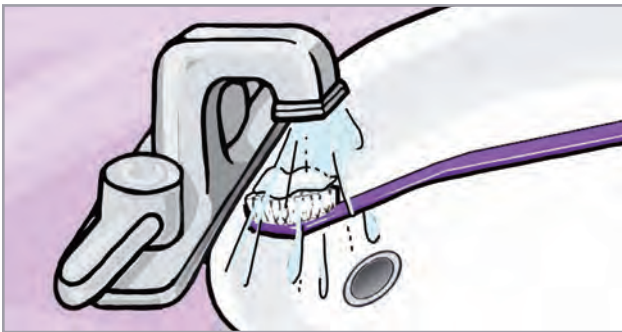
3

*Wet toothbrush.*



4

*Apply toothpaste.*



5

*Wet brush again.*



6

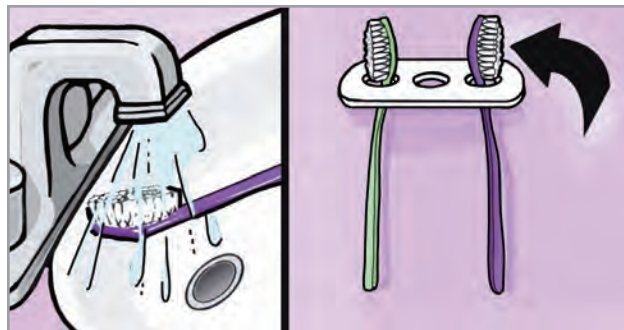
*Brush teeth.*

# 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

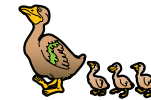
*Brush your teeth after eating.*



# Helpful Tips



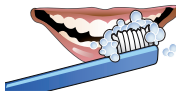
See your dentist **regularly**. Ask your dentist to



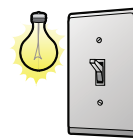
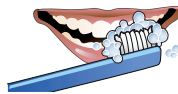
give you an oral **hygiene** program for you to follow. And



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?

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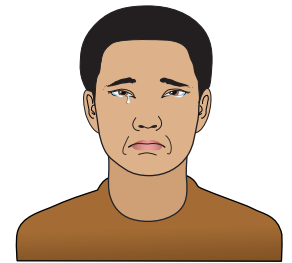


2 You do not have a good oral hygiene program. What should you do?

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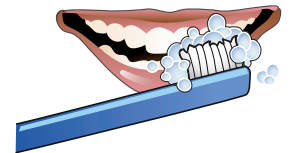


3 You do not know if you are brushing correctly. What should you do?

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---





# 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

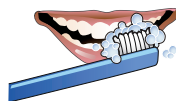


health

3  Make sure you \_\_\_\_\_ properly.



eat



brush



dance