



Unit 8: Personal Hygiene & Self-Presentation

Number of Pages (Students Workbook)	41	Videos	1
Number of Pages (Trainer's Manual)	47	Interactive Exercises	2
Supporting Documents	2	Price (ex VAT/delivery)	£75

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Why should you have good personal hygiene?

Bad habits and personal hygiene

Keeping your body clean

What parts of the body do you need to keep clean?

How can you keep yourself clean?

Personal hygiene products

Keeping your clothes clean

Personal appearance



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