

“Whatsa Hygiene”

MILT: Well, that sounded okay, but we still need a name for this band.

CHLOE: We could call the band “Never on Time.” Jimmy, you’re late.

GROUP: Again!

JIMMY: Sorry, guys. I was just trying to figure out what to do about that health assignment.

GROUP: Aw man...I hear that...Don’t remind me.

CJ: Well, I guess I could write a report.

MILT: Wouldn’t that be exhilarating?

RACHEL: Ms. Bell said I could give a talk in front of the class, but Jimmy always makes those faces that make me laugh.

CHLOE: A demonstration...maybe I could put on a demonstration.

GROUP: Boring!

JIMMY: I’ve got it. We can write a song for the assignment!

GROUP: I love it. That’s great. That’s such an awesome idea. I can’t wait to get started. Cool. I love it.

MILT: We’ll be rich!

CHLOE: We’ll be famous!

JIMMY: We won’t be grounded! Hey, what a great name for a band! “The Grounded”!

CJ: So we’re going to write a song?

GROUP: Yeah. Yep, you got it.

CJ: A song about what? Maybe we better check our assignments.

MILT: Health and hygiene? Whatsa hygiene?

JIMMY: I think it's the opposite of hijack.

RACHEL: You guys, hygiene is about being clean and healthy.

MILT: My subject is hand washing.

CJ: I got tooth brushing.

CHLOE: Taking a shower?

JIMMY: So now what do we do?

RACHEL: I think we need – information!

MILT: Knowledge!

CJ: Research!

JIMMY: A band name!

CJ: Well, we better get moving 'cause we don't have much time.

CHLOE: Yeah, the assignment is due tomorrow.

JIMMY: Time is ticking away. Ticktock, ticktock.

RACHEL: It's like there's a clock, ticking inside our bodies...

JIMMY: Ticktock, ticktock.

RACHEL: ...like it's time for us to grow up, to learn how to take care of ourselves.

JIMMY: Ticktock.

RACHEL: Tuning up my body clock.

MILT: Talk the talk, walk the walk...

GROUP: Tuning up my body clock!

Awesome! Yes! All right! Let's do it again!

MILT: ...two, three, four...

GROUP:

Ticktock,
Tuning up my body clock.
Ticktock,
Tuning up my body clock.
Talk the talk and walk the walk.
Tuning up my body clock, my body clock.

Yes! All right, may man.

CJ: We've got the chorus, but now we need a verse. What do you have, Chloe?

Chloe: From what I found out, staying healthy starts with staying clean. You have to get rid of the dirt and the germs and even the dead skin. That means taking a bath or shower every day.

JIMMY: Oh, man, you sound like my mom.

CJ: Jimmy likes his slinky...with not bath he's very stinky.

JIMMY: Hey, I don't stink, but "Stinky" might be a good name for the band.

CHLOE: Jimmy, without a bath or shower every day, anyone can smell bad. See, our bodies have oil glands to keep our skin soft and sweat glands to cool us. But all that oil and sweat can make you smell bad, so you have to wash it away.

MILT: I've got it! How's this for a first verse:

Every single day,
I take a bath or shower,
Lots of soap and water,
Shower power!
Shower power!

RACHEL: I like it. Try it with these chords.

MILT:

Every single day,
I take a bath or shower,
Lots of soap and water,
Shower power!

GROUP:

Shower power!
Shower power!

CHLOE: When you wash, use soap, water, and a wash cloth.

Wash every part of your body, paying special attention to your underarms and pubic area.

After bathing, use a deodorant or an antiperspirant to help protect against body odor.

Another thing, at our age we have a lot of oil in our skin, particularly on our face. That can cause acne.

JIMMY: What's acne?

CJ: Hello...pimples!

JIMMY: Pimples. I knew that. So what do we do about them?

CHLOE: The best thing is to keep your skin clean. If you wash two or three times a day, it will really help. You can use an ordinary soap or an antibacterial soap. You might also want to try one of the skin care products made especially to fight acne.

JIMMY: Wait a minute! I don't have a clue about all this.

CJ: Jimmy, growing up means we have to learn how to shop for things we need. We have to read labels and find out about ingredients in soaps and deodorants and everything.

JIMMY: I knew that.

CHLOE: Exercise, a well balanced diet, and plenty of rest are also part of healthy-looking skin.

RACHEL: What about washing your hair?

CHLOE: If you want to look good and have a healthy scalp, that's important too.

RACHEL: Then let's add this to our song:

I spend some extra time,
On my hair.
I want to look my best.
Why? Because I care.

GROUP:

Because I care,
About my hair.

JIMMY: I'll have you know I'm the world's fastest hair washer. Turn on the water, stick in the head...Voila! Clean hair!

RACHEL: Sorry, Jimmy, that's not quite it. Getting your hair wet is just the first step. Then you have to apply shampoo and lather well. When you wash your hair, be sure to scrub your scalp and then rinse thoroughly. You should wash your hair whenever it needs it, but at least twice a week. If your hair is very oily, it may need washing every day. Brush or comb your hair to keep it neat and free of tangles. Brushing helps remove dirt and keep your scalp healthy. It also helps your hair shine. But remember, never use a comb or brush on another person. Sharing a comb or a brush can spread disease or pests like head lice.

CJ: ...two, three, four...

GROUP:

Because I care,
About my hair.
Because I care,
About my hair.

CJ: Okay, we got that shower thing going on, but now...

Big decision (oh, no) what to wear,
Forget the dirty clothes scattered everywhere.
Make the choice. Make it clean.
Be your best. Clean is supreme.

GROUP:

Be your best.
Clean is supreme.

CJ: Taking a bath or a shower makes you feel good and look good too. But if your clothes are dirty and messy...

MILT: Well, it sort of ruins things. You see, your clothes don't have to be fancy or new, but try your best to keep them neat and clean.

CJ: And that means your underwear too.

MILT: Of course, your underwear!

JIMMY: And now for the big event of the show, the one, the only Mr. Toothbrush!

Introducing the world famous band, "Mr. Toothbrush," starring the world's best drummer, Jimmy.

GROUP: Earth to Jimmy. Oh, man. Hello, Jimmy. Come back to us, Jimmy.

JIMMY: Really, brushing your teeth is important. Your teeth have to last your whole life. If you don't brush your teeth can decay and you may get cavities. And that hurts! So I've added to our song...Meastro, the music, please.

I call my toothbrush my best friend.
That's the way the day begins and ends.

It's important to brush your teeth at least twice every day, one in the morning and last thing before you go to bed. But if you can, try to brush after every time you eat.

Use a soft-bristled brush and a toothpaste with fluoride. Fluoride helps protect your teeth from decay.

Brush all over your teeth – on the insides, the outsides, and on the tops. Angle the brush against your teeth and use short, gentle strokes. Use the front end of the toothbrush to brush inside of the front teeth.

Then it's time to floss. Wind the floss around your fingers and then ease the floss between your teeth and scrape gently. Flossing cleans between teeth and below the gumline where your toothbrush can't reach. As you go, unwind a clean section of floss.

And don't forget! Go to the dentist for regular checkups. A dentist can help keep your teeth healthy and strong.

JIMMY: A good diet is also important for healthy teeth, so stay away from junk food, especially junk that's full of sugar.

CHLOE: Hey, what about bad breath?

JIMMY: Well, that's a problem when people don't take care of their teeth, but brushing and flossing will pretty much do the trick. Mouthwash can help too.

GROUP:

I call my toothbrush my best friend.
That's the way the day begins and ends.
Na Na Na Na Na Na Na Na

Ticktock,
Tuning up my body clock.
Ticktock,
Tuning up my body clock.
I talk the talk and walk the walk.
I'm turning up my body clock, my body clock.
I'm turning up my body clock, my body clock.

MILT: Now it's time to talk about what I call the Great Defender.

Washing your hands is one of the most important things you can do to protect yourself from colds and other sicknesses.

Umm, umm, umm, clean hands,
After the bathroom, before a snack,
Umm, umm, umm, clean hands,
Before a meal, wash them good, front and back.
Hey! Na Na Na Na Na Na Na Na

MILT: Get both hands wet by putting them under running water. Warm water is best. Get soap on both hands and rub your hands together for at least ten seconds. Be sure to wash everywhere on your hands, on the backs of your hands, on your palms, on your wrists and also under your fingernails where disease-causing germs can hide. To rinse, hold your hands under running water with the fingertips pointing down. Then dry your hands.

And while you're drying your hands, let's talk about nails. Fingernails and toenails are always growing and should be trimmed.

Trimmed nails are easier to keep clean and look neater.

Untrimmed fingernails can accidentally scratch someone and untrimmed toenails can make your shoes feel uncomfortable.

You may want to shape your fingernails with a nail file. Toenails should be cut straight across to prevent them from cutting into the skin, which is sometimes called an ingrown toenail.

And one more thing – don't bite your nails. It makes them ragged and gross, and it's also hard on your teeth. So remember, trim, don't bite.

RACHEL: Milt, that's great! I think we've about got it, but we need one more verse. What do you think of this?

It's my responsibility.
It's my voice.
Looking good, feeling good,
It's my choice.

MILT:
It's a simple thing to do.
Get in the habit of taking care of you.

GROUP:
Get in the habit of taking care of you.

Hey, we did it! Nice work!

JIMMY: Hey, let's take it from the top...one, two, three, four...

Ticktock,
Tuning up my body clock.
Ticktock,
Tuning up my body clock.
Na Na Na Na Na Na Na Na
Na Na Na Na Na Na Na Na

Every single day, I take a bath or shower,
Lots of soap and water,
Shower power!
Shower power!
Shower power!

I spend some extra time on my hair.
I want to look my best.
Why? Because I care.
Because I care,
About my hair.

Ticktock,
Tuning up my body clock.
Ticktock,
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I talk the talk and walk the walk.
I'm tuning up my body clock, my body clock.
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Hey! Na Na Na Na Na Na Na Na

Big decision (oh, no) what to wear,
Forget the dirty clothes scattered everywhere.
Make the choice. Make it clean.
Be your best. Clean is supreme.
Be your best. Clean is supreme.

I call my toothbrush my best friend.
That's the way the day begins and ends.
Na Na Na Na Na Na Na Na

Ticktock,
Tuning up my body clock.
Ticktock,
Tuning up my body clock.
I talk the talk and walk the walk.
I'm tuning up my body clock, my body clock.
I'm tuning up my body clock, my body clock.

Umm, umm, umm, clean hands,
After the bathroom, before a snack,
Umm, umm, umm, clean hands,
Before a meal, wash them good, front and back.
Hey!

It's my responsibility.
It's my voice.
Looking good, feeling good,
It's my choice.

It's a simple thing to do.
Get in the habit of taking care of you.
Get in the habit of taking care of you. Yeah!

Ticktock,
Tuning up my body clock.
Ticktock,
Tuning up my body clock.
I talk the talk and walk the walk.
I'm tuning up my body clock, my body clock.
I'm tuning up my body clock, my body clock.
I'm tuning up my body clock, my body clock.

RADIO ANNOUNCER: This just in, the first recording from a fresh new group...a group called...wait a minute...this group doesn't have a name. But they have a great new song and here it is!