

Name: _____

Date: _____

Answer Key: Outsmart the Microbe: A 7th Grade Hygiene Intelligence Quiz

Shift from basic handwashing toward understanding vector control and community immunity. This format uses logical scenarios to build foundational health literacy.

1. Which of these is a 'vector,' an organism that doesn't cause disease itself but spreads pathogens from one person to another?

Answer: B) A deer tick carrying bacteria

Vectors are living organisms, like ticks or mosquitoes, that transmit infectious pathogens between humans or from animals to humans.

2. True or False: Antibiotics are the most effective way to treat and cure the common cold and the seasonal flu.

Answer: B) False

Antibiotics only kill bacteria; they have no effect on viruses like the cold or flu.

3. When a large portion of a community becomes immune to a disease, making the spread of disease from person to person unlikely, it is called _____ immunity.

Answer: B) Herd

Herd immunity (or community immunity) protects vulnerable people because the pathogen has fewer available hosts to travel through.

4. To prevent the growth of harmful bacteria in leftovers, at what temperature should a home refrigerator be maintained?

Answer: A) Below 40°F (4°C)

Keeping food below 40°F slows the growth of bacteria that cause food poisoning.

5. True or False: Cross-contamination can happen if you use the same cutting board for raw vegetables and raw meats without washing it in between.

Answer: A) True

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Cross-contamination occurs when microbes are transferred from one substance/object to another, which often happens with shared kitchen tools.

6. Diseases that are NOT spread from person to person, such as asthma or heart disease, are categorized as _____ diseases.

Answer: C) Non-communicable

Non-communicable diseases are generally long-lasting and result from genetic, physiological, environmental, and behavioral factors.

7. Which of these is considered a 'secondary' line of defense your body uses once a pathogen has already entered the bloodstream?

Answer: C) White blood cells

While skin is a primary barrier, white blood cells are internal defenses that attack pathogens inside the body.

8. The process of heating liquids like milk to a specific temperature to kill harmful pathogens is known as _____.

Answer: B) Pasteurization

Pasteurization, named after Louis Pasteur, uses controlled heat to eliminate dangerous bacteria in food and drinks.

9. True or False: Hand sanitizer is a perfect replacement for soap and water because it removes dirt and heavy metals from your skin.

Answer: B) False

Hand sanitizer kills many germs but does not physically remove dirt, grease, or certain chemicals like soap and water do.

10. Which habit is most effective at preventing the spread of respiratory droplets during a conversation?

Answer: A) Maintaining social distance

Physical distance reduces the chance that droplets from one person's breath, cough, or sneeze will reach another person.