

Name: _____ Date: _____

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?

- A. A common cold virus
- B. A deer tick carrying bacteria
- C. Spoiled milk in a refrigerator
- D. A rusty nail on the ground

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

- A. True
- B. False

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.

- A. Active
- B. Herd
- C. Passive
- D. Cellular

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

- A. Below 40°F (4°C)
- B. Exactly 60°F (15°C)
- C. Above 100°F (38°C)
- D. At freezing point 32°F (0°C)

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.

- A. True
- B. False

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

- A. Communicable
- B. Infectious
- C. Non-communicable

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D. Contagious

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

- A. The skin
- B. Stomach acid
- C. White blood cells
- D. Eyelashes

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

- A. Carbonation
- B. Pasteurization
- C. Hydration
- D. Oxidation

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

- A. True
- B. False

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

- A. Maintaining social distance
- B. Drinking more water
- C. Using an antiseptic mouthwash
- D. Exercising daily