

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Answer Key: Think You're a Tiny Germ-Fighter? Prove Your Kindergarten Health Skills!

Stop the spread of 'invisible invaders' during morning circle or center rotations with these real-world hygiene application scenarios.

**1. You just finished playing with blocks on the rug and now it is time for a snack. What is the very first thing you should do to keep your tummy safe?**

**Answer:** B) Wash your hands with soap and water

Handwashing with soap removes germs picked up from shared toys before they can enter your body while you eat.

**2. If you don't see any dirt on your hands, it means there are absolutely no germs on them.**

**Answer:** B) False

Germs are microscopic, meaning they are too small to see with just our eyes, so 'clean-looking' hands can still carry germs.

**3. When you feel a big sneeze coming, you should sneeze into your \_\_\_\_\_ to keep germs from flying to your friends.**

**Answer:** B) Elbow

Sneezing into your inner elbow (the 'vampire cough') prevents germs from getting on your hands or into the air.

**4. Which of these is like a 'shield' that helps your body recognize and fight off specific bad germs before you get sick?**

**Answer:** C) A vaccine

Vaccines teach our immune system how to defend us against certain diseases.

**5. To get all the germs off while washing your hands, you should scrub for as long as it takes to sing 'Happy Birthday' \_\_\_\_\_ times.**

**Answer:** B) Two

Singing 'Happy Birthday' twice takes about 20 seconds, which is the recommended time for effective scrubbing.

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**6. Eating colorful vegetables like broccoli and carrots can help your body's 'soldier cells' stay strong to fight germs.**

**Answer:** A) True

Vitamins in vegetables support the immune system, which is our body's natural defense against illness.

**7. You are at the park and find a half-eaten apple on the bench. What is the safest choice?**

**Answer:** C) Leave it alone and don't touch it

Sharing food or touching food left by others can spread germs and make you sick.

**8. Your body does a lot of 'repair work' to keep you healthy while you are \_\_\_\_\_ at night.**

**Answer:** B) Sleeping

Sleep is essential for the immune system to recharge and keep the body functioning correctly.

**9. If you start several days feeling very hot (a fever) and tired, what should you do to help keep your classmates healthy?**

**Answer:** B) Stay home and rest

Staying home when you have symptoms like a fever prevents the spread of contagious illnesses to others.

**10. Using a tissue to blow your nose and then immediately throwing it in the trash helps stop germs from spreading.**

**Answer:** A) True

Disposing of tissues immediately keeps the germs contained so they don't land on surfaces or hands.