

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.