

Name: _____ **Date:** _____

Think You're a Tiny Germ-Fighter? Prove Your Kingergarten 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?

- A. Wipe your hands on your shirt
- B. Wash your hands with soap and water
- C. Start eating right away
- D. Blow on your hands

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

- A. True
- B. False

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

- A. Hands
- B. Elbow
- C. Desk
- D. Shoes

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

- A. A bandage
- B. A hat
- C. A vaccine
- D. A backpack

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.

- A. One
- B. Two
- C. Five
- D. Ten

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

- A. True
- B. False

Name: _____ **Date:** _____

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

- A. Take one small bite
- B. Give it to a friend
- C. Leave it alone and don't touch it
- D. Put it in your pocket

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

- A. Running
- B. Sleeping
- C. Talking
- D. Dancing

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

- A. Go to school anyway
- B. Stay home and rest
- C. Hide your sneezes
- D. Run around outside

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

- A. True
- B. False