

Name: _____ Date: _____

Answer Key: Smash Germs: The Ultimate 2nd Grade Hygiene Challenge

Foundational assessment checking mastery of germ transmission, proper handwashing sequences, and healthy habit identification for early elementary learners.

1. Imagine you just finished playing at the park and are about to eat a snack. What is the very first thing you should do to keep germs away?

Answer: B) Wash your hands with soap and water

Washing with soap and water is the best way to remove dirt and germs you might have picked up from playground equipment.

2. To make sure your hands are truly clean, you should scrub them with soap for at least _____ seconds.

Answer: C) 20 seconds

Experts recommend scrubbing for 20 seconds, which is about the same time it takes to sing 'Happy Birthday' twice.

3. True or False: Using your elbow to cover a sneeze helps stop germs from getting on your hands and spreading to others.

Answer: A) True

Sneezing into your elbow (the 'vampire cough') keeps germs off your palms, so you don't spread them when you touch things.

4. Which of these is a way that germs often travel from one person to another?

Answer: B) Sharing a water bottle or fork

Germs live in saliva; sharing items like bottles or utensils can pass those germs directly to someone else.

5. Brushing your _____ twice a day helps remove germs that cause cavities.

Answer: C) Teeth

Oral hygiene, like brushing your teeth, removes plaque and bacteria that can damage your mouth.

6. True or False: You only need to wash your hands if you can see brown dirt on them.

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Answer: B) False

Germs are microscopic, meaning they are too small to see with your eyes. Hands can look clean but still have germs on them.

7. Why is it important to get plenty of sleep every night?

Answer: A) It helps your body stay strong and fight off sickness

Sleep gives your immune system time to recharge so it can protect you from getting sick.

8. If you cannot use soap and water right away, you can use hand _____ to kill germs.

Answer: B) Sanitizer

Hand sanitizer with alcohol can kill many types of germs on your skin when a sink isn't nearby.

9. Which of these snacks is the healthiest choice for keeping your body strong?

Answer: B) A crunchy apple

Fruits like apples have vitamins that help your body's defense system stay healthy.

10. True or False: You should wash your hands every time you finish using the bathroom.

Answer: A) True

Washing after using the restroom is one of the most important steps to prevent the spread of bacteria.