

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

## **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.

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**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?**

- A. Wipe your hands on your pants
- B. Wash your hands with soap and water
- C. Blow on your hands
- D. Drink some water

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

- A. 2 seconds
- B. 5 seconds
- C. 20 seconds
- D. 100 seconds

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

- A. True
- B. False

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

- A. Thinking about a friend
- B. Sharing a water bottle or fork
- C. Reading the same book quietly
- D. Wearing the same color shirt

**5. Brushing your \_\_\_\_\_ twice a day helps remove germs that cause cavities.**

- A. Hair
- B. Elbows
- C. Teeth
- D. Shoes

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

- A. True
- B. False

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

- A. It helps your body stay strong and fight off sickness

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- B. It makes your hair grow green
- C. It helps you win video games
- D. It keeps your clothes clean

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

- A. Lotion
- B. Sanitizer
- C. Crayon
- D. Paint

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

- A. A bag of salty chips
- B. A crunchy apple
- C. A giant chocolate bar
- D. A colorful lollipop

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

- A. True
- B. False