

Name: _____

Date: _____

Answer Key: Zap the Germs: A 1st Grade Hygiene Heroes Quest

Design a shield against invisible microbes! Solve puzzles to stop germ travel and invent your own healthy habits to protect your community.

1. You are making a 'Germ Shield' poster. Which invisible tiny robots are you trying to keep away from your body?

Answer: A) Microbes

Microbes (germs) are the tiny living things that can make us sick if they get inside our bodies.

2. If you use a tissue to catch a sneeze, you must throw it in the trash right away to stop germs from escaping.

Answer: A) True

Tissues trap germs; leaving them on a table lets the germs spread to other people.

3. When you wash your hands, you should scrub for as long as it takes to sing 'Happy Birthday' ___ times.

Answer: B) Two

Singing it twice ensures you scrub for at least 20 seconds, which is the time needed to kill most germs.

4. Your friend forgot their water bottle at soccer. To be a 'Health Hero,' what should you do?

Answer: B) Pour some of your water into a clean cup for them

Sharing saliva (spit) on bottles or straws is a major way germs travel between friends.

5. Germs can only jump into your body if you have a big cut on your arm.

Answer: B) False

Germs can also enter through your eyes, nose, and mouth when you touch your face.

6. Every day, your body needs a special 'recharge' time to stay strong against germs. This is called ___.

Answer: C) Sleep

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Sleep is when your immune system works the hardest to build up its defenses.

7. Which part of your arm is the best 'shield' for catching a sudden cough?

Answer: C) Your elbow crook

Coughing into your elbow (the 'vampire' sneeze) keeps germs off your hands so you don't spread them to toys or doorknobs.

8. Drinking lots of water helps your body flush out bad things and keeps you healthy.

Answer: A) True

Hydration helps every part of your body work better, including your germ-fighting cells.

9. Before you help your teacher pass out snacks to the class, you MUST use ____.

Answer: B) Soap and water

Washing with soap is the only way to make sure you aren't putting germs onto the food your friends will eat.

10. If you feel a 'tickle' in your throat and your head feels hot at school, what is the smartest move?

Answer: B) Tell a grown-up right away

Stopping the spread early helps protect the whole class and gets you the rest you need to recover.