

Name: _____

Date: _____

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?

- A. Microbes
- B. Dust bunnies
- C. Shadows
- D. Ants

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

- A. True
- B. False

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

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

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

- A. Let them take a sip from your bottle
- B. Pour some of your water into a clean cup for them
- C. Share your straw with them
- D. Lick the rim of the bottle first

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

- A. True
- B. False

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

- A. Running
- B. Yelling
- C. Sleep
- D. Snacking

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

- A. Your palm

Name: _____

Date: _____

- B. Your shoulder
- C. Your elbow crook
- D. Your fist

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

- A. True
- B. False

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

- A. A napkin
- B. Soap and water
- C. Gloves only
- D. A towel

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

- A. Hide it and keep playing
- B. Tell a grown-up right away
- C. Take a nap under your desk
- D. Give your teacher a hug