

**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.

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**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

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- 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