

Name: _____ Date: _____

Answer Key: A Superhero's Secret Shield: 1st Grade Hygiene Quiz

Young learners practice stopping germs in their tracks using household scenarios and healthy daily routines to keep their 'body armor' strong.

1. What is the best way to get tiny germs off your hands after playing at the park?

Answer: B) Using soap and warm water for 20 seconds

Soap and water scrub away the germs that can make you sick, while just wiping them on clothes keeps the germs on you.

2. True or False: Using your elbow to cover a sneeze helps keep germs from flying into the air.

Answer: A) True

Sneezing into your elbow (the 'vampire cough') stops germs from landing on your hands or other people.

3. To keep your body strong and ready to fight germs, you should try to eat colorful ____ every day.

Answer: B) Vegetables

Vegetables have vitamins that act like fuel for your immune system, helping it stay strong.

4. You just pet a friendly dog. When should you wash your hands?

Answer: C) Right away, before you touch your face or eat

Animals can carry germs we can't see, so washing up after playing with pets is a smart health habit.

5. Drinking plenty of ____ helps your body stay hydrated and wash away bad things inside you.

Answer: B) Water

Water is the best drink for your body to stay healthy and keep all your parts working correctly.

6. True or False: Staying home from school when you have a fever helps protect your classmates from getting sick.

Answer: A) True

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Staying home when sick is a kind way to make sure your germs don't jump to your friends.

7. What is something 'invisible' that can make you catch a cold?

Answer: B) Germs

Germs are so small we can't see them without a microscope, but they are what actually cause illnesses.

8. To give your body time to repair itself and grow, 1st graders need plenty of ____ every night.

Answer: C) Sleep

While you sleep, your body works hard to fix itself and build a stronger immune system.

9. True or False: You should only wash your hands if you can see dirt on them.

Answer: B) False

Hands can have many germs on them even if they look perfectly clean to our eyes.

10. Which of these is a healthy habit that keeps your teeth and body clean?

Answer: A) Brushing your teeth twice a day

Brushing your teeth removes bacteria and food, preventing cavities and keeping your mouth healthy.