

Name: _____ **Date:** _____

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?

- A. Wiping your hands on your shirt
- B. Using soap and warm water for 20 seconds
- C. Blowing on your hands
- D. Giving a high-five to a friend

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

- A. True
- B. False

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

- A. Candies
- B. Vegetables
- C. Napkins
- D. Ice cubes

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

- A. Only if your hands look muddy
- B. Next week
- C. Right away, before you touch your face or eat
- D. Never, because dogs are clean

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

- A. Soda pop
- B. Water
- C. Paint
- D. Salt

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

- A. True
- B. False

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

- A. Magic
- B. Germs

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- C. Shadows
- D. Wind

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

- A. Homework
- B. Running
- C. Sleep
- D. Dancing

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

- A. True
- B. False

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

- A. Brushing your teeth twice a day
- B. Eating a whole bag of cookies
- C. Sleeping in your shoes
- D. Not bathing for a month