

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.

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**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