

Name: _____

Date: _____

Class: _____

1. The number of germs on your hands is comparable to the number of:

- a. Ice cubes in a tray
- b. Cars in a parking lot
- c. Trees in a park
- d. Grains of sand on a beach

2. Good personal hygiene _____ harmful germs on your body.

- a. Attacks
- b. Ignores
- c. Nurtures
- d. Multiplies

3. Which is the most likely reason for brushing your teeth in the morning and before bed?

- a. Food is easier to remove from your mouth at those times
- b. That's when most people eat the most
- c. It's easiest to remember to do at those times
- d. Bacteria continue to digest food in your mouth at night

4. Bad breath and body odor are produced by:

- a. Viruses replicating themselves
- b. Bacteria digesting food
- c. Skin glands secreting oils
- d. A reaction between oxygen and body secretions

5. Which water temperature is ideal for washing your hands?

- a. 0 degrees Fahrenheit
- b. 32 degrees Fahrenheit
- c. 100 degrees Fahrenheit
- d. 212 degrees Fahrenheit

6. How can biting your nails be harmful to your health?

- a. It makes your teeth more brittle
- b. It makes your nails too short
- c. It transfers bacteria between your mouth and hands
- d. It prevents bacteria from digesting food in your mouth

7. Poor hygiene has the most direct effect on which body system?

- a. Immune system
- b. Circulatory system
- c. Nervous system
- d. Respiratory system



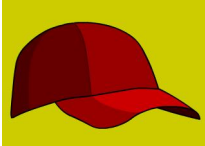
8. Why is it important to wash your hands before meals?

- a. Most food has germs in it
- b. You may not have enough napkins
- c. You might touch your mouth while you eat
- d. The food may not have been prepared in a clean environment

9. Teenagers should probably shower more often than younger kids because:

- a. Teens are more likely to get dirty
- b. Teens have oilier skin
- c. Teens have a stronger sense of smell
- d. Teens are more concerned about their appearance

10. Which of these should be washed most frequently?

- a. 
- b. 
- c. 
- d. 