

Physical Education – Personal Hygiene

Choose the correct answers

1. What is hygiene?
 - a. All the things we do to keep our bodies clean.
 - b. Checking to see when we need a bath.
 - c. Eating healthy.
2. Is good hygiene an important part of keeping healthy?
 - a. Yes
 - b. No
3. What activities can help prevent plaque?
 - a. Washing your hands often.
 - b. Bathing two times a day.
 - c. Brushing and flossing your teeth.
4. You should always:
 - a. Wash your hands before you go to bed only.
 - b. Wash your hands after going to the bathroom.
 - c. Wash your hands three times a day.
5. Why is it important to wash your hands regularly?
 - a. Because we can get a cut.
 - b. Because it can make us feel happy.
 - c. Because germs live on many surfaces.
6. Some activities that help us maintain a tidy appearance are:
 - a. Showering, brushing our teeth, washing our hands.
 - b. Washing our hands two times a day.
 - c. Washing our hands and clothes only.
7. What type of bacteria is around us?
 - a. Good bacteria
 - b. Bad bacteria
 - c. Good and bad bacteria