

A. Choose the best answer by crossing (X) a, b, c, or d!

Total 20 Questions

1. What should we do before eating?



- a. watch TV
- b. wash our hands
- c. play outside
- d. sleep

2. What is the first step of washing our hands?



- a. scrub
- b. wet our hands
- c. rinse
- d. dry

3. How long should we scrub our hands?



- a. 5 seconds
- b. 10 seconds
- c. at least 20 seconds
- d. 1 minute

4. What should we do when we cough?



- a. cough into our hands
- b. cough into our elbow
- c. shout loudly
- d. cover our mouth with a book

5. What should we use to blow our nose?



- a. handkerchief
- b. tissue
- c. towel
- d. napkin

6. What does "should not" mean?



- a. you must do it
- b. you may do it
- c. it is not a good idea to do it
- d. you have to do it

7. Which sentence is advice?



- a. You should wear a mask.
- b. I am wearing a mask.
- c. She wore a mask yesterday.
- d. They wear masks.

8. What should we NOT do after washing our hands?



- a. rinse our hands
- b. dry our hands
- c. shake off the water
- d. use a clean towel

9. How often do you take a shower?



- a. I take a shower once a day.
- b. I take a shower twice a day.
- c. I take a shower three times a day.
- d. I never take a shower.

10. How often does she wash her hair?



- a. She washes her hair once a day.
- b. She washes her hair twice a week.
- c. She washes her hair three times a week.
- d. She never washes her hair.

11. Which word means "mencuci rambut"?



- a. wash your face
- b. wash your hair
- c. brush your teeth
- d. comb your hair

12. What should you do to keep your teeth healthy?



- a. eat lots of candy
- b. brush your teeth twice a day
- c. drink soft drinks
- d. sleep late

13. Why did Pipit have a toothache?



- a. She watched TV too much.
- b. She didn't brush her teeth well.
- c. She played outside in the rain.
- d. She ate too many vegetables.

14. What did the dentist advise Pipit to do?



- a. Brush her teeth once a day.
- b. Brush her teeth twice a day.
- c. Eat more sweets.
- d. Don't wash her face.

15. Which is a good hygiene habit?



- a. Never washing your hands.
- b. Brushing your teeth once a week.
- c. Showering twice a day.
- d. Never combing your hair.

16. What should you do after using the toilet?



- a. Play games
- b. Wash your hands
- c. Eat snacks
- d. Watch TV

17. Which is NOT personal hygiene equipment?



- a. shampoo
- b. nail clipper
- c. soccer ball
- d. toothbrush

18. "You should not shake off the water." The underlined word "shake off" means

- a. splashing
- b. throwing away
- c. hitting lightly
- d. moving quickly

19. What is the third step of washing our hands?

- a. wet your hands
- b. get soap
- c. scrub your hands
- d. rinse your hands

20. Which sentence is correct?

- a. She wash her face twice a day.
- b. He brushes his teeth once a day.
- c. They take a shower three times a week.
- d. I comb my hair two times a day.



B. Fill in the blanks with the correct word!

Total 10 Questions

- We should _____ our hands before eating.
- Get soap and _____ your hands with it.
- We should scrub our hands for at least _____ seconds.
- After rinsing, we should _____ our hands.
- You should cough into your _____.



- I brush my teeth _____ a day.
- She washes her hair _____ times a week.
- Use a tissue to blow your _____.
- You should not _____ the water.
- The dentist advises Pipit to brush her teeth _____ a day.



C. Answer the questions!

Total 5 Questions

- What are the five steps of washing our hands? Write them in order.
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- What should we do when we sneeze?
.....
- How often should you brush your teeth to keep them healthy?
.....

4. Why did Pipit have a toothache?
.....

5. Write three tips to keep your body clean and healthy.

- a. _____
- b. _____
- c. _____

