

KS2 PSHE Quiz

Hygiene

Hygiene and cleanliness prevent diseases. Hygiene is about keeping our bodies and clothes clean. If we don't stay clean bacteria can build up and cause illness and disease, spots, smells and bad teeth. Hygiene is also important when preparing food.

This quiz tests what you know about good hygiene habits.



1. Why is it important to wash our hands?

- To kill bacteria
- To smell nice
- Because mum says
- To keep skin soft

2. If bacteria from our hands is put into our mouth what could happen?

- We can get spots
- We can get ill
- Nothing
- We will be hungry

3. How often should we wash our hands?

- Twice per day
- Once per week
- Whenever we may have touched bacteria
- Before eating

4. If we don't wash our face very often what can happen?

- You will be ugly
- You may get spots
- Your skin will dry up
- Nothing

5. What happens to our body if we don't wash regularly?

- It will smell
- Nothing
- Our skin will dry up
- We will be tired

6. How often should we change our underwear?

- Once per week
- Twice per month
- Every day
- Every hour

7. How often should you brush your teeth?

- At least once per day
- At least twice per day
- At least once per week
- At least once per month

8. What happens if you don't brush your teeth regularly?

- Smelly breath and decayed teeth
- Decayed teeth
- Fresh breath and strong teeth
- Smelly breath

9. When preparing food you should...

- test it regularly to check it tastes nice
- use the same chopping board for all foods
- use separate chopping boards for cooked and raw foods
- keep cooked and raw foods together

10. Good food hygiene prevents...

- burning the food
- food poisoning
- eating too much
- too much washing up

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- To kill bacteria
- To smell nice
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2. If bacteria from our hands is put into our mouth what could happen?

- We can get spots
- We can get ill
- Nothing
- We will be hungry

3. How often should we wash our hands?

- Twice per day
- Once per week
- Whenever we may have touched bacteria
- Before eating

Usually before eating or touching food, after going to the toilet or touching animals.

4. If we don't wash our face very often what can happen?

- You will be ugly
- You may get spots
- Your skin will dry up
- Nothing

5. What happens to our body if we don't wash regularly?

- It will smell
- Nothing
- Our skin will dry up
- We will be tired

6. How often should we change our underwear?

- Once per week
- Twice per month
- Every day
- Every hour

It is important to change underwear or we may smell.

7. How often should you brush your teeth?

- At least once per day
- At least twice per day
- At least once per week
- At least once per month

Ideally after eating.

8. What happens if you don't brush your teeth regularly?

- Smelly breath and decayed teeth
- Decayed teeth
- Fresh breath and strong teeth
- Smelly breath

9. When preparing food you should...

- test it regularly to check it tastes nice
- use the same chopping board for all foods
- use separate chopping boards for cooked and raw foods
- keep cooked and raw foods together

Bacteria from raw food can spread to cooked food.

10. Good food hygiene prevents...

- burning the food
- food poisoning
- eating too much
- too much washing up