

Name \_\_\_\_\_

**Health and Hygiene Study Guide**

1. What body parts do you use when you cough or sneeze? (hint-There are 4)

\_\_\_\_\_

\_\_\_\_\_

2. The best way to remove plaque from your teeth is to \_\_\_\_\_ and \_\_\_\_\_.

3. Heart rate is \_\_\_\_\_.

4. How small is a germ? \_\_\_\_\_

5. When you wash your hands, you should use \_\_\_\_\_ and \_\_\_\_\_.

6. Circle the activity that would cause you to have the highest heart rate.  
taking a walk                  watching a movie                  playing tag

7. When you sneeze, you should \_\_\_\_\_.

8. A \_\_\_\_\_ is a tool used to hear your heart beat.

9. Even if your hands look clean before eating, should you wash them?  
Yes                  No

10. Match the heart rate to the activity:

- Reading a book                  117 beats
- Walking                                  80
- Playing soccer                          93 beats

11. How many primary teeth does a child have? \_\_\_\_\_

12. How many permanent teeth does an adult have? \_\_\_\_\_

13. Write the names of the 5 food groups and give an example for each.

14. What part of the tooth is the blood found in? Circle the correct answer.

crown      dentin      pulp      enamel

15. Why is it important to eat food from all the food groups?

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16. How can you keep germs from spreading?

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17. What kind of tooth do you only find in a set of permanent teeth?

canine      bicuspid      molar      incisor

18. What part of the tooth can be seen in the mouth? \_\_\_\_\_

19. What can you do to make your heart stronger? (hint: Remember the Brain Pop video.)

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20. What sound does your heart make? \_\_\_\_\_

21. Where is your heart located?

left side of your chest      center of your chest      right side of your chest

22. How often should you brush \_\_\_\_\_  
and floss your teeth? \_\_\_\_\_

23. What does ADA stand for (hint-investigation 3) \_\_\_\_\_

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24. What food group is best for providing calcium to make strong bones?

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25. Why is your heart important-what job does the hear do for your body?

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