

Printable Test 2

Chapter 2: The Human Body and Health

Keeping Clean and Healthy

Name: _____	Date: _____
Class: _____	Marks: _____ / 20

A. Choose the best answer.

1. Good hygiene means (keeping clean / eating sweets).
2. Wash hands with soap and water for at least (20 seconds / 2 seconds).
3. Brush teeth (twice a day / once a week).
4. When sneezing, use your (elbow or tissue / hands).
5. Children should aim for (9 to 11 hours / 2 hours) of sleep.

B. Fill in the blanks.

1. Tiny living things that can make us sick are called _____.
2. Wash hands with _____ and water.
3. Fruits and vegetables give important _____.
4. Drinking water keeps us _____.
5. Exercise helps the heart and _____ work better.

C. True or False.

1. Cuts should be cleaned and covered. _____
2. Sugary snacks should be eaten all the time. _____
3. Water helps body systems work. _____
4. We should cough directly into our hands. _____

D. Answer.

1. Why is handwashing important?

2. Name two healthy choices.
