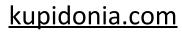


Physical Education Quiz: Personal Hygiene

1. How often should you bathe completely with hot water and soap?
O At least once a week
Absolutely every day
O Twice a day
2. How long does it take to brush my teeth?
O At least 5 minutes
O 10 minutes
O At least 1-2 minutes
3. How often should I wash my hands, face and neck?
O In the morning and evening
O After every meal
Once a day
4. When should I wash my hands?
 In the morning and in the evening
O Before every meal
O After a walk
O After you go to the bathroom
O All answers are correct
5. When is it recommended to wash your feet?
O At the end of the week
O In the morning
 In the evening before bedtime
6. It is recommended to take a shower
O after exercise





O before exercise
O after and before exercise
7. What kind of toothbrush should you use?
O Soft
O Hard
O Not too soft, not too hard
8. How often should I brush my teeth?
O After every meal
Once, in the morning
O In the morning and evening
9. What shouldn't you do with your teeth?
O Chew a hard apple
O Floss
O Brush and floss
10. How should you store your brush in a glass?
O Bristles up
O Bristles facing down
O Both answers are valid.



Physical Education Quiz: Personal Hygiene

Right answers

1. How often should you bathe completely with hot water and soap? At least once a week

2. How long does it take to brush my teeth?

At least 1-2 minutes

3. How often should I wash my hands, face and neck? In the morning and evening

4. When should I wash my hands?

All answers are correct

5. When is it recommended to wash your feet? In the evening before bedtime

6. It is recommended to take a shower ...

after exercise

7. What kind of toothbrush should you use?

Not too soft, not too hard

8. How often should I brush my teeth?

In the morning and evening

9. What shouldn't you do with your teeth?

Floss

10. How should you store your brush in a glass?

Bristles up