

Physical Education Quiz: Personal Hygiene

1. How often should you bathe completely with hot water and soap?

- At least once a week
- Absolutely every day
- Twice a day

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

- At least 5 minutes
- 10 minutes
- At least 1-2 minutes

3. How often should I wash my hands, face and neck?

- In the morning and evening
- After every meal
- Once a day

4. When should I wash my hands?

- In the morning and in the evening
- Before every meal
- After a walk
- After you go to the bathroom
- All answers are correct

5. When is it recommended to wash your feet?

- At the end of the week
- In the morning
- In the evening before bedtime

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

- after exercise

- before exercise
- after and before exercise

7. What kind of toothbrush should you use?

- Soft
- Hard
- Not too soft, not too hard

8. How often should I brush my teeth?

- After every meal
- Once, in the morning
- In the morning and evening

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

- Chew a hard apple
- Floss
- Brush and floss

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

- Bristles up
- Bristles facing down
- Both answers are valid.

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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