

KS1 Science Quiz - Staying Healthy - Washing And Bathing (Questions)

This quiz addresses the requirements of the National Curriculum KS1 Science for children aged 5 and 6 in years 1 and 2. Specifically this quiz is aimed at the section dealing with the importance of personal hygiene, such as washing bathing and cleaning our teeth, in staying healthy.

How can you help stay healthy? It helps to be clean, or hygienic. Washing hands is important. So is washing your face, ears and neck. So is washing your hair, and cleaning your teeth and bathing. How often do you have a bath or take a shower? All these things are hygienic. They help you to stay healthy, clean and smart.

1. We need to keep clean. We need clean clothes. We also need clean houses. Mike is helping to clean the house. Mike says: 'I'm getting rid of nasty bugs, dust and dirt.' Mike is hoovering the carpet. Another name for a hoover is a:



- Brush
- Mop
- Vacuum cleaner
- Household cleaner

2. It's not just your face that needs a wash. To wash yourself all over, you have a:



- Bath or a shower
- Toy duck
- Shampoo
- Bath mat

3. How do we keep clothes clean?



- Buy some more
- Wash them
- Throw them in the bin
- Iron them

4. Li gets up to go to school. As soon as he gets up he:



- Washes the dishes
- Washes himself
- Washes the car
- Washes the dog

5. How often should you clean your teeth?



- Once a day
- At least twice a day
- Once a week
- When you feel like it

6. Brushing your teeth is a good thing. If you do not brush your teeth, you are more likely to get toothache. Who do you go to see if you have toothache?



- A dentist
- A doctor
- A vet
- A teacher

7. Billy is going to clean his teeth. He has a toothbrush. What else does he need to clean his teeth?



- Soap
- Shampoo
- Hot water
- Toothpaste

8. William has been told to brush his hair. William is not using a hairbrush. William is using a _____.



- Toothbrush
- Ruler
- Comb
- Mop

9. We need to be clean. What else do we need to help us to stay healthy?



- Expensive clothes
- Awesome clothes
- Cool clothes
- Clean clothes

10. Adam is washing his hair. He uses water and _____.



- Soap
- Bubble bath
- Shampoo
- Toothpaste

KS1 Science Quiz - Staying Healthy - Washing And Bathing (Answers)

1. We need to keep clean. We need clean clothes. We also need clean houses. Mike is helping to clean the house. Mike says: 'I'm getting rid of nasty bugs, dust and dirt.' Mike is hoovering the carpet. Another name for a hoover is a:



- Brush
 Mop
 Vacuum cleaner
 Household cleaner

Even the cleanest carpet collects some dust and dirt. Have you ever helped to hoover the carpet?

3. How do we keep clothes clean?



- Buy some more
 Wash them
 Throw them in the bin
 Iron them

Ironing keeps clothes neat, but washing cleans them

2. It's not just your face that needs a wash. To wash yourself all over, you have a:



- Bath or a shower
 Toy duck
 Shampoo
 Bath mat

How often do you have a bath or a shower?

4. Li gets up to go to school. As soon as he gets up he:



- Washes the dishes
 Washes himself
 Washes the car
 Washes the dog

Do you get washed every morning?

5. How often should you clean your teeth?



- Once a day
- At least twice a day
- Once a week
- When you feel like it

You should always clean your teeth before you go to bed and when you get up

7. Billy is going to clean his teeth. He has a toothbrush. What else does he need to clean his teeth?



- Soap
- Shampoo
- Hot water
- Toothpaste

Use cold water and toothpaste to clean your teeth

9. We need to be clean. What else do we need to help us to stay healthy?



- Expensive clothes
- Awesome clothes
- Cool clothes
- Clean clothes

What will Dad do with this smelly sock?

6. Brushing your teeth is a good thing. If you do not brush your teeth, you are more likely to get toothache. Who do you go to see if you have toothache?



- A dentist
- A doctor
- A vet
- A teacher

Have you ever been to see the dentist?

8. William has been told to brush his hair. William is not using a hairbrush. William is using a ____.



- Toothbrush
- Ruler
- Comb
- Mop

Do you use a brush or a comb?

10. Adam is washing his hair. He uses water and _____.



- Soap
- Bubble bath
- Shampoo
- Toothpaste

How often do you wash your hair?