

	<b>INDIAN SCHOOL AL WADI AL KABIR</b>	
<b>CLASS: IX</b>	<b>DEPARTMENT: SCIENCE 2025-26</b> <b>SKILL SUBJECT: HEALTHCARE</b>	<b>DATE-09.02.2026</b>
<b>WORKSHEET NO: 5</b> <b>with answers</b>	<b>UNIT 3: PERSONAL HYGIENE AND</b> <b>HYGIENE STANDARDS (sessions</b> <b>1,2,3,4)</b>	<b>NOTE:</b> <b>A4 FILE FORMAT</b>
<b>NAME OF THE</b> <b>STUDENT:</b>	<b>CLASS &amp; SEC: IX -A, B, C, D, E, F, G, H, I</b>	<b>ROLL NO:</b>

### **MULTIPLE CHOICE QUESTIONS**

Q.1.Which of the following is NOT a component of personal hygiene?

- a) Oral hygiene
- b) Hand washing
- c) Eating junk food
- d) Bathing regularly

Q.2.Which type of hygiene focuses on keeping your teeth and gums healthy?

- a) Personal hygiene
- b) Oral hygiene
- c) Hand hygiene
- d) Environmental hygiene

Q.3.Which of the following is a sign of poor oral hygiene?

- a) White teeth
- b) Fresh breath
- c) Bleeding gums
- d) Pink gums

Q.4 What does "sanitization" mean?

- a) Making something dirty
- b) Reducing microorganisms to safe levels
- c) Painting walls
- d) Organizing items

Q.5.What is the minimum amount of sleep recommended for teenagers for good health and hygiene?

- a) 5-6 hours
- b) 6-7 hours
- c) 8-10 hours
- d) 12 hours

### **SUBJECTIVE TYPE QUESTIONS**

Q.6.Define personal hygiene and explain why it is important for overall health.

Q.7.List and explain five key components of personal hygiene.

Q.8.How can poor hygiene practices affect a person's social life and relationships?

Q.9.Discuss the importance of exercise on good health.

Q.10.Mention any five-basic grooming.

### **ANSWERS**

1	c) Eating junk food
2	b) Oral hygiene
3	c) Bleeding gums
4	b) Reducing microorganisms to safe levels
5	c) 8-10 hours
6	<p>Personal hygiene refers to the practices and habits that help maintain health and prevent disease by keeping the body clean. It includes activities such as bathing, hand washing, oral care, hair care, and wearing clean clothes.</p> <p>Personal hygiene is important for overall health because:</p> <ul style="list-style-type: none"><li>• It prevents the spread of infectious diseases and illnesses</li><li>• It reduces the risk of skin infections and conditions</li><li>• It promotes mental well-being and self-confidence</li></ul>

	<ul style="list-style-type: none"> <li>• It prevents dental problems and oral diseases</li> </ul>
7	<ul style="list-style-type: none"> <li>• <b>Hand Hygiene:</b> Washing hands regularly with soap and water, especially before eating, after using the restroom, and after touching contaminated surfaces. This prevents the spread of germs and infections.</li> <li>• <b>Oral Hygiene:</b> Brushing teeth twice daily, flossing, and regular dental check-ups. This prevents tooth decay, gum disease, and bad breath.</li> <li>• <b>Body Hygiene:</b> Regular bathing or showering to remove dirt, sweat, dead skin cells, and bacteria. This prevents skin infections and body odor.</li> <li>• <b>Hair Care:</b> Regular washing and grooming of hair to prevent dandruff, lice, and scalp infections.</li> <li>• <b>Nail Care:</b> Keeping fingernails and toenails clean and trimmed to prevent dirt accumulation and reduce the risk of infections.</li> </ul>
8	<p>Poor hygiene practices can significantly impact social life and relationships in multiple ways:</p> <p><b>Social Isolation:</b></p> <ul style="list-style-type: none"> <li>• People may avoid close contact with individuals who have body odor or appear unkempt</li> <li>• Peers might exclude them from social gatherings or activities</li> <li>• Can lead to loneliness and feelings of rejection</li> </ul> <p><b>Bullying and Stigma:</b></p> <ul style="list-style-type: none"> <li>• Children and teenagers with poor hygiene may face teasing or bullying at school</li> <li>• Negative stereotypes and judgments from others</li> <li>• Can create lasting psychological trauma</li> </ul> <p><b>Professional Consequences:</b></p> <ul style="list-style-type: none"> <li>• Poor hygiene can harm job prospects during interviews</li> <li>• May affect workplace relationships and career advancement</li> <li>• Could lead to disciplinary action or job loss in some cases.</li> </ul> <p><b>Self-Esteem and Confidence:</b></p> <ul style="list-style-type: none"> <li>• Awareness of hygiene issues can reduce self-confidence</li> <li>• May lead to social anxiety and avoidance behaviors</li> <li>• Creates a negative self-image</li> </ul> <p><b>Family Relationships:</b></p> <ul style="list-style-type: none"> <li>• Can create tension and concern among family members</li> </ul>

	<ul style="list-style-type: none"> <li>• May result in embarrassment for family members in social settings</li> </ul> <p>The social impact of poor hygiene often creates a difficult cycle where isolation leads to further neglect of personal care, making the problem worse. Addressing hygiene issues can dramatically improve social acceptance and quality of life.</p>
9	<p><b>Chronic Disease Prevention:</b> Regular activity reduces risks of cardiovascular disease, cancer, dementia, and type 2 diabetes.</p> <p><b>Weight Management:</b> Exercise burns calories and builds metabolism, aiding in weight loss and maintenance.</p> <p><b>Mental Health and Mood Boost:</b> It reduces stress, anxiety, and depression while improving sleep and overall cognitive function.</p> <p><b>Musculoskeletal Strength:</b> It increases muscle strength, bone density, and flexibility, which prevents osteoporosis and reduces fall risks, particularly in older adults.</p>
10	<p>Basic grooming</p> <ol style="list-style-type: none"> <li>Groom hair</li> <li>Brush teeth</li> <li>Take care of your skin</li> <li>Trim fingernails</li> <li>Keep the ears clean</li> </ol>

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