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|  | INDIAN SCHOOL AL WADI AL KABIR |  |
| CLASS: IX | DEPARTMENT: SCIENCE 2024 – 25 SKILL SUBJECT: HEALTH CARE | DATE: 19.01.2025 |
| WORKSHEET NO: 3 (WITH ANSWERS) | UNIT 3: PERSONAL HYGIENE AND HYGIENE STANDARDS | NOTE: A4 FILE FORMAT |
| NAME OF THE STUDENT: | CLASS & SEC: IX -A to IX -I | ROLL NO: |
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OBJECTIVE TYPE QUESTIONS (MULTIPLE CHOICE):

1. What is the main purpose of personal hygiene?

- a) To look good
- b) To prevent diseases and maintain health
- c) To impress others
- d) To save time

2. Which of the following is a recommended practice for oral hygiene?

- a) Brushing teeth once a week
- b) Using a toothpick daily
- c) Brushing teeth twice a day
- d) Eating sugary foods often

3. How often should hands be washed with soap and water?

- a) Only after meals
- b) Only before sleeping
- c) Before and after meals, after using the toilet, and whenever they are dirty
- d) Once a day

4. Which of the following diseases can be prevented by regular handwashing?

- a) Malaria
- b) Diabetes

- c) Hypertension
- d) Diarrhea

5. Which of these is an essential part of maintaining personal hygiene?

- a) Wearing clean clothes daily
- b) Drinking sugary drinks
- c) Skipping meals regularly
- d) Avoiding physical exercise

6. What is the ideal duration for washing hands to ensure proper hygiene?

- a) 5-10 seconds
- b) At least 20 seconds
- c) 1 minute
- d) No specific duration

7. Why is it important to cut nails regularly?

- a) To make them look stylish
- b) To prevent dirt and germs from accumulating
- c) To avoid breaking them
- d) For better growth

8. What type of footwear should be worn to maintain foot hygiene?

- a) Tight shoes without ventilation
- b) Open-toed sandals all the time
- c) Clean, dry, and breathable footwear
- d) High heels

9. Which practice helps maintain hair hygiene?

- a) Applying oil every day without washing
- b) Washing hair regularly and keeping it clean
- c) Tying wet hair tightly
- d) Avoiding combing

10. Why should clothes be washed regularly?

- a) To prevent germs, odors, and skin infections
- b) To save money
- c) To follow a trend
- d) To increase their weight

Short Answer Questions (2 Marks)

1. What is personal hygiene, and why is it important?
2. Name two diseases that can be prevented by proper hand hygiene.
3. Why should nails be cut regularly?
4. Mention two ways to maintain oral hygiene.
5. How does wearing clean clothes contribute to personal hygiene?

Descriptive Questions (4 Marks)

1. Explain the significance of handwashing and describe the correct steps involved.
2. What are the benefits of maintaining oral hygiene, and what practices help achieve it?
3. Discuss the importance of personal hygiene for adolescents.
4. What are the key hygiene practices to follow during menstruation? Why are they important?
5. How does personal hygiene impact physical and mental well-being?

ANSWERS

| | OBJECTIVE TYPE QUESTIONS (MCQ) |
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| 1. | b) To prevent diseases and maintain health |
| 2. | c) Brushing teeth twice a day |
| 3. | c) Before and after meals, after using the toilet, and whenever they are dirty |
| 4. | d) Diarrhea |
| 5. | a) Wearing clean clothes daily |
| 6. | b) At least 20 seconds |
| 7. | b) To prevent dirt and germs from accumulating |
| 8. | c) Clean, dry, and breathable footwear |
| 9. | b) Washing hair regularly and keeping it clean |
| 10. | a) To prevent germs, odors, and skin infections |
| | Short Answer Questions (2 Marks) |
| 1. | Personal hygiene refers to practices that help individuals maintain cleanliness and health, such as bathing, brushing teeth, and washing hands. It is important because it prevents the spread of diseases, promotes good health, and improves overall well-being. |
| 2. | 1. Diarrhea 2. Respiratory infections (like the common cold and flu) |
| 3. | Nails should be cut regularly to prevent dirt and germs from accumulating, which can reduce the risk of infections and maintain overall hygiene. |
| 4. | 1. Brush teeth twice a day using fluoride toothpaste. 2. Floss regularly to remove food particles and plaque between teeth. |
| 5. | Wearing clean clothes helps remove dirt, sweat, and bacteria that may have accumulated on clothing, preventing skin infections and bad odors. |

| | Descriptive Questions (4 Marks) |
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| 1. | <p>Handwashing is essential to remove dirt, germs, and harmful bacteria that can cause diseases like diarrhea and respiratory infections. It is a simple and effective way to maintain hygiene and prevent the spread of infections.</p> <p><u>Steps for proper handwashing:</u></p> <ol style="list-style-type: none"> 1. Wet hands with clean running water. 2. Apply soap and lather thoroughly, covering all hand surfaces. 3. Scrub for at least 20 seconds, including the back of hands, between fingers, and under nails. 4. Rinse hands well under clean running water. 5. Dry hands with a clean towel or air dry. |
| 2. | <p><u>Benefits:</u></p> <ol style="list-style-type: none"> 1. Prevents cavities and tooth decay. 2. Reduces the risk of gum diseases like gingivitis. 3. Eliminates bad breath. 4. Promotes overall health, as poor oral hygiene can lead to systemic issues. <p><u>Practices:</u></p> <ol style="list-style-type: none"> 5. Brush teeth twice daily. 6. Floss regularly to remove debris between teeth. 7. Rinse mouth after meals. 8. Visit a dentist for regular check-ups. |
| 3. | <p>Adolescence is a period of rapid physical and hormonal changes, which can lead to increased sweat production and body odor. Maintaining personal hygiene is crucial to:</p> <ol style="list-style-type: none"> 1. Prevent body odor and skin infections. 2. Boost self-confidence and social interactions. 3. Reduce the risk of diseases like acne, dandruff, and fungal infections. 4. Encourage lifelong healthy habits. Practices such as bathing daily, using deodorant, and wearing clean clothes are essential during this phase. |
| 4. | <p><u>Key hygienic practices:</u></p> <ol style="list-style-type: none"> 1. Change sanitary products (pads, tampons) every 4–6 hours. 2. Wash the genital area regularly with clean water. 3. Use mild soap for external cleaning, avoiding harsh chemicals. 4. Dispose of used sanitary products safely. <p><u>Importance:</u> These practices help prevent infections like urinary tract infections (UTIs) and reproductive tract infections, maintain comfort, and promote good health.</p> |
| 5. | <p><u>Impact on Physical Well-being:</u></p> <ol style="list-style-type: none"> 1. Prevents diseases caused by germs and bacteria (e.g., diarrhea, infections). 2. Maintains skin health and prevents conditions like acne or fungal infections. <p><u>Impact on Mental Well-being:</u></p> <ol style="list-style-type: none"> 3. Improves self-confidence and self-esteem. 4. Reduces stress and anxiety caused by concerns about appearance or odor. 5. Promotes a positive self-image, enhancing social interactions. |

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