

HYGIENE Quiz

1. Underwear needs to be changed every two day—true or false
2. Where is the largest collection of sweat glands in the body?
 - a) feet
 - b) arm pits
 - c) back
 - d) hands
3. The only way to avoid body odor is to use deodorant—true or false
4. You can die from not washing your hands—true or false
5. A woman's genital area needs a special cleaning routine—true or false?
6. After having a bowel movement, should you wipe front to back or back to front
7. Name three ways to help keep your teeth healthy
_____ ---- _____ ---

8. Greasy hair comes from eating fatty foods—true or false
9. You get zits from only not cleaning your face enough—true or false
10. When you have a massive acne breakout, you should wear tons of makeup—true or false?
11. You should exfoliate your face every single day to get rid of black heads and any acne areas—true or false?

Answers

1—false they need to be changed every day. The clothes next to your skin collect dead skin cells, sweat, and possible other unmentionable stains. Overnight bacteria starts to work on these stains so your clothes do not smell as nice on the second day.

2- Feet-this means you need to dry your feet carefully to stop fungal infections growing. Sweat gets into your shoes leaving them moist, which is the perfect breeding ground for bacteria. Air your shoes out as much as possible.

3-False nothing smells better than freshly clean skin. However, if you know you will sweat a lot and not able to wash it off soon afterwards, it is a good idea to wear deodorant.

4-True—some infections, such as e-coli or salmonella comes from food being contaminated by dirty hands and then eaten. It is extremely important to wash hands thoroughly with soap and water before and after eating and to be dried using a towel.

5. Both. true and False☺ Woman simply clean their vaginal area as any other part of their body and do not need to clean it internally. The vagina is able to clean itself. Remember during menstruation it is important to change tampons or napkins regularly and to wash your hands before and after.

6. Front to back—this reduces the chance of infections passing to the vaginal area.

7. Answers will vary. Brush teeth in the morning and at night. Regularly floss your teeth, eat as little sugar as possible, floss to get food stuck in between your teeth. Go to the dentist regularly

8. False, the hair follicle produces oil to keep the hair smooth, which mixes with the sweat from the sweat glands in the scalp, making your hair look greasy. During puberty people often produce a lot of oil so they need to wash their hair regularly.

9. False—during puberty the excess oils produces in the face and back can cause pores to become blocked and so infected. Regular washing can help but cannot completely stop zits from occurring.

10—false—washing your face and letting it get as much oxygen and natural light will help dry up the pores faster

11 false—doing it everyday will cause your face to produce more oil, thus resulting in more breakouts or irritations. Limit this to 1-2 times per week.