

# Staying Clean and Safe

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## Keeping My Body Healthy

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the questions about how to take care of our bodies.

1. What helps keep germs away? Circle the correct answer.

Eating candy

Washing hands

Playing outside

2. We should wash our hands with \_\_\_ and water.

3. Brushing teeth keeps our mouth healthy.

True

False

4. Draw a line from each activity to what it helps us do.

Washing hands

Keep germs away

Brushing teeth

Keep teeth clean

5. When should we wash our hands? Circle the correct answer.

Before eating

Only at night

Never

6. Taking care of our bodies honors God.

True

False

7. Germs are tiny things we can't \_\_\_ that can make us sick.

8. How can we keep our bodies healthy? Circle the correct answer.

Eating junk food

Washing hands and brushing teeth

Sitting all day

9. We are not our own; we belong to God.

True

False

10. Our body is a \_\_\_ of the Holy Spirit.

### Answer Key

1. Washing hands 2. soap 3. True 4. 0 5. Before eating 6. True 7. see 8. Washing hands and brushing teeth 9. True 10. temple