Personal hygiene and sanitation

1. How often should a person brush their teeth?
   A) Once a week
   B) Twice a day
   C) Once a day
   D) Thrice a week

2. Washing hands before eating helps prevent:
   A) Skin rash
   B) Infections
   C) Hair fall
   D) Headache

3. Which of the following is a sign of poor personal hygiene?
   A) Clean clothes
   B) Regular bath
   C) Bad body odor
   D) Brushing twice daily

4. Which body part should be cleaned daily?
   A) Eyes only
   B) Legs only
   C) All external parts
   D) Back only

5. What is the recommended duration for handwashing?
   A) 5 seconds
   B) 20 seconds
   C) 1 minute
   D) 10 seconds

6. Keeping fingernails trimmed helps prevent:
   A) Toothache
   B) Germ accumulation
   C) Baldness
   D) Cough

7. It is important to bathe:
   A) Weekly
   B) Only after exercise
   C) Daily
   D) Occasionally

8. Foot hygiene is important to prevent:
   A) Dizziness
   B) Fungal infections
   C) Sore throat
   D) Vomiting

9. Brushing teeth prevents:
   A) Headache
   B) Skin allergy
   C) Tooth decay and bad breath
   D) Weakness

10. Personal hygiene affects:
    A) Only physical appearance
    B) Overall health and well-being
    C) Only mental health
    D) Vision

11. The best way to clean ears is by:
    A) Using a stick
    B) Using a matchstick
    C) Wiping with a soft cloth
    D) Using pen caps

12. Oral hygiene prevents:
    A) Fever
    B) Dental cavities
    C) Cold
    D) Cough

13. Dirty clothes should be:
    A) Stored under bed
    B) Washed regularly
    C) Reused every day
    D) Dried without washing

14. Maintaining hair hygiene prevents:
    A) Eye infection
    B) Lice infestation and dandruff
    C) Nausea
    D) Back pain

15. Using deodorant is a substitute for bathing:
    A) Yes
    B) No
    C) Only in winter
    D) Only at night

16. What should be cleaned after using the toilet?
    A) Face
    B) Legs
    C) Hands
    D) Teeth

17. Proper footwear hygiene prevents:
    A) Tooth decay
    B) Fungal infections
    C) Heart attack
    D) Asthma

18. Personal hygiene is important for:
    A) Appearance only
    B) Preventing diseases
    C) Passing exams
    D) Wearing makeup

19. Which item is used for oral hygiene?
    A) Shampoo
    B) Soap
    C) Toothbrush and toothpaste
    D) Comb

20. Hair should be washed:
    A) Monthly
    B) At least once a week
    C) Rarely
    D) Twice a month

21. Hand sanitizers are useful when:
    A) Eating
    B) Water is not available
    C) Sleeping
    D) Running

22. Which of these practices is unhygienic?
    A) Wearing clean socks
    B) Bathing daily
    C) Brushing teeth
    D) Sharing towels

23. Clean clothes help prevent:
    A) Cough
    B) Fever
    C) Skin infections
    D) Headache

24. Washing hair with shampoo helps in:
    A) Coloring hair
    B) Removing dirt and oil
    C) Hair fall
    D) Sleep

25. The best time to clip nails is:
    A) After sleeping
    B) After bathing
    C) After meals
    D) Before running

🚽 Sanitation and Environmental Hygiene (Q26–50)

26. Sanitation means:
    A) Playing
    B) Maintaining cleanliness in surroundings
    C) Eating outside
    D) Watching TV

27. Which is a safe sanitation practice?
    A) Open defecation

B) Using toilets properly
C) Throwing garbage in rivers
D) Spitting on roads

28. Dirty surroundings can cause:
    A) Good mood
    B) Diseases
    C) High intelligence
    D) Vision

29. Proper disposal of garbage prevents:
    A) Sore throat
    B) Mosquito breeding and illness
    C) Cough
    D) Stress

30. Which disease is related to poor sanitation?
    A) Fever
    B) Cholera
    C) Asthma
    D) Anemia

31. Safe drinking water is free from:
    A) Vitamins
    B) Germs and impurities
    C) Soap
    D) Salt

32. Sanitation is necessary for:
    A) Cleaning shoes
    B) Only children
    C) Good public health
    D) Gossip

33. Mosquitoes breed in:
    A) Trees
    B) Stagnant water
    C) Soil
    D) Rocks

34. A clean toilet should be:
    A) Smelly

B) Disinfected regularly
C) Painted only
D) Unused

35. The best place to throw household waste is:
A) Road
B) Garden
C) Garbage bin
D) Backyard

36. Personal protective equipment in sanitation includes:
A) Sunglasses
B) Gloves and masks
C) Slippers
D) Belts

37. Infections spread rapidly in areas with:
A) Clean air
B) Poor sanitation
C) Bright light
D) Dry weather

38. Dirty nails may cause:
A) Cancer
B) Intestinal infections
C) Fever
D) Allergy

39. Proper toilet hygiene includes:
A) Not flushing
B) Flushing and washing hands
C) Using tissue only
D) No water

40. The full form of WHO is:
A) World Healthy Order
B) World Health Organization
C) Wellness and Hospital Office
D) Wealthy Human Organization

41. Diarrhea can be prevented by:
A) Eating sweets

B) Hand hygiene and clean food
C) Wearing wool
D) Drinking cold water

42. Flies cause diseases because they:
A) Look scary
B) Fly fast
C) Sit on dirty matter
D) Bite

43. Which is a sign of good environmental hygiene?
A) No litter or stagnant water
B) Loud music
C) Many stray animals
D) Fog

44. Toilets should be cleaned with:
A) Water only
B) Acid
C) Disinfectant or phenyl
D) Sand

45. Littering leads to:
A) Good mood
B) Pollution and diseases
C) Happiness
D) Safety

46. Overcrowding in homes can lead to:
A) Joy
B) Spread of infection
C) Energy
D) Better sleep

47. Safe excreta disposal prevents:
A) Fever
B) Worm infestation
C) Cold
D) Fatigue

48. Regular cleaning of water tanks helps prevent:
A) Electricity

B) Waterborne diseases
C) Noise
D) Sunlight

49. Good ventilation in homes helps:
    A) Warmth
    B) Fresh air and reduced infection
    C) Smell
    D) Moisture

50. Which of the following spreads due to poor sanitation?
    A) Cold
    B) Typhoid
    C) Tooth decay
    D) Asthma

Answer Key

Topic - Personal hygiene and sanitation

Personal Hygiene

1. **B) Twice a day**
2. **B) Infections**
3. **C) Bad body odor**
4. **C) All external parts**

5. **B) 20 seconds**
6. **B) Germ accumulation**
7. **C) Daily**
8. **B) Fungal infections**
9. **C) Tooth decay and bad breath**
10. **B) Overall health and well-being**
11. **C) Wiping with a soft cloth**
12. **B) Dental cavities**
13. **B) Washed regularly**
14. **B) Lice infestation and dandruff**
15. **B) No**
16. **C) Hands**
17. **B) Fungal infections**
18. **B) Preventing diseases**
19. **C) Toothbrush and toothpaste**
20. **B) At least once a week**
21. **B) Water is not available**
22. **D) Sharing towels**
23. **C) Skin infections**
24. **B) Removing dirt and oil**
25. **B) After bathing**

Sanitation and Environmental Hygiene

26. **B) Maintaining cleanliness in surroundings**
27. **B) Using toilets properly**
28. **B) Diseases**

29. **B) Mosquito breeding and illness**

30. **B) Cholera**

31. **B) Germs and impurities**

32. **C) Good public health**

33. **B) Stagnant water**

34. **B) Disinfected regularly**

35. **C) Garbage bin**

36. **B) Gloves and masks**

37. **B) Poor sanitation**

38. **B) Intestinal infections**

39. **B) Flushing and washing hands**

40. **B) World Health Organization**

41. **B) Hand hygiene and clean food**

42. **C) Sit on dirty matter**

43. **A) No litter or stagnant water**

44. **C) Disinfectant or phenyl**

45. **B) Pollution and diseases**

46. **B) Spread of infection**

47. **B) Worm infestation**

48. **B) Waterborne diseases**

49. **B) Fresh air and reduced infection**

50. **B) Typhoid**