

Personal Hygiene Quiz



Personal Hygiene Quiz

	Yes	No
1. Do you wear deodorant and regularly wash your face, body, and hair?		
2. Do you drink plenty of water to keep your skin hydrated?		
3. Do you wash your face (and/or hair) well twice a day to prevent acne?		
4. Do you avoid tanning beds, tanning booths, and sunbaths?		
5. Do you follow the cleanliness guidelines for any swimming you may have?		
6. Do you use sunscreen every time you go out in the sun?		
7. Do you avoid listening to music at a high volume, especially when using headphones?		
8. Do you wear a mouthguard during activities that can result in broken teeth, such as basketball, football, or hockey?		
9. Do you floss after meals and brush your teeth at least twice a day?		
10. When spending time outdoors, do you wear sunglasses that block at least 99 percent UVA and UVB rays, or provide UV-400 protection?		
11. Do you keep your nails clean and regularly trim your fingernails?		
12. Do you avoid being around or using very high levels of formaldehyde, such as in hair straighteners?		

Score: ____/12



Quiz For Kids On Personal Hygiene

Judd E. Hollander



Quiz For Kids On Personal Hygiene:

The Enigmatic Realm of **Quiz For Kids On Personal Hygiene**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Quiz For Kids On Personal Hygiene** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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