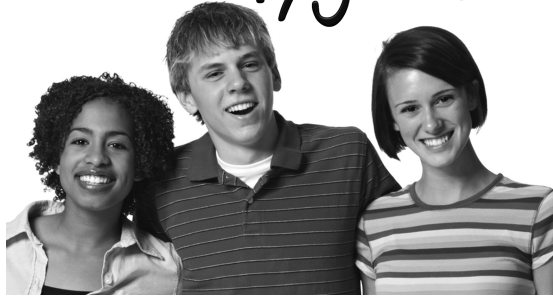


C.A.T.C.H. onto Good Hygiene!



#3481

Name: _____

Hour: _____

TEACHER'S KEY

Review

Directions: After watching "C.A.T.C.H. onto Good Hygiene!" answer the following questions.

1. What does "C" stand for?

Cleaning your hands

2. How long should it take you to wash your hands?

20 seconds (or about the length of the Happy Birthday song)

3. What does "A" stand for?

Acne

4. What is one thing you can do to help avoid acne?

Wash your face to remove excess oil, dirt, and bacteria

5. What does "T" stand for?

Teeth

6. How often should you floss?

Once a day

7. What does the second "C" stand for?

Clean your body



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C.A.T.C.H. onto Good Hygiene!



8. What causes body odor?

Sweat from sweat glands combine with skin cells, oil, and dirt from the air.

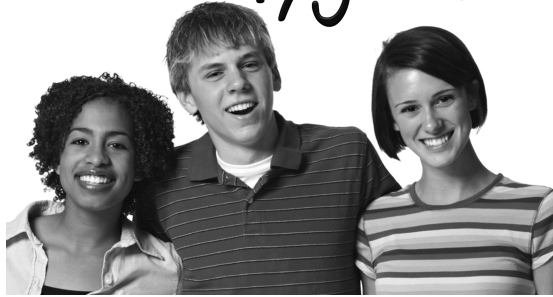
9. What does "H" stand for?

Hair

10. What are some ways exercise helps you have good hygiene?

- Helps maintain a healthy body weight.***
- Keeps you looking and feeling good.***

C.A.T.C.H. onto Good Hygiene!



#3481

Name: _____

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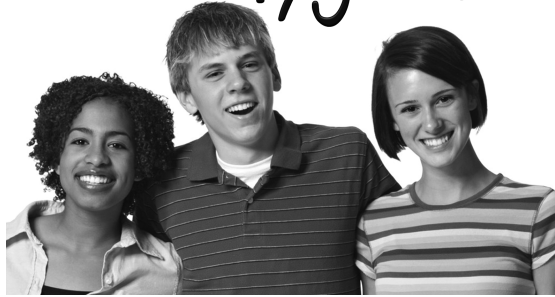
VIDEO WORKSHEET

Review

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5. What does "T" stand for?
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7. What does the second "C" stand for?

C.A.T.C.H. onto Good Hygiene!



8. What causes body odor?

9. What does "H" stand for?

10. What are some ways exercise helps you have good hygiene?