

Human Growth and Development: 4th Grade Hygiene



Please answer the following questions:

1. A period of several years during _____ which a person changes from a child into an adult; usually occurring in the teen years is known as **puberty**. **TRUE** **FALSE**
2. Who typically begins growth spurt first? Circle one. **BOYS** **GIRLS**

Physical Changes

3. Sweat glands, called apocrine glands, mix with bacteria on the skin surface to create body odor **TRUE** **FALSE**
4. Can I smell my own body odor? **YES** **NO**
5. List 4 things we can do to prevent body odor.



6. There are 15,000-20,000 oil glands on the face that can cause pimples. **TRUE** **FALSE**
7. Even if you wash your face every day, you may still get pimples. **TRUE** **FALSE**

8. How often should you brush your teeth? _____



Factors to Improve Health

9. List 4 things we can do to keep our bodies healthy during this time of major growth and change.



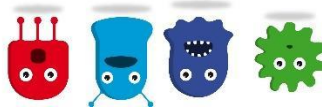
10. One of the best and most important ways to prevent illness and infection is proper handwashing. **TRUE** **FALSE**

11. When should you wash your hands?

- a. After restroom use
- b. Before eating
- c. After cough, sneezing or using tissues
- d. All of the above



12. List 3 ways that YOU can prevent the spread of germs at school:



13. List 2 people you feel like you can talk to and ask questions that you may have about puberty and hygiene. _____ and _____.

Thanks!

A simple line drawing of a smiley face with its arms raised in a 'V' shape, appearing to be cheering or happy. The drawing is done in a sketchy, hand-drawn style.