Read each sentence below. Circle F if you think the statement is false. Circle T if you think the statement is True.

1. Putting deodorant under the arms dries up sweat from the armpits.  
   1: True, 2: False

2. The most important way to prevent the spread of germs is to wash your hands often.  
   1: True, 2: False

3. Perfume should be used in place of deodorant or antiperspirant for the under-arms.  
   1: True, 2: False

4. Your feet have fewer sweat glands than any other part of your body.  
   1: True, 2: False

5. The most important time to wash your hands is after using the restroom.  
   1: True, 2: False

6. Bar soap works just as well as shampoo for cleaning your hair.  
   1: True, 2: False

7. Wearing dirty clothes won’t effect how you look or smell.  
   1: True, 2: False

8. Bathing or showering every day is one way to prevent body odor.  
   1: True, 2: False

9. When washing your hands, you should scrub with soap for no more than five seconds.  
   1: True, 2: False

10. You should have a dental check up once a year.  
    1: True, 2: False

The Answer Key appears on the next page.
Answer Key

1. Putting deodorant under the arms dries up sweat from the armpits.  
   **False.** Antiperspirant dries up sweat, deodorants cover up odors stemming from sweat.

2. The most important way to prevent the spread of germs is to wash your hands often.  
   **True.** Washing your hands with soap and water helps you eliminate the germs that can lead to illness.

3. Perfume should be used in place of deodorant or antiperspirant for the under arms.  
   **False.** Perfume only masks body odor, it does not prevent body odor or control sweating.

4. Your feet have fewer sweat glands than any other part of your body.  
   **False.** Your feet have more sweat glands, which is why you should wash your feet every day to keep them from smelling bad or getting athlete’s foot infection.

5. The most important time to wash your hands is after using the restroom.  
   **True.** Good hygiene means avoiding the spread of germs. It’s important to wash your hands with soap and warm water every time you use the toilet.

6. Bar soap works just as well as shampoo for cleaning your hair.  
   **False.** Bar soap and similar products are not made for hair, and either don’t wash enough, or are too strong and will dry hair out.

7. Wearing dirty clothes won’t effect how you look or smell.  
   **False.** Anything that touches your skin collects dead skin cells, sweat and bacteria—and will smell bad if it’s not washed!

8. Bathing or showering every day is one way to prevent body odor.  
   **True.** Bathing washes germs and dirt off your skin. If you don’t wash regularly, the germs eventually die and decompose—and this causes body odor.

9. When washing your hands, you should scrub with soap for no more than five seconds.  
   **False.** You should lather up for at least 20 seconds before rinsing off the soap.

10. You should have a dental check-up once a year.  
    **False.** Twice a year.