**Health Club Jeopardy**

**Correct Answer-10 pts**

**Steal and Correct Answer-15 pts**

**Activity-20 pts**

**Personal Hygiene**

1. When are the two times you should always wash your hands?
   1. Before eating and after using the toilet
2. Why should you use soap and water instead of just water when washing your hands?
   1. It is better at removing germs
3. How often should you shower?
   1. At least once every day
4. When should you brush your teeth?
   1. After every meal or in the morning after breakfast and at night before bed
5. What is one of the best ways to prevent spreading intestinal worms?
   1. Washing hands after using the toilet and before eating
6. List two ways to properly treat water so it is safe to drink.
   1. Use Pur tablets, boil, filter
7. What are germs?
   1. Little things, too small for us to see, that can make us sick if they get inside our bodies
8. Why is it important to thoroughly cook meat before eating it?
   1. To kill any germs or intestinal worm eggs that may be on it

Activity: Write a short song about the importance of washing your hands; the group with the best song wins

**Oral Hygiene**

1. What should you use to brush your teeth if you don’t have toothpaste?
   1. Salt and baking soda or just salt and water
2. What is enamel?
   1. The hard, white shell that protects our teeth
3. What is plaque?
   1. The sticky, slimy yellow stuff that builds up on our teeth when we don’t brush them for a while
4. What are cavities?
   1. Holes in our teeth created by plaque
5. Why should you also brush your tongue when brushing your teeth?
   1. To remove germs and prevent bad breath caused by these germs
6. What is floss used for?
   1. To clean between the teeth where a toothbrush can’t reach

Activity: Hangman—gingivitis (first team to guess the word wins)

**Peer Pressure/Alcohol**

1. What is peer pressure?
   1. When your peers, or someone close to your age, pushes you to do things
2. Is peer pressure always negative or can it be positive too? Give an example.
   1. Yes, it can be positive. Students wanting to do well in school may encourage their friends to study hard
3. List three problems at school that could result from drinking alcohol.
   1. Bad grades, skipping class, dropping out of school
4. If your friend pushes you to try drugs or alcohol, what should you do? What if they keep pushing you?
   1. Refuse and give reasons
5. What are three short-term effects of alcohol on the body?
   1. Blurry vision, slurred speech, slow reaction time, emotional, nausea/vomiting
6. In the example we did in class, why did the students wear glasses and spin around?
   1. Glasses for blurry vision and spinning for poor coordination
7. What is the best way to end an addiction to alcohol (alcoholism)?
   1. Completely stop drinking

Activity: Charades—one representative from each group has to act out “skipping class”; first group to answer gets the points