

**GRADE 4 HOLIDAY HOMEWORK 2020
HOMESCIENCE**

HOMESCIENCE ACTIVITIES

EXERCISE 1

Name three things that a child needs to grow healthy.

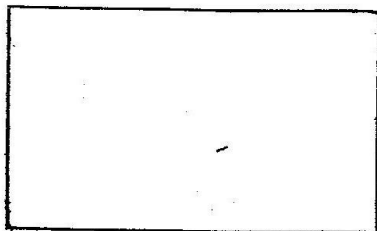
1. _____
2. _____
3. _____

Name 3 games played in the locality

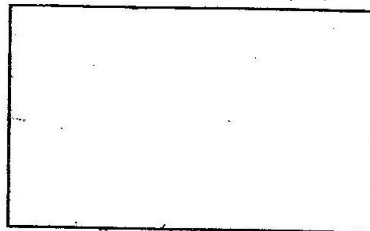
4. _____
5. _____
6. _____

Draw four foods we eat

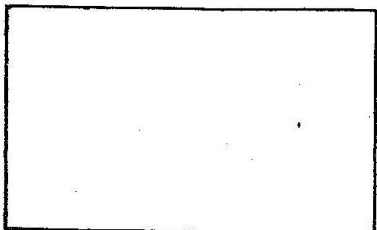
7.



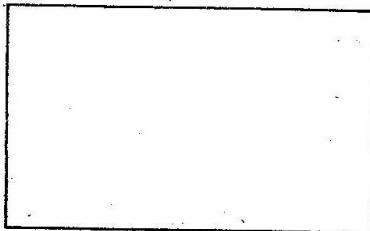
8.



9.



10.



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EXERCISE 2

Write 2 reasons why we should make a shopping list.

1. _____

2. _____

3. We should switch _____ the electricity when not in use.

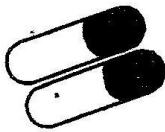
Name 3 types of fuel used at home.

4. _____

5. _____

6. _____

7. These are



_____ (capsules, inhaler, tablets)

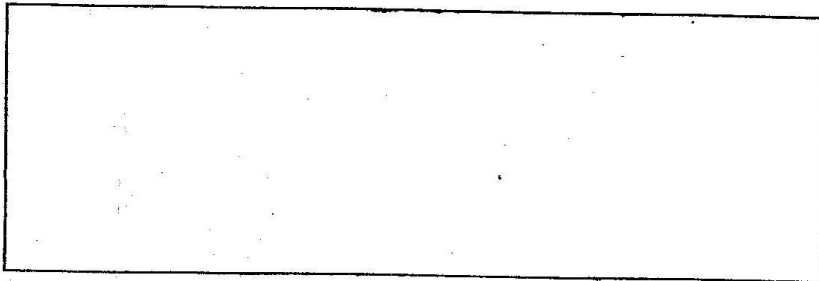
8. This is an _____ medicine



(external, internal, bad)

9. Dirty beds can have _____

10. Draw a well made bed



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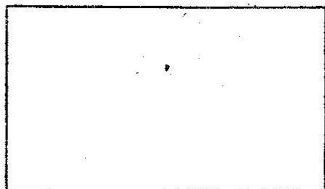
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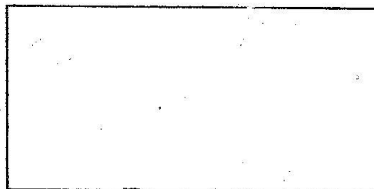
EXERCISE 3

Draw the materials used to clean a leather shoe

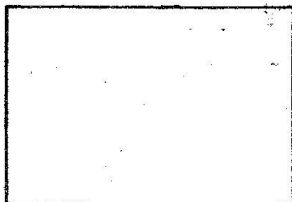
1. sponge



2. brush



3. shoe polish

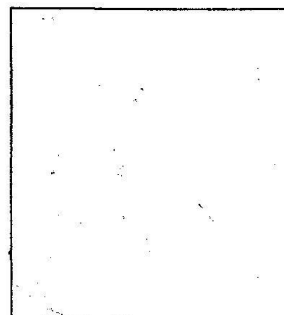
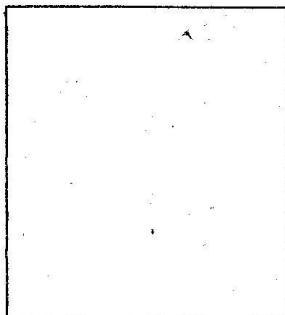
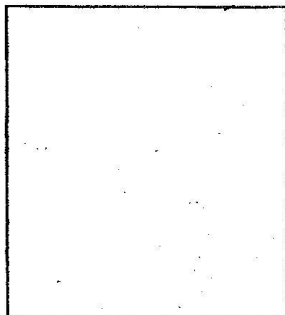


Name two dangerous animals that can be trapped in twigs or grass when making cleaning materials.

4. _____

5. _____

Draw and colour items you can use to play



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EXERCISE 4

Fill in the blank spaces with the words in the box.

Shelter	clothes	food	rest
---------	---------	------	------

1. _____ is anything we eat and drink to **keep** our bodies healthy.
2. _____ protects us from rain, hot sun and cold.
3. _____ keep us warm. They also make us look.

Name 3 games played in our locality

4. _____
5. _____
6. _____

Name 3 improvised materials for cleaning utensils.

7. _____
8. _____
9. _____
10. _____

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EXERCISE 5

1. Hard food make our teeth _____
(bad, strong, clean)
2. Well arranged classrooms prevent _____
(accident, movement of pupils)

Play. Write true or false

3. We can use a laptop to play games _____
4. We can use a panga and knife to play in the field _____
5. Football can be played on the field _____
6. We should play hide and seek in safe places _____

Name four healthy habits

7. _____
8. _____
9. _____
10. _____

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EXERCISE 6

1. Health practices prevent _____.
(cold, illness)

Name 4 common illness in the locality

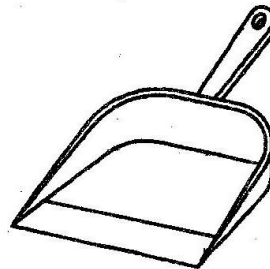
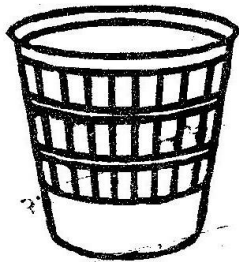
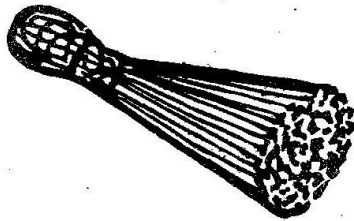
2. _____

3.  _____

4. _____

5. When we drink contaminated water we get a _____.
(headache, stomachache)

Name the items used to clean our home.



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EXERCISE 7

Which type of illness has the following signs in a person.

1. Watery nasal mucus _____

2. Sneezing _____

3. Fever _____

4. How can you prevent yourself from getting a cold?

5. Alex ate contaminated food. He later had a _____

Name five safety measures during a play

6. _____

7. _____

8. _____

9. _____

10. _____

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EXERCISE 8

Identify five play items in your environment

1. _____
2. _____
3. _____
4. _____
5. _____

List five qualities to look for when choosing play items for a child

6. _____
7. _____
8. _____
9. _____
10. _____

List five games played in your home area

11. _____
12. _____
13. _____
14. _____
15. _____

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EXERCISE 9

List five things used to clean the floor.

1. _____
2. _____
3. _____
4. _____
5. _____

List five things to clean the toilet.

6. _____
7. _____
8. _____
9. _____
10. _____

List five things used to clean a pit latrine

11. _____
12. _____
13. _____
14. _____
15. _____

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EXERCISE 10

Write down 3 steps of washing hands.

1. _____
2. _____
3. _____

List down five importance of a clean home.

4. _____
5. _____
6. _____
7. _____
8. _____

Tick (✓) if its a play item cross (×) if not a play item.

Item	(✓) or (×)
9. Razor	_____
10. Ball	_____

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