

GRADE 2 TERM 1 EXAMS-2019

HYGIENE AND NUTRITION

NAME SCHOOL

Write "healthy" or "unhealthy"

1. Brushing our teeth after meals.

healthy

2. Eating too much biscuits unhealthy

3. Sharing face towels unhealthy

4. Water can be made safe for drinking by _____
(filtering, boiling, storing)

5. When we are sick, we should take _____
(water, porridge, medicine)

6. Sharing medicine is _____
(safe, healthy, unhealthy)

7. Medicine made of liquids are called _____
(capsules, tablets, syrups)

Match the body part with the Item used to clean it.

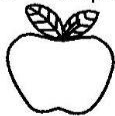
8. Foot ~~_____~~ Nail cutter

9. Nails ~~_____~~ Pumice stone

10. Nose ~~_____~~ Tooth brush

11. Teeth ~~_____~~ Handkerchief

12. This is an example of a _____



(fruit, vegetable, grain)

13. We dry our hands with a towel _____ washing.
(when, before, after)

Name three healthy habits.

14. brushing the teeth

15. Washing hands

16. Exercise

Write true or false

17. Milk teeth must be removed.
true

18. We must close the door when in the toilet. true

19. Beans can be eaten without cooking.
false

20. This is a _____



(capsule, tablet, syrup)

21. Kamamaa wants to clean their floor.
He must use a _____
(towel, handkerchief, mop)

22. Chicken give us _____
(milk and eggs, meat and milk, eggs
and meat)

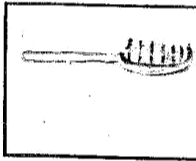
23. After using the toilet we should _____
(flush it, pour dirty water, open
the door)

24. Barking of dogs shows that there is _____
(peace, danger, rain)

25. Fruits should be _____ before eating. (washed, cooked, boiled)
26. Bees gives us _____ (milk, honey, meat)
27. Waste food should be put _____ (Under the table, on the flour, in the dustbin)
28. Mostly we take _____ for breakfast. (water, tea, fish)
29. _____ fruits are not good for our health. (Yellow, Unripe, Ripe)
30. _____ foods make our teeth strong. (Sugar, Sweet, Hard)

Draw the following items

31. Comb



32. Broom



33. Tooth brush



34. Medicines are sold in the _____ (chemist, market, butchery)

Write two things you need to remove milk teeth.

35. _____

36. _____

37. It is bad behaviour to _____ (talk after eating, talk when eating, talk before eating)

38. We brush our teeth using _____ (soap, toothpaste, oil)

39. Amina does not have a towel. She can _____ (borrow, buy, stay)

40. _____ teeth smells bad. (Clean, Dirty, White)

41. The type of food can be known by its _____ (source, taste, sound)

42. Circle the food that is unhealthy for our teeth.

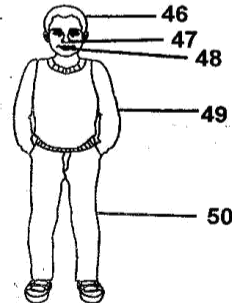


43. _____ is a way of doing an exercise. (Sleeping, Eating, Skipping)

44. Baby Sam was born yesterday. He has _____ teeth. (4, 2, 0)

45. Atieno cleans her handkerchief using clean, warm _____ water. (salty, dirty, clear)

Name the following parts of the body.



46. head

47. nose

48. Mouth

49. hand

50. knee