

GRADE 1 TERM 3 EXAM 2019

HYGIEN AND NUTRITION

1. We buy meat from a _____
(shop, hotel, butchery) (1mk)
2. Licking your fingers when eating is _____ (1mk)
(good, bad, nice)
3. We should chew food with our mouth _____ (1mk)
(closed, open, wide)
4. We should wash our _____ after visiting the toilet.(1mk)
(head, hair, hands)
5. _____ are not good for our teeth. (1mk)
(Biscuits, Carrots, Beans)
6. We take medicine when we are _____ (1mk)
(healthy, sick, strong)
7. Write the names of these food we take for lunch (5mks)



8. Draw these fruits. (5mks)

banana

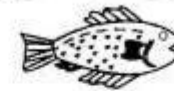
mango

pawpaw

apple

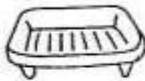
orange

9. Name these animals that give us food. (5mks)



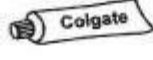
10. We get food from _____ and _____ (2mks)
(air, soil, plants, animals)

11. Pit latrines are built _____
the house. (1mk)
(inside, outside, above)
12. Toilets should be _____
after use. (1mk)
(closed, flushed, opened)
13. A urinal is used by _____
(boys, girls, women) (1mk)
14. Fruits should be _____
before eating. (1mk)
(cooked, boiled, washed)
15. Name items for bathing.
(5mks)



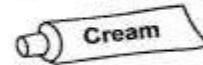
(towel, soap, soap dish,
pumice stone, basin)

16. We comb our hair using _____
(grass, stick, comb) (1mk)
17. Name these items for cleaning
our teeth. (5mks)



(water, toothpaste, salt,
chewed stick, toothbrush)

18. Name these types of medicine
(5mks)



19. A _____ is a vegetable. (1mk)
(beans, sukumawiki, pineapple)
20. A _____ is not good for our
teeth. (1mk)
(Sweet, Carrot, Banana)
21. _____ make us strong.
(Medicine, Water, Exercise)
22. We wash our hands _____
eating. (after, before) (1mk)
23. We should help ourselves in
the _____. (1mk)
(bush, river, toilet)
24. Fill in the gaps. (3mks)

sl _____ p
h _____ lthy
h _____ bits.

Total marks = 50			
Areas covered: - upto foods we buy from different places.			
Assessment rubric			
Exceeds Expectations (50)	Meets Expectations (25 - 49)	Approaches Expectations (11 - 24)	Below Expectations (0 - 10)

HYGIENE GRADE 1