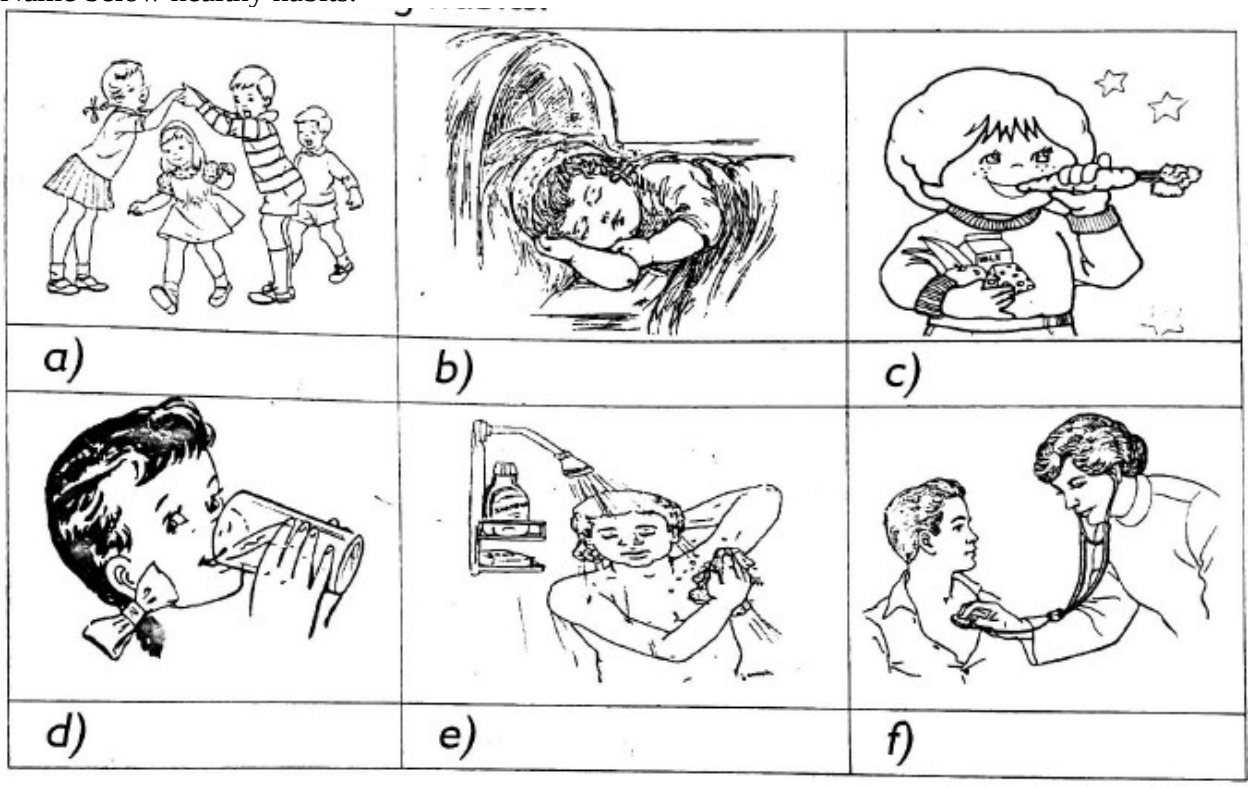
HYGIENE AND NUTRITION - CBC GRADE 3

QUESTIONS

Strand 1 Healthy practice
Sub strand 1.1 Health habits

1. Name below healthy habits.



2. Children your age should sleep for ..... hours, (6,8)
3. We should eat ..... meals in a day, (2,3,1)
4. Dirty feet can be c home for ..... (lice, jiggers)
5. Wearing clean clothes prevents us from ..... (parasites, thirst)
6. Health habits prevents our bodies from .....(growing, sickness)
7. Which one of these foods should be washed thoroughly before eating ..... (mango, ugaii, chapatti)

Sub strand 11.2 Oral Hgqiene

1. ..... foods are good for our teeth. (hard, soft weaith)