MENTOR ASSESSMENT EXAM - 2019

COMPETENCE BASED CURRICULUM

HYGIENE & NUTRITION ACTIVITIES

GRADE 1

Name:_____ **School:**_____ **Date:**_____

1. Name **three** forms of medicine.

a) _____

b) _____

c) _____

2. Name **two** foods from animals.

a) _____

b) _____

3. We should always eat _____ foods. **(sweet, healthy)**

4. We can sort out food by colour using our _____. **(ears, eyes)**

5. Spoilt food can be sensed by _____using our noses. **(smelling, hearing)**

6. Some foods are rough and others are _____. **(smooth, beautiful)**

7. Match the foods by their taste.

Ripe banana	bitter
Popcorns	sour
Lemon	salty
Pepper and chilly	sweet

8. We should avoid eating _____ foods. **(healthy, sweet)**

9. Fruits should be _____ properly before eating. **(cleaned, wiped)**

10. _____ fruits should not be eaten. **(rotten, healthy)**

11. Running _____ is the best for cleaning fruits. **(soap, water)**

12. It is a _____ practise to wash our hands before eating food. **(bad, good)**

13. It is good to buy food sold in a _____ place. **(clean, dirty)**

14. We buy beef from the _____. **(butchery, carpenter)**

15. We need to serve _____ food to eat. **(a lot of, enough)**

16. Name **three** foods you eat at home.

a) _____

b) _____

c) _____

17. A hen gives us meat and _____. **(milk, eggs)**

18. Name **two** domestic animals that give us meat and milk.

a) _____

b) _____

19. Tick **good** or **bad** for the habits below.

Habits	**good**	**bad**
Talking while eating.		
Cleaning fruits before eating them.		
Chewing food with the mouth closed.		
Throwing food leftovers.		
Serving too much food.		
Sitting well when eating food.		

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