SCHOOL BASED EVALUATION TEST -YEAR 2019

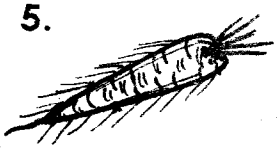
COMPETENCY BASED CURRICULUM EXAM -GRADE 1

STEP FLYER 006 **HYGIENE AND NUTRITION ACTIVITIES** 1

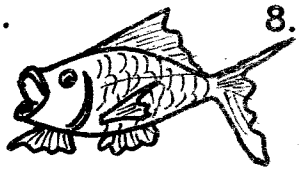
YOUR NAME: ..... SCHOOL..... DATE.....

1. We wash our hands with soap and_____
(water, soil)
2. We should keep our fingernails_____
(short, long)
3. Personal items should not be_____
(shared, burnt)
4. We clean our bodies to_____ diseases.
(bring, avoid)

Name the following foods.

5. 
_____

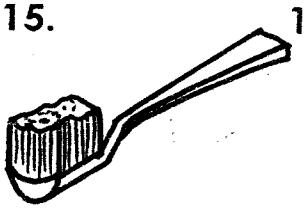
6. 
_____

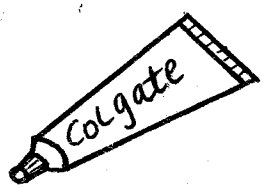
7. 
_____

8. 
_____

9. Food eaten in the morning is called_____
(lunch, supper,breakfast)
10. Fruits are_____before eating
(cooked, washed)
11. Beans and tomatoes are food from_____
(animals, plants)
12. We eat food to get_____
(energy, sick)
13. Meat is food from_____
(animals, plant)
14. We clean our teeth using_____
(toothbrush and toothpaste, soil and water)

Name the following items.

15. 
_____

16. 

_____

(toothpaste, toothbrush)

17. We eat the _____of sukumawiki.
(leaves, stem)

Match the plants with the part eaten.

18.	Sukumawiki	roots
19.	Oranges	seeds
20.	mangoes	leaves
21.	carrots	fruit
22.	maize	stem
23.	sugarcane	fruit

24. Cabbages carrots and onions are plants we_____
(eat, cat)
25. It is _____to eat foods with too much salt or sugar.
(healthy, unhealthy)
26. You should bathe_____
(daily, weekly)