COMPETENCE BASED CURRICULUM(CBC)

GRADE 1 YEAR - 2019

006 HYGIENE & NUTRITION ACTIVITIES

Name.....School.....

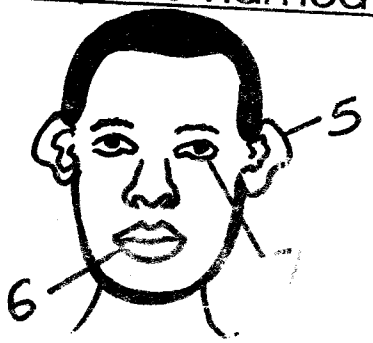
1. _____is a healthy habit.
[Sleeping, Reading, Exercise]

2. _____are healthy foods.
[Cake, Sweets, Fruits]

3. Sick people take_____when sick to feel better.
[fruits, medicine, fruits]

4.  This is a medicine.
It is a _____
[tablet, cream, capsule]

Name the parts named below.



5 _____. 6_____

7. _____

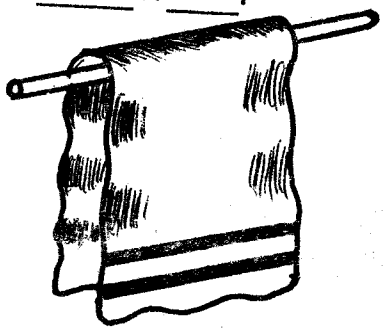
[hands, eyes, legs, head, ears, teeth, mouth, neck]

Draw the following personal items

8. Handkerchief

9. Toothbrush.

10. This is a personal item.
It is a t____w___l



11. After using the toilet we must _____
[wash, flush, close]

12. _____is not good for our teeth.
[Biscuits, Carrots, sugarcane]