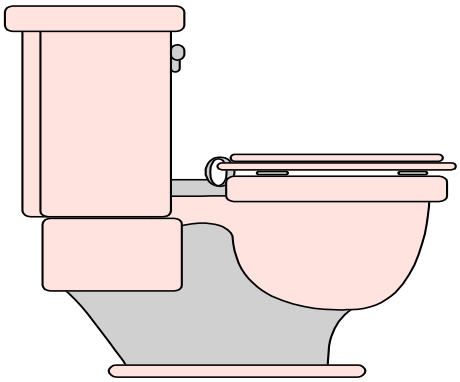
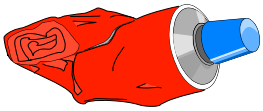
COMPETENCY BASEDCURRICULUM
GRADE ONE ASSESSMENT
HYGIENE AND NUTRITION

Name: _____Grade: _____ Date: _____

1. Name the following.



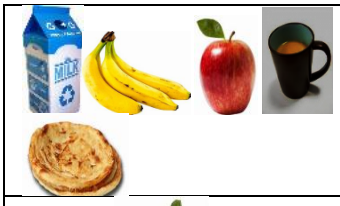
_____

2. Weuse 



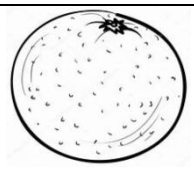
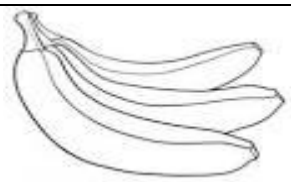
_____ and
_____to clean our teeth.

3. Label the foods. Breakfast, lunch.

4. We _____fruits before eating them

Colour these fruit to show they are ripe.

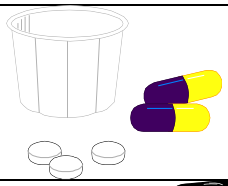
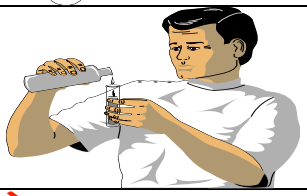
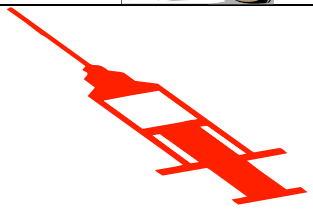
How to remove teeth in a clean way:

5. Wash your _____

6. Hold the tooth with a _____
Remove the tooth.

7. Put the tooth in a _____

Match thecorrect name of the medicine

8. 	Syrup
9. 	injection
10. 	capsules

Name these foods that are green in colour