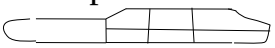
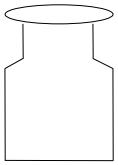
GRADE 1 TERM 1 2023
HYGIENE &NUTRITION

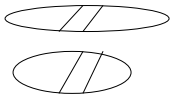
1. Choose the correct answer from the bracket
   a. We get milk from _____(cow, plants)
   b. We buy bread from the _____(butchery, bakery)
   c. Food makes us _____ (weak, strong0
   d. Fish is food from _____ (plants, animals)
   e. Dirty hands have _____ (germs, soil)

2. Tick ( ) for foods that are good for teeth and mark (X) for foods that are bad for teeth.

Food	Good for teeth	bad for teeth
a. Sugar cane	_____	_____
b. Chocolate	_____	_____
c. Coconut	_____	_____
d. Milk	_____	_____
e. Biscuit	_____	_____

3. Use the pictures to fill in the missing letters
   a.  Ca_____sul_____

   b.  S_

   c.  t__bl__ts

4. Colour and name the fruits

