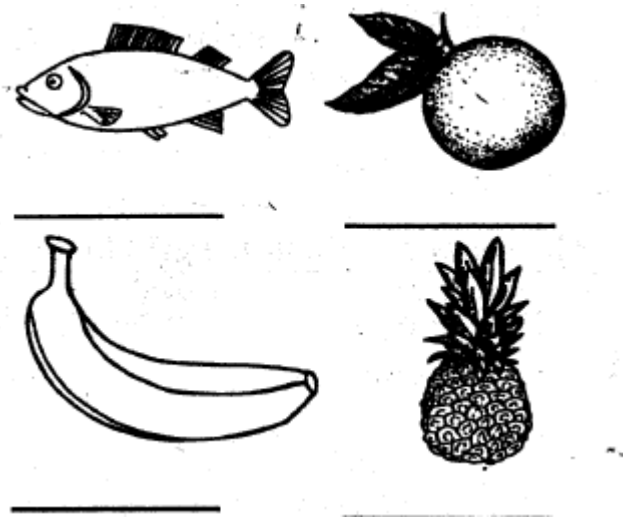
HYGIENE AND NUTRITION GRADE 1 TERM 1 2023

1. Name the foods we eat



2. We should take (tea, medicine) using clean water._____
3. We should wash our hands (everyday, once a day)._____
4. A is used to clean our nose. (towel, handkerchief)._____
5. Name the parts of a plant



6. We get tomato from _____(animals, plants)
7. Fruits are _____ before eating.(cooked, washed)
8. Fish, milk and meat are foods from _____(plant, animals)
9. We should always keep medicine in a _____ cupboard. (closed, open)
10. _____ cause disease(germs,clean)
11. Clean toilets look_____(good,bad)