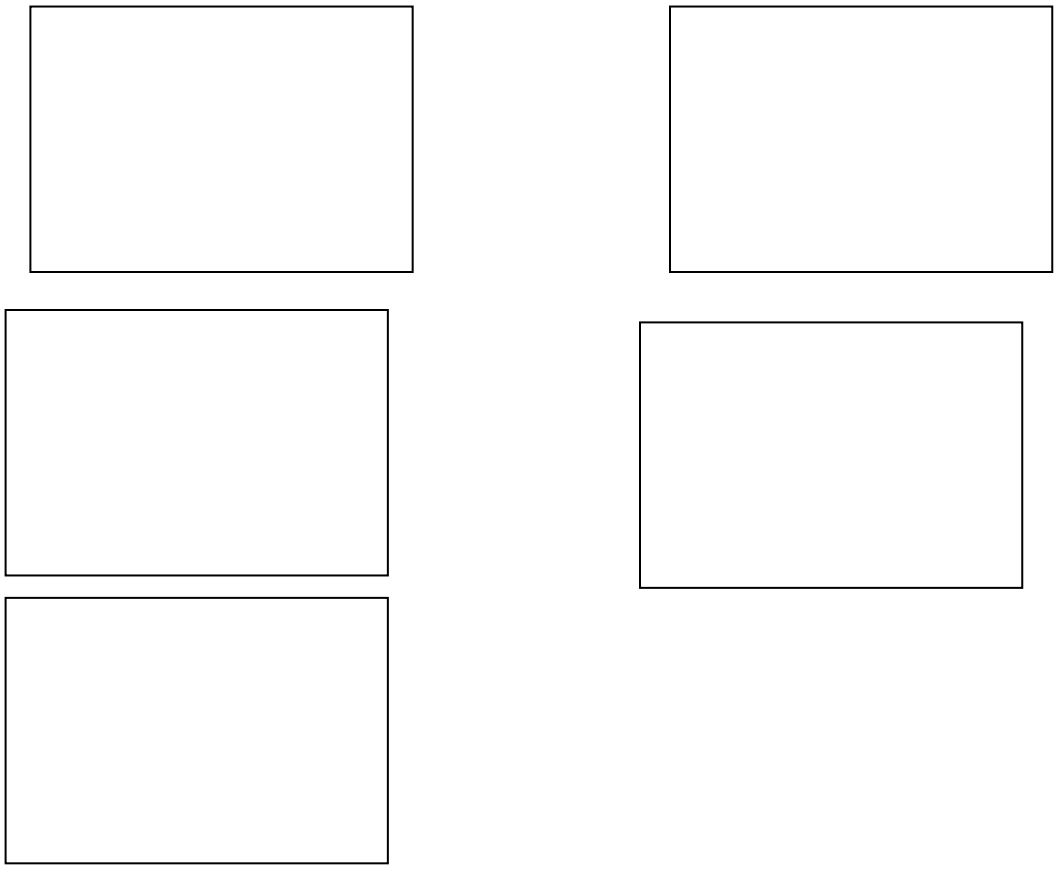
GRADE ONE

HYGIENE AND NUTRITION 2022

NAME:_____DATE:_____

1. Draw, name and colour 5 items used for cleaning our body (10 marks)



Fill in with the correct answer (4 marks)

5. I eat food so as to stay _____
6. We eat food to get _____ to work
7. We eat food daily so as to _____ healthy
8. Eating food everyday prevents _____
   (energy, grow, healthy, illness)