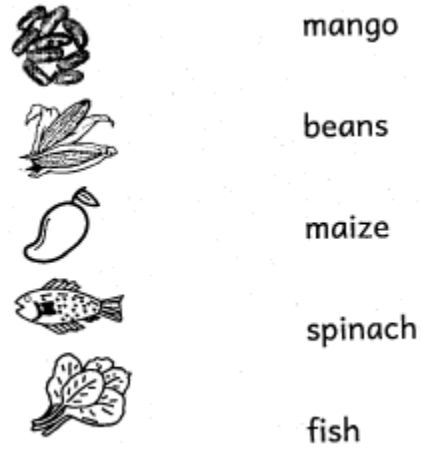
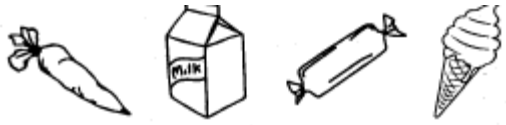
INTEGRATED LEARNING ACTIVITIES

HYGIENE AND NUTRITION ACTIVITIES (15mks)

1. Match the following foods with the name. (5mks)



2. Tick the foods that are bad for our teeth. (2mks)



3. We should before eating. (wash, boil, cook) (1mk)
4. Food gives me work. (energy, disease, water)
5. Mary ate an egg in the morning. Which bird laid the egg?(1mk)
6. The food I ate for lunch was smelling nice. Which part of the body did I use to smell? (1mk)

Write 'true' or 'false' (4mks)

7. Girls use urinals
8. We can eat food when we are in a latrine
9. Eating dirty fruits is good
10. Always wash your hands after visiting the toilet

ENVIRONMENTAL ACTIVITIES.(15mks)