HYGIENE AND NUTRITION ACTIVITIES - GRADE 2 TERM 1 2023

1. Food eaten early in the morning called _____ (supper, breakfast)
2. We eat food to _____ (grow big, become weak)
3. _____ is a bad oral habit (brushing teeth, sucking fingers)
4. Name 3 rooms found in a house

a. _____

b. _____

c. _____

5. The smoke that someone breathes in from other people is called? _____ (cigarette, second hand smoke)
6. Contaminated water can make us _____ (sick, healthy)
7. Name 2 things that are used to wash utensils.

a. _____

b. _____

8. Using water that had been used before is called? _____ (Re-using, contaminated)
9. Name 3 personal items

a. _____

b. _____

c. _____

10. Foods eaten between meals are called _____(snacks, lunch)
11. 3 foods that taste sweet are

a. _____

b. _____

c. _____