Competence Based Curriculum

Hygiene & Nutrition Activities

Grade Two

YOUR NAME	
NAME OF YOUR SCHOOL	
GRADE	

Match meal with the time it is taken

1. Breakfast
evening

2. Lunch
morning

3. Dinner
midday

4. …… helps us to keep away diseases.

(Hygiene, germs,dirt)

5. I should keep my finger nails …….. and clean.

(Coloured ,short, long)

Answer ‘true’ or ‘false’

6. Boiling water makes it safe for drinking.

……
(true, false)

7.Breakfast is the first meal of the day ……..

(true,false)

8. Cooking food kills germs……..

(true,false)