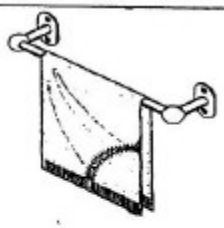
SCHOOL BASED ASSESSMENTS HYGIENE AND NUTRITION ACTIVITIES - CBC GRADE 2 TERM 1 2023

1. What is breakfast?
2. Draw and colour the following foods eaten for breakfast

Bread	Banana	Cup of tea	An egg

3. You should visit a dentist at least_____ in a year (twice, once)
4. Hard foods make out teeth_____ (weak, strong)
5. Name and say where they are found

			
a) television b) table room	c) _____ d) _____	c) _____ d) _____	c) _____ d) _____

6. We use water and_____ to wash utensils. (soil, soap)
7. Utensils should be_____ after use
8. A_____a harmful thing that people smoke. (tea,cigarette)
9. Second hand smoke is can also harm little _____(trees, babies)
10. This is a_____sign (no smoking, smoke)

