SCHOOL BASED ASSESSMENTS HYGIENE AND NUTRITION ACTIVITIES

1. _____ has a sour taste. (Grapes, lemon, sugarcane)
2. We kill germs by _____water. (Filtering, boiling, sieving)
3. An insect has _____ pairs of legs. (6, 3, 8)
4. Mary is watering the flower bed using the water that she used to wash vegetables. She is _____ the water. (Spoiling, reusing, wasting)

   Name three plants that we eat the leaves

a. _____
b. _____
c. _____

5. Which one of the following can be eaten raw _____ (potatoes, kales, carrots)
6. The practice of keeping ones mouth clean is called _____(regular brushing, oral hygiene, health)
7. _____ is good for our teeth and bones. (Carrots, milk, sweets)
8. The name of the string used to remove food in between our teeth is called _____ (toothpick, dental floss, string)
9. Hard food makes our teeth _____(big, white, healthy)
10. I am an insect. I love staying in dirty utensils. Who am I? _____.(housefly, cockroach ,mosquito)
11. The equipment where utensils are dried after washing is called _____(basin, sink, rack)