COMPETENCE BASED ASSESSMENTS
HYGIENE AND NUTRITION - CBC GRADE 3 TERM 1 EXAMS 2023

QUESTIONS

1. A_____is a personal item (toothpaste, towel, textbook)
2. We can clean a_____using warm salty water. (toothbrush, hairbrush, handkerchief)
3. Personal items should not be shared so that we don't spread or get___(them, germs, clean)
4. Name three healthy habits.
   _____
   _____
   _____
5. Regular foods help one to have a good_____(body, name, health)
6. When do we brush our teeth?
   _____
   _____
7. Lack of food causes_____in our bodies.
8. When our feet are dirty and we do not wear shoes we get_____.
9. Name two foods that can cause teeth cavities.
   _____
   _____

Match the given foods to their tastes.

7. Salt sweet
8. Lemon bitter
9. Honey salty
10. Ginger sour
11. We eat the seeds of_____(sugarcane, cabbages, maize)
12. _____of sukumawiki are eaten as food. (Stems, Fruits, Leaves)
13. _____can be eaten as a snack. (Potatoes, Popcorns, Porridge)
14. Eating snacks between meals makes us_____(weak, healthy, sleep)
15. For good health, we should take_____meals a day. (four, two, three)
16. It is good to eat_____food. (more, enough, little)
17. Breakfast is the food eaten in the_____(morning, afternoon, evening)
18. What table manner is this? _____

