HOME SCIENCE & PHYSICAL HEALTH EDUCATION ACTIVITIES GRADE 4 TERM 1 2023

1. What is a general grocery? (1 mark)

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   _____

2. Name three food groups. (3 marks)

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   _____
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3. Njeri was asked by her sibling to explain what a balanced meal is. What was the appropriate response! (1 mark)
   (A meal with foods from the three groups, A meal with a lot of proteins, A sweet meal)
4. Name two sources of milk. (2 marks)

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   _____

5. Milk gives us energy and .....(1 mark)
6. Draw two fragile kitchen utensils. (2 marks)

   _____
   _____

7. State three methods of cooking food. (3 marks)

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   _____

8. Give two ways in which paraffin is used at home. (2 marks)

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