

## GRADE 2 HYGIENE AND NUTRITION ACTIVITIES

1. Oranges and apples are \_\_\_\_\_  
(fruits, vegetables)
2. Most leaves are \_\_\_\_\_ in colour.  
(green, yellow)
3. Socks are worn on the \_\_\_\_\_ (hands, legs)
4. A dead rat smells \_\_\_\_\_ (bad, good)
5. \_\_\_\_\_ is used to comb our hair.  
(brush, comb)
6. We dry hands with a \_\_\_\_\_ (sponge, towel)
7. A blind man has \_\_\_\_\_ senses. (4, 5)
8. Every home must have a \_\_\_\_\_ (car, toilet)
9. A dead dogs should be buried in a \_\_\_\_\_  
(pit, latrine)
10. All food should be kept \_\_\_\_\_ when we  
are not using it. (covered, open)
11. A mango has \_\_\_\_\_ seeds. (one, many)
12. We should keep our nails \_\_\_\_\_ and  
clean. (big, short)
13. \_\_\_\_\_ has a sour taste. (sugar, lemon)
14. Uncooked food is \_\_\_\_\_ (raw, dirty)
15. Cabbage and Kales are \_\_\_\_\_  
(grains, vegetables)

16. A \_\_\_\_\_ is a personal item. (towel, book)
17. Dirty feet keep \_\_\_\_\_ (jiggers, lice)
18. We eat \_\_\_\_\_ of the spinach. (leaves, fruits)
19. We boil water to kill \_\_\_\_\_ (air, germs)
20. We should clean our bodies every \_\_\_\_\_  
(day, week)
21. \_\_\_\_\_ is the main source of light.  
(moon, sun)
22. Food eaten in the morning is called \_\_\_\_\_  
(breakfast, lunch)
23. \_\_\_\_\_ is not good for our teeth.  
(water, sweets)
24. A latrine lid helps to keep off \_\_\_\_\_ (flies, lice)
25. Dirty toilets may spread \_\_\_\_\_  
(diseases, faeces)
26. We should not share \_\_\_\_\_  
(handkerchiefs, classrooms)
27. We use \_\_\_\_\_ to keep our hair neat.  
(comb, socks)

Write True or False

28. We use socks to clean our nose. \_\_\_\_\_
29. A comb is not a personal item. \_\_\_\_\_
30. We should not share a towel. \_\_\_\_\_