

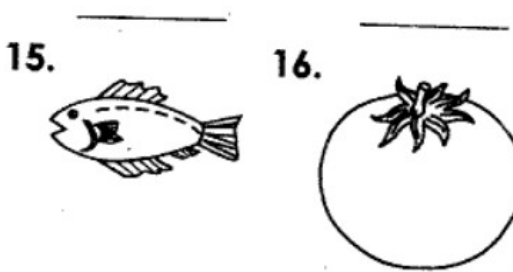
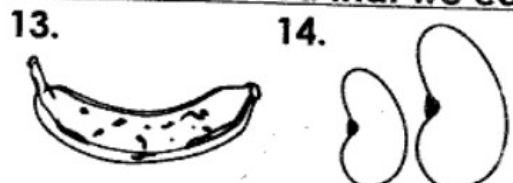
**COMPETENCY BASED CURRICULUM  
GRADE ONE MID TERM 2 2018  
HYGIENE AND NUTRITION ACTIVITIES**

NAME ..... SCHOOL ..... Date: .....

**Fill in the missing letters to get the health habits.**

1. Exerc\_\_se
2. B\_\_thing
3. Healthy f\_\_ds
4. Dr\_\_nk\_\_ng safe water
5. Adequate sl\_\_ \_ p
6. H\_\_nd washing
7. \_\_\_\_foods keep diseases away.  
**(Healthy, Bad)**
8. \_\_\_\_water is safe for drinking.  
**(Boiled, Clear)**
9. We should wash our hands \_\_\_\_visiting the toilet.  
**(before, after)**
10. We wash our hands \_\_\_\_ eating.  
**(before, after)**
11. \_\_\_\_food is not good for our healthy.  
**(Sugary, Healthy)**
12. You should bathe \_\_\_\_  
**(daily, weekly)**

**Name these food that we eat.**



18. A small baby has \_\_\_\_teeth.  
**(0, 5)**
19. First teeth to grow in a baby are called \_\_\_\_teeth.  
**(milk, white)**
20. When we fall sick we go to the \_\_\_\_  
**(church, hospital)**
21. We should not share \_\_\_\_  
**(clothes, medicine)**
22. We get a \_\_\_\_in the hospital.  
**(doctor, teacher)**

23. We take a bath in the \_\_\_\_\_  
(bathroom, bedroom)

Fill in the missing letters to get materials used to clean parts of the body.

24. T \_ w \_ l

25. T \_ \_ \_ th br \_ \_ sh

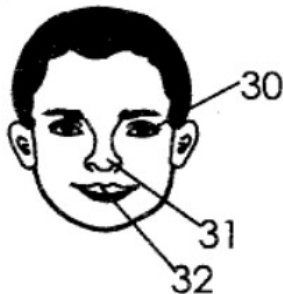
26. B \_ th \_ ng sp \_ ng \_

27. Tooth p \_ \_ \_ \_ \_

28. w \_ \_ ter

29. S \_ \_ \_ p

Name these parts on the face.



30. \_\_\_\_\_ 31. \_\_\_\_\_

32. \_\_\_\_\_

33. These are \_\_\_\_\_  
(legs, hands)

Write two things that you use to clean your hair.

34. \_\_\_\_\_

35. \_\_\_\_\_

36. We wipe of feet with a \_\_\_\_\_  
(towel, paper)

37. We scrub our feet with \_\_\_\_\_  
a \_\_\_\_\_  
(plate, stone)

Draw a line to match the pictures to its name.

38.  body oil

39.  soap

40.  water

41.  piece of cloth

42. We comb our hair with a \_\_\_\_\_  
(comb, spoon)

Draw

43. 

soap

44. 

towel

Write three things we use to clean our teeth.

45. \_\_\_\_\_ 46. \_\_\_\_\_

47. \_\_\_\_\_

48. We clean our nose with  
a \_\_\_\_\_  
(towel, handkerchief)

49. We wash our hands with  
\_\_\_\_\_ and water.  
(oil, soap)

50. We should keep our nails \_\_\_\_\_  
(long, short)