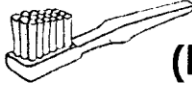


GRADE ONE

HYGIENE AND NUTRITION ACTIVITIES



NAME:	
SCHOOL:	

1.  This is a _____.
(leg, toothbrush, comb)

2. We clean our body _____
eating. (before, daily, weekly)

3. We wash hands _____ eating.
(before, daily, after)

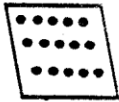
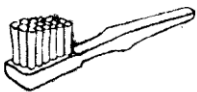
Name the pictures.

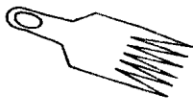
4.  5. 

6. After toilet we wipe ourselves with
a _____. (paper, leaves, tissue)

7. We sleep on a _____.
(tree, table, bed)

Name personal items.

8.  9. 

10. 

11. I hear with my _____.

Draw and colour.

12. Towel	13. Soap

14. We help ourselves in the _____.
(toilet, bush, outside)

15. Eating sweets spoil our _____.
(nose, teeth, ear)

16. My teeth are _____ in colour.
(red, white, blue)



17. We should brush our teeth _____
every meal. (before, after)

18. Food makes our bodies _____.
(sick, strong, weak)

19. We should _____ water before
drinking. (filter, boil, cool)

20. We clean our nose using a _____.
(paper, leaves, handkerchief)

Name the pictures.

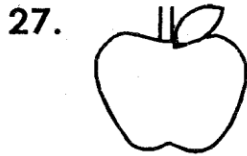
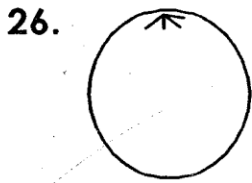
21.  22. 

23. We bathe with water and _____.
(brush, comb, soap)

24. Fingernails should always be kept _____. (long, short, dirty)

25. We should keep ____ out of children.
(food, water, medicine)

Name the fruits.



29. We eat food _____ times in a day. (2, 4, 3)

Name 2 fruits we eat.

30. _____

31. _____

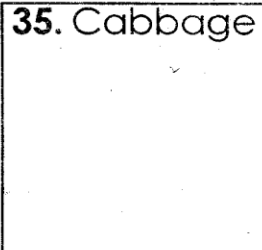
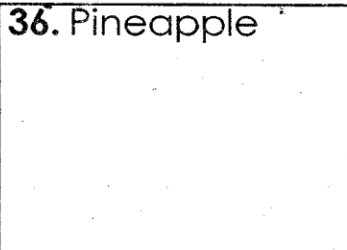
Match the fruit with its colour.

32. Banana green

33. Apple yellow

34. Avocado red

Read and draw.

35. Cabbage	36. Pineapple
	

37. Banana

38. A rotten eggs smell _____.
(good, bad, nice)

39. Grapes are _____ in colour.
(red, purple, blue)

40. We have ____ senses. (2, 4, 5)

Draw and colour.

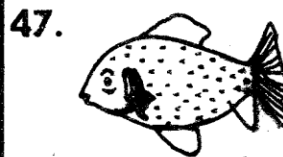
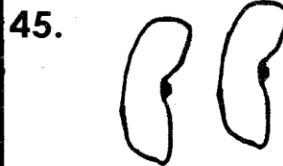
41. Fish

42. Egg

43. Mango

44. Orange

Name the foods we eat.



(cabbage, beans, fish, sweetpotato, fish)

Match.

49. Tongue to see

50. Eyes to taste