


# COMPETENCY BASED CURRICULUM EXAM

## 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)

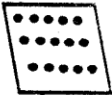

Name the pictures.

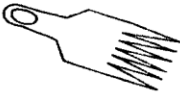
4.  5.   
\_\_\_\_\_

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
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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.   
\_\_\_\_\_

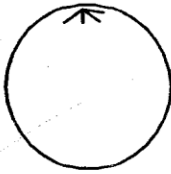
23. We bathe with water and \_\_\_\_\_.  
(brush, comb, soap)

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

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

**Name the fruits.**

26.



27.



28.



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

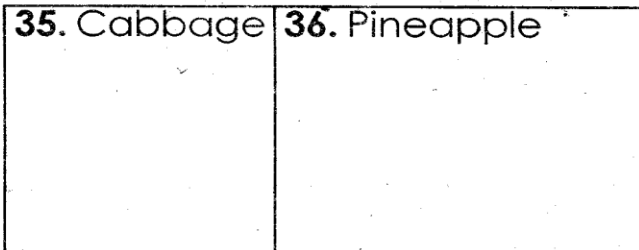
33. Apple                        yellow

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.**

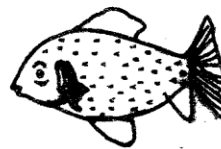
45.



46.



47.



48.



(cabbage, beans, fish,  
sweetpotato, fish)

**Match.**

49. Tongue to                      see

50. Eyes to                        taste