# 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.**

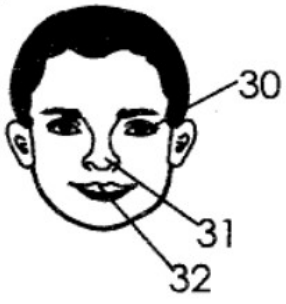
13.
    _____
14.
    _____
15.
    _____
16.
    _____
17.
    _____
18. A small baby has_____teeth.
    **(0, 5)**
19. First teeth to grow in a baby are called_____teeth.
    **(milk, white)**
20. When we fall sick we go to the_____
    **(church, hospital)**
21. We should not share_____
    **(clothes, 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)**