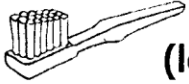


# COMPETENCY BASED CURRICULUM EXAM

## **GRADE ONE**

### **HYGIENE AND NUTRITION ACTIVITIES**



<b>NAME:</b>	
<b>SCHOOL:</b>	

1.  This is a \_\_\_\_\_.  
(leg, toothbrush, comb)

2. We clean our body \_\_\_\_\_  
eating. (**before, daily, weekly**)

3. We wash hands \_\_\_\_\_ eating.  
(**before, daily, after**)

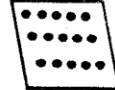
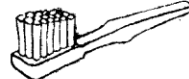
Name the pictures.

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. 

(toothbrush, comb, **handkerchief**)

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. 

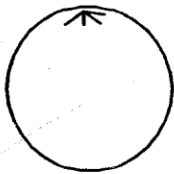
23. We bathe with water and \_\_\_\_\_.  
(brush, comb, soap)

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

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

Name the fruits.

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

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37. Banana

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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

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43. Mango

44. Orange

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Name the foods we eat.

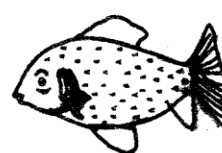
45.



46.



47.



48.



(cabbage, beans, fish, sweetpotato, fish)

Match.

49. Tongue to see

50. Eyes to taste