

STANDARD FOUR MID TERM 1 EXAMS-2019

HYGIENE AND NUTRITION

NAME

SCHOOL

1. I rest when I sleep
(sleep, run, Jump)

Name the following healthy foods.

2.



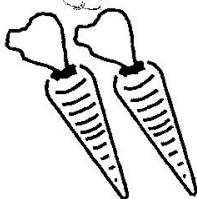
egg

3.



banana

4.



carrots

5.



fish

(Carrots, banana, fish, egg)

6. I cut my nails using a _____
(knife, nail cutter, saw)

7. Sick people take _____
(water, porridge, medicine)

8. A _____ treats sick people
(drive, doctor, pilot)

9. We should drink _____ water
(hot, clean, dirty)

Name these pictures

10.



comb

11.



toothbrush

12.



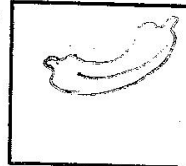
handkerchief

(handkerchief, toothbrush, comb)

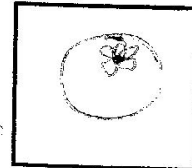
13. We cook food before eating.
(food, fruits, water)

Draw 3 fruits we eat.

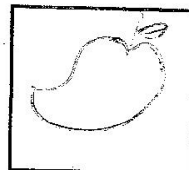
14.



15.



16.



17. A newborn baby has no teeth.
(two, no, four)

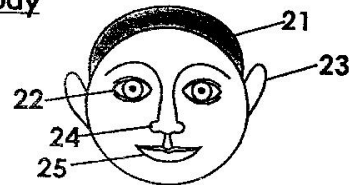
18. We clean our teeth using _____
(towels, toothbrushes, mops)

19. Sleeping at night is _____
(healthy, not healthy, bad)

20. Omondi is very hungry. What can he do? _____

(drink water, eat food, sleep)

Name the following parts of the body



21. hair

22. eye

23. ear

24. nose

25. mouth