

# GRADE TWO MID TERM 1 EXAMS-2019

## HYGIENE AND NUTRITION

NAME .....SCHOOL .....

Write "healthy" or "unhealthy"

1. Brushing our teeth after meals.  
\_\_\_\_\_
  2. Eating too much biscuits \_\_\_\_\_
  3. Sharing face towels \_\_\_\_\_
  4. Water can be made safe for drinking by \_\_\_\_\_  
(filtering, boiling, storing)
  5. When we are sick, we should take \_\_\_\_\_  
(water, porridge, medicine)
  6. Sharing medicine is \_\_\_\_\_  
(safe, healthy, unhealthy)
  7. Medicine made of liquids are called \_\_\_\_\_  
(capsules, tablets, syrups)
- Match the body part with the Item used to clean it.
- |           |              |
|-----------|--------------|
| 8. Foot   | Nail cutter  |
| 9. Nails  | Pumice stone |
| 10. Nose  | Tooth brush  |
| 11. Teeth | Handkerchief |
12. This is an example of a \_\_\_\_\_



(fruit, vegetable, grain)

13. We dry our hands with a towel \_\_\_\_\_ washing.  
(when, before, after)

Name three healthy habits.

14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_

Write true or false

17. Milk teeth must be removed.  
\_\_\_\_\_
18. We must close the door when in the toilet. \_\_\_\_\_
19. Beans can be eaten without cooking.  
\_\_\_\_\_
20. This is a \_\_\_\_\_



(capsule, tablet, syrup)

21. Kamamaa wants to clean their floor.  
He must use a \_\_\_\_\_  
(towel, handkerchief, mop)
22. Chicken give us \_\_\_\_\_  
(milk and eggs, meat and milk, eggs and meat)
23. After using the toilet we should \_\_\_\_\_  
(flush it, pour dirty water, open the door)
24. Barking of dogs shows that there is \_\_\_\_\_  
(peace, danger, rain)

25. Fruits should be \_\_\_\_\_ before eating. (washed, cooked, boiled)

26. Bees gives us \_\_\_\_\_ (milk, honey, meat)

27. Waste food should be put \_\_\_\_\_ (Under the table, on the flour, in the dustbin)

28. Mostly we take \_\_\_\_\_ for breakfast. (water, tea, fish)

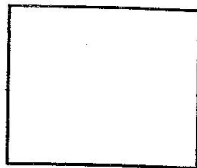
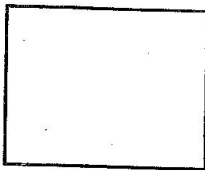
29. \_\_\_\_\_ fruits are not good for our health. (Yellow, Unripe, Ripe)

30. \_\_\_\_\_ foods make our teeth strong. (Sugar, Sweet, Hard)

Draw the following items

31. Comb

32. Broom



33. Tooth brush



34. Medicines are sold in the \_\_\_\_\_ (chemist, market, butchery)

Write two things you need to remove milk teeth.

35. \_\_\_\_\_

36. \_\_\_\_\_

37. It is bad behaviour to \_\_\_\_\_ (talk after eating, talk when eating, talk before eating)

38. We brush our teeth using \_\_\_\_\_ (soap, toothpaste, oil)

39. Amina does not have a towel. She can \_\_\_\_\_ (borrow, buy, stay)

40. \_\_\_\_\_ teeth smells bad. (Clean, Dirty, White)

41. The type of food can be known by its \_\_\_\_\_ (source, taste, sound)

42. Circle the food that is unhealthy for our teeth.

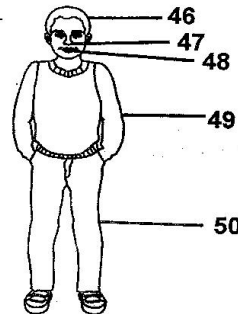


43. \_\_\_\_\_ is a way of doing an exercise. (Sleeping, Eating, Skipping)

44. Baby Sam was born yesterday. He has \_\_\_\_\_ teeth. (4, 2, 0)

45. Atieno cleans her handkerchief using clean, warm \_\_\_\_\_ water. (salty, dirty, clear)

Name the following parts of the body.



46. \_\_\_\_\_

47. \_\_\_\_\_

48. \_\_\_\_\_

49. \_\_\_\_\_

50. \_\_\_\_\_