

# GRADE TWO MID TERM 1 EXAMS-2019

## HYGIENE AND NUTRITION

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

Write "healthy" or "unhealthy"

1. Brushing our teeth after meals.

healthy

2. Eating too much biscuits unhealthy

3. Sharing face towels unhealthy

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. brushing the teeth

15. Washing hands

16. Exercise

Write true or false

17. Milk teeth must be removed.

True

18. We must close the door when in the toilet. True

19. Beans can be eaten without cooking.

False

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 floor, in the dustbin)

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

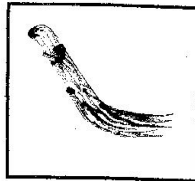
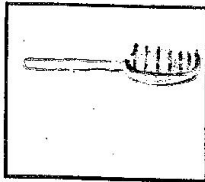
29. \_\_\_\_\_ fruits are not good for our health. (Yellow, Unripe, Ripe)

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

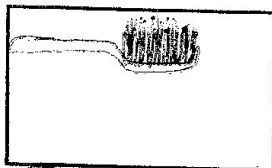
Draw the following items

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)

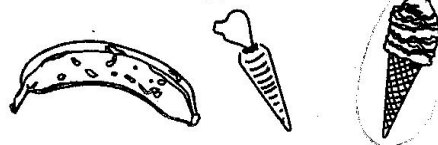
38. We brush our teeth using \_\_\_\_\_ (soap, toothpaste, oil)

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.

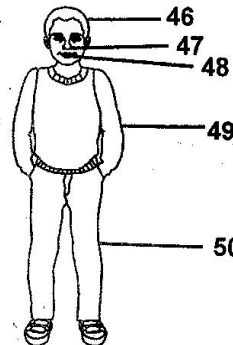


43. \_\_\_\_\_ is a way of doing an exercise. (Sleeping, Eating, Skiping)

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. head

47. nose

48. Mouth

49. elbow

50. knee

