NAME: .... SCHOOL: ....

1. Cleaning different parts of our body is called _____.
(bad habit, personal hygiene)

2. Draw, name and colour 5 items used for cleaning our body. (10mks)

3. To clean our teeth we need. (3mks)

_____

_____

_____

4. We can use a chewed stick in place of _____.

Fill in with the correct answer. (4mks)

5. I eat food so as to stay _____.

6. We eat food to get _____ to work.

7. We eat food daily so as to _____ healthy.

8. Eating food everyday prevents _____.

energy, grow, healthy, illness

9. **Tick good behaviour during meal time. (5mks)**

Licking fingers	
Serving enough food	
Chew food with mouth closed	
Eating food too fast	
Clear the table after meals	

10. **Name two fruits according to colour.**

Green	Yellow	Red
1.	1.	1.
2.	2.	2.

11. <u>Group the food below.</u> **(8mks)**

sweet, milk, carrots, biscuits, spinach, chocolate, apple, cake

Food for strong teeth	Food for bad teeth
1.	1.
2.	2.
3.	3.
4.	4.

12. <u>Write true or false.</u> **(4mks)**

Personal items should be shared
_____.

We clean our nose using a towel
_____.

We should keep our nails short and clean _____

Dirt in our ears is known as wax
_____

13. <u>Name three foods from animals</u>
<u>(3mks)</u>

_____

_____

_____

14. <u>Match the following materials</u>
<u>and where they clean.</u> **(5mks)**
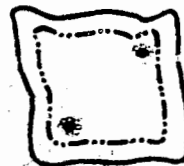
15. We should wash our hands
_____ visiting the toilet. **(1mk)**
(before, after)

16. Fruits should be _____
before eating.   **(1mk)**
(cut, washed)