

# HYGIENE AND NUTRITION - CBC GRADE 3 TERM 1 EXAMS 2023

## QUESTIONS

1. A \_\_\_\_\_ is a personal item (toothpaste, towel, textbook)
2. We can clean a \_\_\_\_\_ using warm salty water. (toothbrush, hairbrush, handkerchief)
3. Personal items should not be shared so that we don't spread or get \_\_\_\_ (them, germs, clean)
4. Name three healthy habits.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Regular foods help one to have a good \_\_\_\_\_ (body, name, health)
6. When do we brush our teeth?  
\_\_\_\_\_  
\_\_\_\_\_
7. Lack of food causes \_\_\_\_\_ in our bodies.
8. When our feet are dirty and we do not wear shoes we get \_\_\_\_\_.
9. Name two foods that can cause teeth cavities.  
\_\_\_\_\_  
\_\_\_\_\_

## **Match the given foods to their tastes.**

7. Salt sweet
8. Lemon bitter
9. Honey salty
10. Ginger sour
11. We eat the seeds of \_\_\_\_\_ (sugarcane, cabbages, maize)
12. \_\_\_\_\_ of sukumawiki are eaten as food. (Stems, Fruits, Leaves)
13. \_\_\_\_\_ can be eaten as a snack. (Potatoes, Popcorns, Porridge)
14. Eating snacks between meals makes us \_\_\_\_\_ (weak, healthy, sleep)
15. For good health, we should take \_\_\_\_\_ meals a day. (four, two, three)
16. It is good to eat \_\_\_\_\_ food. (more, enough, little)
17. Breakfast is the food eaten in the \_\_\_\_\_ (morning, afternoon, evening)
18. What table manner is this? \_\_\_\_\_



1. Match these foods with what they give us.



energy giving



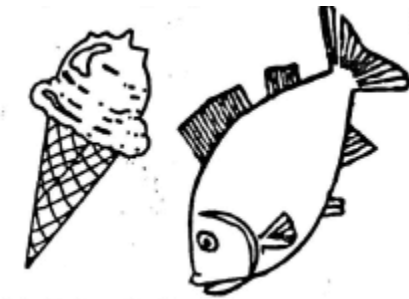
help us to grow



protective food

2. Food from the three groups make us \_\_\_\_\_(weak, ill, healthy)

3. Write one food that you like. \_\_\_\_\_



19. When we eat too much, food we can \_\_\_\_\_ (faint, vomit, cough)

20. Dental floss can be used to clean between our \_\_\_\_\_ (eyes, teeth, ears)

21. Water used for rinsing school uniform can again be used for \_\_\_\_\_ (mopping, cooking, drinking)

22. A \_\_\_\_\_ is likely to be found in the bedroom. (pillow, bicycle, tree)

23. Second hand smoke is dangerous because it affects our \_\_\_\_\_ (lungs, teeth, mouths)

24. The equipment below is likely to be found in the \_\_\_\_\_ (kitchen, bedroom, bathroom)

