

# KENYAN EDUCATORS CONSULTANCY EXAMS COMPETENCE BASED ASSESSMENT GRADE 3 YEAR 2023 (MONITORING LEARNERS PROGRESS)

## HYGIENE AND NUTRITION ACTIVITIES

**TIME:**

SCHOOL NAME .....

No. of questions correct			
Performance level			

**ANSWER ALL QUESTIONS IN THE SPACES PROVIDED**


- We should brush our teeth after every \_\_\_\_\_ (tea, meal)
- Taking sweet can make our teeth to? \_\_\_\_\_ (decay, smell good)
- \_\_\_\_\_ is a healthy habit? (urinating in bed, eating balance diet)
- We should visit the dentist when we have a problem with our? \_\_\_\_\_ (eyes, teeth)
- We sleep at night in order to \_\_\_\_\_ (dream, rest)
- We take medicine when we are? \_\_\_\_\_ (healthy, sick)
- How many meals do we take in a day? \_\_\_\_\_ (2, 3)
- We go to the hospital when we are \_\_\_\_\_ (hungry, sick)

Name the following parts of the body



9. \_\_\_\_\_

10.  \_\_\_\_\_

11.  \_\_\_\_\_  
(ear, teeth, leg)

12. Wounds found in the mouth are called? \_\_\_\_\_ (mouth sores, wounds)

13. Name the item below



14. We use \_\_\_\_\_ to clean our house.  
(duster, broom)

15. What type of dirt will be on a plate that had chicken soup? \_\_\_\_\_  
(oily stain, starchy stain)

16. Draw a picture of yourself cleaning a plate with an improvised material.

Syrup	tablets	ointment
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17. We should keep medicine a way from \_\_\_\_\_



19.



20.

21. We keep our body fit by \_\_\_\_\_

insects, children) Name the following items



18. \_\_\_\_\_

\_\_\_\_\_ (Exercising, eating)

22. We can get diseases if we drink

\_\_\_\_\_ water. (dirty, clean)

23. We do not get \_\_\_\_\_ when we drink safe water. (thirsty, illness)

24. We can improvise \_\_\_\_\_ to make toothbrush. (plastic, stick)