

(MONITORING LEARNERS PROGRESS)

**HYGIENE AND NUTRITION ACTIVITIES**

**TIME:**

NAME:

\_\_\_\_\_ (sick, healthy)

**Name 2 things that are used to wash utensils.**

1. Food eaten early in the morning is called \_\_\_\_\_ (supper, breakfast)

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

—

2. We eat food to \_\_\_\_\_

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

—

**(grow big, become weak)**

11. Using water that had been used before is

3. \_\_\_\_\_ is a bad oral habit.

called? \_\_\_\_\_

**(brushing teeth, sucking fingers)**

**(Re-using, contaminated)**

**Name 3 rooms found in a house**

**Name 3 personal items**

4. \_\_\_\_\_

12. \_\_\_\_\_

5. \_\_\_\_\_

13. \_\_\_\_\_

6. \_\_\_\_\_

14. \_\_\_\_\_

7. The smoke that someone breathes in from other people is called?

15. Foods eaten between meals are called

\_\_\_\_\_ (snacks, lunch)

\_\_\_\_\_

**(cigarette, second hand smoke)**

**3 foods that taste sweet are**

8. Contaminated water can make us

16. \_\_\_\_\_

17. \_\_\_\_\_

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

19. We use \_\_\_\_\_ to  
clean our nose. **(Handkerchief, towel)**

**Foods we get from animals are**

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. Eating too much food can make us  
\_\_\_\_\_ **(healthy, vomit)**

24. \_\_\_\_\_ is a body building  
food. **(Orange, meat)**

25. We should always \_\_\_\_\_ our hands before handling foods.  
**(wash, sprinkle)**

**Name 4 items in the kitchen**

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_ is a substance that  
people smoke **(tea, cigarettes)**

**Match the meal with the time it is taken**

31.	Breakfast	Night
32.	Lunch	Morning
33.	Supper	Mid-day