

GRADE ONE MID TERM 1 EXAMS-2019

HYGIENE AND NUTRITION

NAME SCHOOL

1. I rest when I _____
(sleep, run, Jump)

Name the following healthy foods.

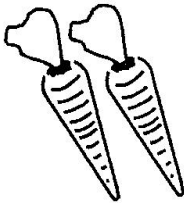
2.



3.



4.



5.



(Carrots, banana, fish, egg)

6. I cut my nails using a _____
(knife, nail cutter, saw)

7. Sick people take _____
(water, porridge, medicine)

8. A _____ treats sick people
(drive, doctor, pilot)

9. We should drink _____ water
(hot, clean, dirty)

Name these pictures

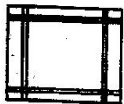
10.



11.



12.

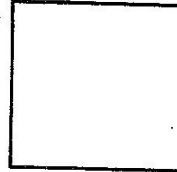


(handkerchief, toothbrush, comb)

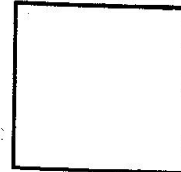
13. We cook _____ before eating.
(food, fruits, water)

Draw 3 fruits we eat.

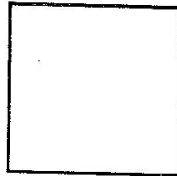
14.



15.



16.



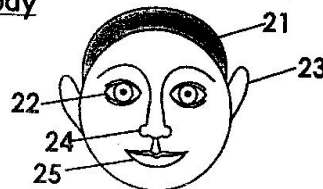
17. A newborn baby has _____ teeth.
(two, no, four)

18. We clean our teeth using _____
(towels, toothbrushes, mops)

19. Sleeping at night is _____
(healthy, not healthy, bad)

20. Omondi is very hungry. What can he
do? _____
(drink water, eat food, sleep)

Name the following parts of the
body



21. _____

22. _____

23. _____

24. _____

25. _____

