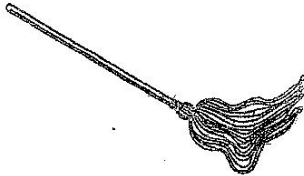


# GRADE 3 MID TERM 1 EXAMS-2019

## HYGIENE ACTIVITIES

NAME ..... SCHOOL .....

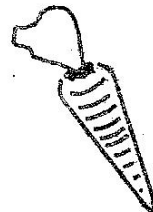
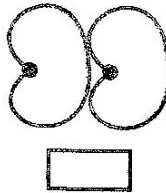
1. We eat during \_\_\_\_\_  
(bedtime, meal time, cooking time)
  2. Serving more food than you can finish is \_\_\_\_\_ (nice, bad, good)
  3. Playing near sockets can cause \_\_\_\_\_  
(chock, shock, scald)
  4. \_\_\_\_\_ takes care of our eyes.  
(A dentist, A nurse, An optician)
- Write down three healthy activities you do every day.
5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
8. I am a place in the house. Foods are prepared in me. I am a \_\_\_\_\_  
(living room, kitchen, dining area)
9. This item can be used to clean our \_\_\_\_\_



(windows, teeth, floor)

10. Before going to bed at night, we eat our \_\_\_\_\_  
(supper, lunch, breakfast)  
State whether healthy or unhealthy.
11. Eating sugarcane. \_\_\_\_\_
  12. Sharing toothbrushes. \_\_\_\_\_
  13. Drinking milk. \_\_\_\_\_
  14. We should bath \_\_\_\_\_  
(every time, weekly, daily)
  15. A \_\_\_\_\_ cannot be used to clean the floor (mop, broom, stick)

16. Kachafu likes urinating in a river near their home. The river water is \_\_\_\_\_  
(cleaned, contaminated, finished)
17. We use our \_\_\_\_\_ to clean our nose. (toothbrushes, handkerchiefs, toothpaste)  
Name one item found in the:
18. Kitchen \_\_\_\_\_
  19. Bedroom \_\_\_\_\_
  20. Sitting room \_\_\_\_\_
  21. Those who smoke can become \_\_\_\_\_  
(strong, burnt, sick)
  22. \_\_\_\_\_ is a dangerous chemical.  
(Salt, Juice, Petrol)
  23. Tick the one that can be eaten raw.



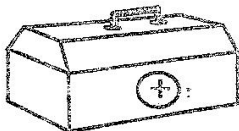
Write true or false.

24. We can use a chewed stick in place of toothpaste. \_\_\_\_\_
25. When we lose our handkerchiefs, we must buy new ones \_\_\_\_\_
26. Warm soapy water can be used to clean our teeth. \_\_\_\_\_
27. \_\_\_\_\_ has a sour taste.  
(Sugarcane, Lemon, Banana)
28. Steelwool can be used to clean \_\_\_\_\_  
(utensils, floors, faces)
29. Sammy and Mike like sharing a comb.

They are likely to suffer from \_\_\_\_\_ (headache, stomachache, ringworms)

Name the diagram drawn below.

30.



(A box, A tool box, A first aid kit)

31. After fetching water from a tap, we should \_\_\_\_\_ it.

(boil, clean, close)

32. Arieno wants to clean a plate from which she ate fatty meat. She should use clean, warm \_\_\_\_\_

water. (salty, clear, soapy)

33. \_\_\_\_\_ can be shared.

(Bed, Towel, Combs)

34. Eating too much chocolate is \_\_\_\_\_ to our teeth.

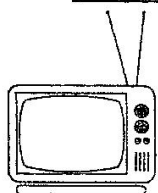
(better, harmful, not bad)

35. Maimuna is watering flowers with the water she used to wash fruits. She is \_\_\_\_\_ the water.

(wasting, spoiling, reusing)

36. Sukumawiki are \_\_\_\_\_ of a plant. (seeds, leaves, stems)

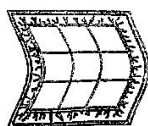
37. The item drawn below is mostly found in our \_\_\_\_\_



(sitting rooms, kitchens, farms)

38. Gilbert wants to clean his tongue.

Tick the item he needs.



39. Drinking water should be \_\_\_\_\_ before drinking.

(filtered, boiled, cooked)

40. To keep away cockroaches from her house, Kadogo should keep the house \_\_\_\_\_ (dry, dark, clean)

41. Sugarcane \_\_\_\_\_ are used as food. (roots, leaves, stems)

42. When people smoke near us we can get \_\_\_\_\_

(appetite, diseases, smoky)

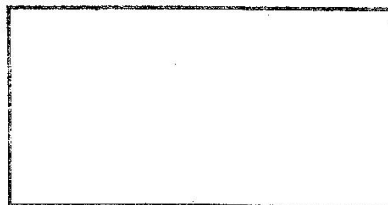
43. Blankets, mattresses and pillows are found in the \_\_\_\_\_

(bedroom, kitchen, sitting room)

44. We get both milk and meat from a \_\_\_\_\_ (pig, goat, chicken)

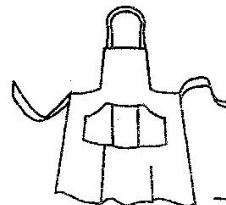
45. My \_\_\_\_\_ can use a urinal. (brother, sister, mother)

46. Draw a plate



47. Tea, bread and eggs are mostly eaten \_\_\_\_\_ (at night, in the morning, in the afternoon)

48. Name the item drawn below.



(Cap, Apron, Overall)

Write "healthy" or "unhealthy"

49. Cleaning hands after visiting the toilet. \_\_\_\_\_

50. Putting food in your pocket as you go to school. \_\_\_\_\_