

# GRADE 1 MID TERM 2 EXAM 2019


## HYGIENE & NUTRITION ACTIVITIES

1. Washing our hands after using the toilet is \_\_\_\_\_  
(bad, good, dangerous)


2. Dirty hands may contain \_\_\_\_\_  
(lice, germs, bedbugs)

3. Too much salt in our food is \_\_\_\_\_  
(harmful, healthy, nice)

4. Playing is one way of \_\_\_\_\_  
(relaxing, resting, exercising)

5. The children drawn below are  
  
 (sleeping, exercising, eating)

6. \_\_\_\_\_ water kills germs that may be present.  
(Cooling, Filtering, Boiling)

7. Tick the one we use for bathing.  


Use "Bad" or "Good" to fill the blanks


8. Sleeping the whole day. \_\_\_\_\_

9. Taking a rest. \_\_\_\_\_

10. Taking too much sugar. \_\_\_\_\_

11. Playing without resting. \_\_\_\_\_


12. My classmate has \_\_\_\_\_ teeth.  
(permanent, milk, baby)

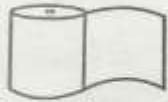
13. Below is Kanyau's mouth. He lost his first teeth through \_\_\_\_\_  
  
 (shedding, brushing, eating)


14. Before touching other people's blood, we should put on \_\_\_\_\_  
(socks, goggles, gloves)


15. Always wash your \_\_\_\_\_ before handling medicine.  
(utensils, hands, mouth)


Match the hygiene item with its name.

16.  Handkerchief

17.  Toothpaste

18.  Toothbrush

19.  Shoe brush

20.  Toilet roll

Match the hygiene item with where it cleans

21. Cotton ear buds                      Nails

22. Pumice stone                          Teeth

23. Nail cutter                              Face

24. Toothpaste                                Ears

25. Face towel                                Feet