

GRADE 3 MID TERM 2 EXAM 2019

HYGIENE & NUTRITION ACTIVITIES

NAME SCHOOL


1. Good sitting posture is a _____ habit. (poor, good, bad)

2. Drinking water from a pool is a _____ habit. (good, bad, healthy)


3. Jiggers can attack dirty _____ (eyes, hair, toes)

4. Dentists use _____ to line up our teeth. (tooth brushes, teeth braces, dental floss)

5. Tick the one we use to clean our classrooms.



6. After sweeping our floor, we put litter in the _____ (dust coat, dust bin, broom)

7. This is a _____  (spoon, mop, dustpan)

Write down three foods which leave greasy dirt on utensils.

8. _____

9. _____

10. _____

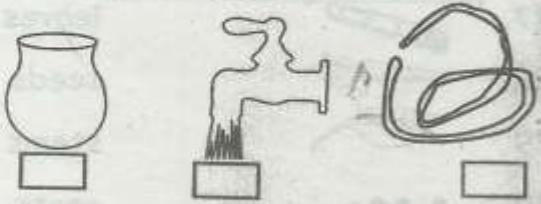
11. Naomi does not have steel wool. she can clean her sufuria using _____ instead. (egg shells, sand, sisal fibre)

12. _____ are medicines for external use. (Capsules, Syrups, Ointments)

13. _____ is the amount of medicine taken in a day or a week. (Dosage, Prescription, Panadol)

14. Bathing in a river makes the water _____ (contaminated, clear, safe)

15. Tick the item best for storing water at home.



16. A _____ is a source of water. (tap, bottle, spring)

17. A _____ can be used to make a kitchen garden. (sack, bottle, plate)

18. A dirty latrine attracts _____ (people, butterflies, houseflies)

19. Mwajuma can use _____ to clean their latrine. (ash, charcoal, egg shells)

20. We wear _____ on our hands when cleaning our toilets. (socks, watches, gloves)

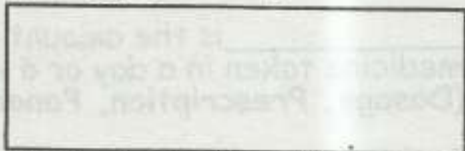
21. A _____ is a bedding material
(duvet, bedroom, bedbug)

22. Jandawa is a cigarette smoker.
His teeth are likely to be _____.
(white, stained, black)

23. Soap leftovers can be used to
make _____.
(soap gel, soap dish, detergents)

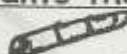
24. Personal items get _____ after
use.
(clean, soft, dirty)

25. Draw an animal from which we
get eggs.



26. Contaminated food can cause
_____.
(hygiene, headache, cholera)

Match the foods to the parts of
plants they come from

27.  leaves

28.  seeds

29.  stems

30.  roots

31. A swelling under the skin as a
result of a hit is called a _____.
(graze, bump, bruise)

32. Korir accidentally rubbed his
elbow against a wall. He is likely to
suffer a _____.
(prick, scald, graze)

Name three items that can
cause pricks.

33. _____

34. _____

35. _____

Write True or False

36. Everybody likes all types of
food. _____

37. A lemon is salty in taste. _____

38. Eggs can be boiled or fried. _____

39. We get milk and meat from sheep.

40. Fruit juice is drunk but not
eaten. _____

41. Circle the food you buy from a
grocery.

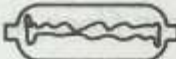



42. Overloading sockets may lead
to _____.
(chocking, electrocution, lightning)

43. People who can not hear are
_____.
(deaf, dumb, blind)

44. Juda is not a clean boy. He passes
urine in the _____.
(urinal, latrine, classroom)

Match the first aid items with
their names


45.  Bandage

46.  Antiseptic

47.  Razorblade

48.  Safety pin

49.  Scissors

50.  Pain killers