

# GRADE 3 MID TERM 3 EXAM 2019

## HYGIENE AND NUTRITION

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

1. When I \_\_\_\_\_ my body will relax. (1mk)  
**(read, play, sleep)**
2. After bathing I dry my body with a \_\_\_\_\_ (1mk)  
**(handkerchief, tissue, towel)**
3. I \_\_\_\_\_ my hands after visiting the toilet. (1mk)  
**(cut, dry, wash)**
4. I should drink \_\_\_\_\_ water. (boiled, dirty, coloured) (1mk)
5. **Name two fruits (2mks)**  
(a) \_\_\_\_\_  
(b) \_\_\_\_\_
6. **State two problems related to teeth. (2mks)**  
(a) \_\_\_\_\_  
(b) \_\_\_\_\_
7. **Draw and colour a toothbrush. (2mks)**

8. **List four personal items(4mks)**  
(a) \_\_\_\_\_  
(b) \_\_\_\_\_  
(c) \_\_\_\_\_  
(d) \_\_\_\_\_
9. We wash our toilets and latrines to keep away \_\_\_\_\_ (1mk)  
**(flies, dust, leaves)**
10. Urinals are used by \_\_\_\_\_ and \_\_\_\_\_. (2mks)  
**(boys, women, men, girls)**
11. **Draw and name two materials for cleaning a toilet. (4mks)**  
(a) \_\_\_\_\_ (b) \_\_\_\_\_
12. Write good or bad. (5mks)  
(a) Eating in the toilet is \_\_\_\_\_  
(b) Knocking the toilet before entering is \_\_\_\_\_  
(c) Touching toilet walls is \_\_\_\_\_

- (d) Flushing the toilet after use is \_\_\_\_\_
- (e) Washing hands after using the toilet is \_\_\_\_\_

13. **Draw and name a thorny plant (2mks)**

14. **Name three foods which can be eaten raw. (3mks)**

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_

15. **Name two poisonous plants (2mks)**

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_

16. **Bed wetting is \_\_\_\_\_ on the bed while sleeping. (1mk)**  
**(urinating, crying, dreaming)**

17. **Give two reasons why we bed wet. (2mks)**

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_

18. **Draw and name two bedding materials (4mks)**

- (a) \_\_\_\_\_ (b) \_\_\_\_\_

19. **What should we do after wetting the bed? (3mks)**

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_

20. **Draw and colour three utensils (6mks)**

- (a) \_\_\_\_\_ (b) \_\_\_\_\_

(c) \_\_\_\_\_

21. \_\_\_\_\_ is a type of medicine. (1mk)  
**(Table, Water, Tablet)**

<b>Total marks = 50</b>			
Areas covered: - Covering work of the previous term.			
Assessment rubric			
Exceeds Expectations (50)	Meets Expectations (25 - 49)	Approaches Expectations (11 - 24)	Below Expectations (0 - 10)

