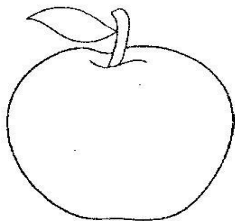

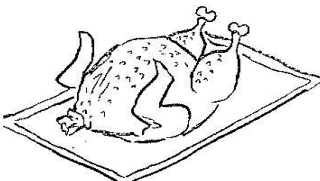


HOME SCIENCE & PHYSICAL HEALTH EDUCATION

SECTION A: HOME SCIENCE

1. **Break fast** is usually eaten in the _____.
2. We eat different foods to become _____.
(sick, health, happy)
3. Beans, peas, green grams are foods from _____.
(cereals, legumes, animals)
4. We should always observe _____ when playing.
(safety, books, teachers)
5. When children take turns in playing, they should practise _____
(courage, patience, fear)
6. A carton and bottle tops can be used to make a _____ for playing.

Write the name of the following healthy foods.

7.  _____	8.  _____	9.  _____
--	---	--

10. After working for the whole day, we should _____. (sleep, rest, eat)
11. We should wash our hands with water and _____ after visiting the toilet.

Read and draw the following cleaning materials.

12. Brush 	13. Broom 	14. Bucket
---	---	--

15. Most shoes we wear are made of _____. (leather, water, metal)
16. When coughing, we should _____ our mouth with a clean piece of cloth. (tie, cover, sweep)

Write three uses of fuels at home.

17. _____

18. _____

19. _____

20. To avoid hands injuries, we use _____.

(gloves, masks, dust coat)

21. A _____ list is used for buying items.

(selling, price, school)

22. The most common liquid fuel used at our homes is _____.

(water, paraffin, air)

23. A cavity is a _____ on the tooth.

24. Money given back after you buy something from the shop is called

_____. **(balance, change, shopping)**

25. Green bananas is a good source of _____ foods.

(energy giving, body building, protective)

SECTION B.

Physical Health Education.

1. Athletes keep in their own _____ called lanes while running.

(spaces, tracks, lines)

2. When starting a race we wait for the gun _____.

(sound, shout, voice)

3. It is wrong to run _____ round the athletics tracks.

(clockwise, anticlockwise)

4. Beginning a race ahead of others is called _____ start.

(early, false, quick)

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Write three jump events in the field of athletics.

5. _____
6. _____
7. _____

Write three ball games.

8. _____
9. _____
10. _____
11. You land on _____ feet in long jump.
12. What kind of materials should be used in the triple jump pit?
_____ (hard, soft)
13. In netball, the ball must pass through the _____ for one to score.
(goals, ring)
14. Hitting someone with a ball in handball is a _____.
(score, foul)
15. Netball is almost the same as _____ ball.
(foot, basket)
16. We use the _____ pass in games like handball.
(overarm, throw)
17. There are _____ positions of winners in athletics.
(two, three, four)
18. A game is controlled by a _____.
(guard, prefect, referee)
19. All members of a team should be _____.
(disciplined, brave)
20. When passing the ball, we should aim our _____.
(teammate, opponent)