# GRADE THREE

**COMPETENCE BASED CURRICULUM HYGIENE AND NUTRITION ACTIVITIES TERM 1 EXAMS 2023**

|  |  |
| --- | --- |
| **NAME** |  |
| **SCHOOL** |  |
| **GRADE** |  |

## Answer all the questions

1. 7.

 has a sour taste. (Grapes, lemon, sugarcane)

1. We kill germs by

 water

. (Filtering, boiling, sieving)

1. An insect has

 pairs of legs. (6, 3, 8)

1. Mary is watering the flower bed using the water that she used to wash vegetables. She is

 the water. (Spoiling, reusing, wasting)

## Name three plants that we eat the leaves

5.

6.

1. Which one of the following can be eaten raw

(potatoes , kales, carrots )

1. The leaf drawn below is for a

 ( maize, sugarcane, bean)



1. The practice of keeping ones mouth clean is called

 (re gular brushing, oral hygiene, health )

11.

is good for our teeth and bones. (Carrots, milk, sweets)

12 .The name of the string used to remove food in between our teeth is called

(toothpick, dental floss, string)

1. Hard food makes our teeth

 (bi g, white, healthy)

1. I am an insect. I love staying in dirty utensils. Who am I?

 .(ho usefly, cockroach ,mosquito)

1. The equipment where utensils are dried after washing is called

 (bas in, sink, rack)

1. Foods that we eat in between main meals is called

 (br eak first, snack , supper)

1. Meat from a sheep is called

 (m utton, Pork, beef)

1. When we eat little food we become

 (over weight, underweight, tall)\_

19 .Things that rot such as plant leaves, fruit peelings and food leftovers can be used to make

 f or plants (manure, dustbin, waste)

**Write 5 personal items**

20.

21

**22.**

23.

24.

## Name the part of the plant we eat from the listed plants

**Plant**

**Part**

1. Beans
2. Tomatoes
3. Sugarcane

28 .Sweet potatoes

1. Spinach

(stems, leaves, fruits, seeds, roots, branch)

1. We eat during

 (coo king time, bedtime, meal time)

1. Touching sockets with wet hands can cause

 (s cald, shock, chock)

## Write healthy or unhealthy

1. Warm water and soap to clean our

teeth

1. Chewed stick to brush our teeth
2. Stacking a lot of food in the mouth
3. Washing hands before visiting the toilet
4. Eating sugarcane
5. 37.

 is a dangerous chemical that

should be kept away from the living room.(juice, petrol, salad oil)

1. When we urinate in rivers the water becomes

 (sa lty, contaminated, finished)

## Name 2 things used to clean the floor

39.

40.

## Write the name of the bedroom item correctly

41. teesh -

1. .People sharing the same comb are likely to suffer from

 (headach e, ringworms, pimples )

1. Clouds that bring rainfall are

in color.(white ,dark, blue,)

1. When light falls on a shiny surface it is

\_(absorbed, reflected)

1. Girls should not use a

 (uri nal, toilet, latrine)

## Pick 3 plants that can be found in a kitchen garden (coffee,

**sukuma wiki ,sisal ,arrowroots**

## ,onions, cactus ,spinach)

1. 46.
2. 47.
3. 48.
4. A takes care of our oral health. (Optician, dentist, nurse)
5. A spider has legs. (6, 4, 8)