**HYGIENE AND NUTRITION - CBC GRADE 3 TERM 1 EXAMS 2023**

**QUESTIONS**

1. A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a personal item (toothpaste, towel, textbook)
2. We can clean a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ using warm salty water. (toothbrush, hairbrush, handkerchief)
3. Personal items should not be shared so that we don't spread or get\_\_\_ (them, germs, clean)
4. Name three healthy habits.
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Regular foods help one to have a good \_\_\_\_\_\_\_\_\_\_\_\_ (body, name, health)
6. When do we brush our teeth?
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Lack of food causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in our bodies.
8. When our feet are dirty and we do not wear shoes we get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. Name two foods that can cause teeth cavities.
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Match the given foods to their tastes.**

1. Salt   sweet
2. Lemon   bitter
3. Honey   salty
4. Ginger   sour
5. We eat the seeds of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(sugarcane, cabbages, maize)
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of sukumawiki are eaten as food. (Stems, Fruits, Leaves)
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_can be eaten as a snack. (Potatoes, Popcorns, Porridge)
8. Eating snacks between meals makes us\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (weak, healthy, sleep)
9. For good health, we should take\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_meals a day. (four, two, three)
10. It is good to eat\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_food. (more, enough, little)
11. Breakfast is the food eaten in the\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(morning, afternoon, evening)
12. What table manner is this?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. Match these foods with what they give us.

14. Food from the three groups make us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(weak, ill, healthy)
15. Write one food that you like. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



1. When we eat too much, food we can\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (faint, vomit, cough)
2. Dental floss can be used to clean between our\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (eyes, teeth, ears)
3. Water used for rinsing school uniform can again be used for\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(mopping, cooking, drinking)
4. A\_\_\_\_\_\_\_\_\_\_\_\_\_is likely to be found in the bedroom. (pillow, bicycle, tree)
5. Second hand smoke is dangerous because it affects our\_\_\_\_\_\_\_\_\_\_\_\_\_\_(lungs, teeth, mounths)
6. The equipment below is likely to be found in the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(kitchen, bedroom, bathroom)
