

EDU SERIES
GRADE 1 YEAR 2021

HYGIENE AND NUTRITION ACTIVITIES

TIME: _____

NAME: _____

1. We wash our _____ before
removing teeth. (**hands, mouth**)

12. _____ is good food for
strong teeth. (**sweet, Milk**)

2. Sick people take _____ to feel
better. (**water, medicine**)

13. Always brush your teeth
_____ meals. (**before, after**)

3. Teeth that were removed are _____
teeth. (**milk, good**)

14. A place where meat is sold is
called _____ (**market,
butchery**)

4. Use _____ water to take
medicine. (**dirty, clean**)

Name the pictures below.

5. We clean our bodies to remove
_____ (**soap, dirt**)

6. We use a _____ to clean our nose.
(**sweater, handkerchief**)

15.



7. Electricity can cause _____
(**electric shock, drowning**)

8. _____ can cause accidents in
the kitchen. (**Knife, Blanket**)

16.



9. We should wash our hands
_____ visiting the toilet. (**before,
after**)

10. _____ gives us meat and
_____ (**milk, egg**)

17.



11. We should _____ fruits
before eating them. (**cut, wash**)

(**tongue, ear, eye**)

18. Wash your hands before

(bathing, eating, playing)

19. Vegetables are _____

for health **(bad, good, sick)**

20. We eat to grow and

_____ **(sleep, be healthy)**

21. Dirty hands may have

_____ **(germs, cut, water)**

22. Too much sugar is _____

for your health. **(good, bad)**

23. Dirty fruits can make us

_____ **(healthy, sick)**

24. We should always keep medicine

in a _____ cupboard. **(closed,**

open)

Draw a fruit found in your locality

