

GRADE ONE


COMPETENCE BASED CURRICULUM

HYGIENE AND NUTRITION ACTIVITIES

NAME	
SCHOOL	
GRADE	

1. We use a _____
to wipe our bodies. (handkerchief,
towel ,hand)
2. Dirty feet keep
_____ (ticks,
jiggers animals.)
3. We hear with our
_____ (eyes
nose, ears)
4. We sleep in the
_____ (sitting
, bedroom, kitchen)
5. Blood is _____ in
colour.(blue, red, white)

Draw 3 things used to clean our bodies



6. Soap



7. bucket



8. towel

9. Food we eat in the morning is called
_____ (supper,
breakfast, lunch)

10. Germs cause
_____ (food, diseases)

11. We have
_____ senses (10, 5, 6)

12. Ripe bananas smell
_____ (bad,
good ,bitter)

13. Leaves are _____ in
colour. (blue, red, green)

14. We visit the hospital when we are
_____ (healthy, sick, happy)

15. This is a _____



16. Bees gives us _____
(security, water, honey)

17. An _____ is a fruit (beans,
Sukuma wiki ,orange)

18. We should keep our
nails..... (long, short,
dirty)

19. When I am hungry I eat
_____(water, food,
nothing)

20. Our hair is _____ in
colour.(red, white black)

21. Personal items should not be
_____(shared,
thrown away)

22. A ripe banana is
_____ in
colour.(orange, yellow, green)

23. We eat the _____ of
a sugarcane. (stem, roots,leaves)

24. Cows eat
_____(lemon,
grass, meat)

25 .Every home should have a
_____(television, knife,
toilet)

Name four fruits

26. _____

27. _____

28. _____

29. _____

30. My teeth are _____ in
colour. (brown, green, white)

31. A bird has _____ legs. (4, 2 , 6)

32. _____ are bad
for our teeth.(sweets, carrots, milk)

Write good or bad

33. Bathing everyday

34. Talking with food in the mouth

35. Washing hands before eating

36. We taste with our
_____(hands,
legs, toungue)

37. When it is hot we
_____(cry, laugh,
sweat)

38. _____ is found outside
the house.(toilet, latrine)

39. We wash our hands to kill
_____(insects, germs,
food)

40. A fish lives in
_____(pot, water, home)

41. Milk is _____ in colour .(green white red)

42. We cook food in the _____ (kitchen, toilet, bedroom)

43. I clean my nose with a _____ (towel, tissue, handkerchief)

44. A lemon tastes _____ (sweet, bitter, nice)

45. I use _____ to clean my teeth.(comb, handkerchief, toothbrush)



46. This is found in _____ (animals, plants, water)

47. Papers should be thrown in the _____ (toilet, hole, dustbin)

48. An insect that causes malaria is called _____ (Cokroach, mosquito)

Name 2 foods that are bad for our teeth

49. _____

50. _____