

## GRADE TWO

### COMPETENCE BASED CURRICULUM

#### HYGIENE AND NUTRITION ACTIVITIES

NAME	
SCHOOL	
GRADE	

1. We eat \_\_\_\_\_ meals in a day.  
(2, 3, 1)

2. A pig gives us \_\_\_\_\_ (mutton, beef, pork)

**Name 3 parts of a plant that we eat as food**

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. The classroom dustbin should be emptied  
\_\_\_\_\_ (everyday ,never ,weekly )

7. The first help we give to an injured person is called \_\_\_\_\_ (help ,pricks ,first aid )

8. Wounds are covered with a  
\_\_\_\_\_ (bandage ,paper, tissue )

9. The first teeth to grow are called  
\_\_\_\_\_ (first teeth ,good teeth ,milk teeth )

10. We remove dirt particles from water by  
\_\_\_\_\_ (boiling ,filtering ,cooling )

**Write 3 things we should not share**

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. An \_\_\_\_\_ can be eaten raw.  
(apple ,beans, spinach)

15. A \_\_\_\_\_ treats our teeth.  
( optician ,dentist ,nurse )

16. I use \_\_\_\_\_ to cut my  
finger nails (teeth ,knife ,nail cutter)

17. The main source of water is  
\_\_\_\_\_ (tank, tap, rain)

18. Contaminated water can make us  
\_\_\_\_\_ (healthy, cry, sick)

**Name 3 main meals we eat in a day**

**(lunch, snacks ,breakfast, chips, supper ,soda)**

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. I am a place in the house. Foods are prepared in me. I am a \_\_\_\_\_  
(dining room, kitchen ,sitting room)

23. A \_\_\_\_\_ cannot be used to clean the floor ( broom ,mop ,panga )

24. Green or red pepper tastes \_\_\_\_\_ (sour ,sweet ,bitter )

**Where are these items found in the rooms of a house**

25. Sofa set  
\_\_\_\_\_

26. Bed \_\_\_\_\_

27. Frying pan  
\_\_\_\_\_

28. Television  
\_\_\_\_\_

29. Knife  
\_\_\_\_\_

30. Pillow  
\_\_\_\_\_

**Draw 4 fruits and write their names**

31.



32.



33.



34.



**Name the parts of our body we use to clean with the following items**

35. Comb - \_\_\_\_\_

36. Toothbrush - \_\_\_\_\_

37. Handkerchief - \_\_\_\_\_

**Name 3 sources of water**

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_

**Which part of plant do we eat from these plants**

41. Sweet potatoes - \_\_\_\_\_

42. Kales -  
\_\_\_\_\_

43. Maize -  
\_\_\_\_\_

44. Sugarcane -  
\_\_\_\_\_

45. Carrots - \_\_\_\_\_

**Name 2 bad oral habits**

46. \_\_\_\_\_

47. \_\_\_\_\_

48. We use \_\_\_\_\_ and clean water to wash utensils.(jug ,soap ,toothbrush)

49. Dirty utensils bring

\_\_\_\_\_ in the house. ( Mosquitoes ,lice ,cockroaches )

50. \_\_\_\_\_ causes diseases. ( food ,germs, oily)