

GRADE THREE
COMPETENCE BASED CURRICULUM
HYGIENE AND NUTRITION ACTIVITIES

NAME	
SCHOOL	
GRADE	

Answer all the questions

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

2. We kill germs by _____ water.
(Filtering, boiling, sieving)

3. An insect has _____ pairs of legs. (6, 3, 8)

4. 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. _____

7. _____

8. Which one of the following can be eaten raw _____ (potatoes, kales, carrots)

9. The leaf drawn below is for a _____ (maize, sugarcane, bean)



10. The practice of keeping ones mouth clean is called

_____ (regular 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)

13. Hard food makes our teeth _____ (big, white, healthy)

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

_____ (housefly, cockroach, mosquito)

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

_____ (basin, sink, rack)

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

_____ (break first, snack , supper)

17. Meat from a sheep is called

_____ (mutton, Pork, beef)

18. When we eat little food we become _____ (overweight, underweight, tall)_

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

25. Beans

26. Tomatoes

27. Sugarcane

28 .Sweet potatoes

29. Spinach

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

30. We eat during

_____ (cooking time, bedtime, meal time)

31. Touching sockets with wet hands can cause

_____ (scald, shock, chock)

Write healthy or unhealthy

32. Warm water and soap to clean our teeth _____

33. Chewed stick to brush our teeth

34. Stacking a lot of food in the mouth

35. Washing hands before visiting the toilet

36. Eating sugarcane

37. _____ is
a dangerous chemical that should be kept
away from the living room.(juice, petrol,
salad oil)

38. When we urinate in rivers the water
becomes

_____ (salty,
contaminated, finished)

Name 2 things used to clean the floor

39. _____

40. _____

**Write the name of the bedroom item
correctly**

41. teesh -

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

_____ (headache,
ringworms, pimples)

43. Clouds that bring rainfall are

in color.(white ,dark, blue,)

44. When light falls on a shiny surface it is
_____ (absorbed ,
reflected)

45. Girls should not use a

_____ (urinal, toilet,
latrine)

**Pick 3 plants that can be found in a kitchen
garden (coffee, sukuma wiki ,sisal ,arrowroots
,onions, cactus ,spinach)**

46. _____

47. _____

48. _____

49. A _____ takes care of
our oral health. (Optician, dentist, nurse)

50. A spider has _____ legs. (6, 4, 8)