



GRADE ONE

**COMPETENCY BASED CURRICULUM**  
**(CBC) ASSESSMENT - 2020** {1}  
**HYGIENE AND NUTRITION**

DATE .....

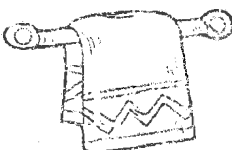
NAME:	
SCHOOL:	

1. We use our  \_\_\_\_\_ to hear  
 (ear, nose)

2. We use our  \_\_\_\_\_ to see  
 (ear, eye)

Match the materia ls used for washing hands.

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

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

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

6. We comb our hair using a \_\_\_\_\_.  
 (comb, towel)

7. Which food destroys our teeth?  
 \_\_\_\_\_ (sweet, carrot)

8. We get tomatoes from the \_\_\_\_\_.  
 (market, butchery)

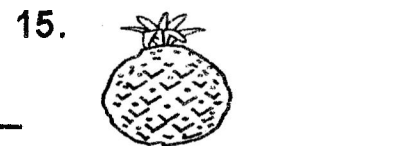
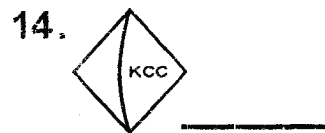
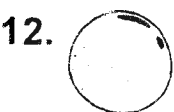
9. This is a \_\_\_\_\_  
 (toilet, urinal)



10. Dirty toilets keep \_\_\_\_\_ (flies, ants)

11. After using toilets we should \_\_\_\_\_.  
 (knock, flush)

Write the names of the foods.



(orange, banana, pineapple , milk)

16. We should \_\_\_\_\_ fruits before eating  
 (cut, wash)

17. Talking while eating is \_\_\_\_\_ manners.  
 (good, bad)

18. We should wash our hands \_\_\_\_\_  
 eating. (before, after)

19. We should \_\_\_\_\_ the table  
 after eating. (dirty, clean)

20. We use \_\_\_\_\_ to brush our teeth.  
 (comb, toothbrush)

21. This is a  \_\_\_\_\_  
 (handkerchief, cloth)

22. We should not \_\_\_\_\_ food from  
 someone else's mouth. (throw, eat)

23. Food help us to \_\_\_\_\_. (sick, grow)

24. We should \_\_\_\_\_ our mouths  
 while coughing. (wash, cover)

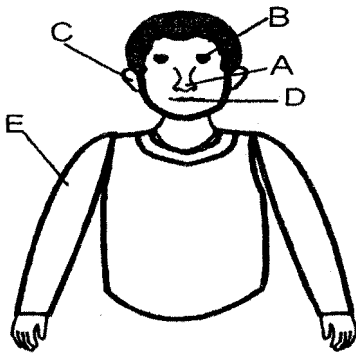
25. We use \_\_\_\_\_ in the toilet.



(soap, tissue paper)




**Name the parts of the body.**



- 26. A \_\_\_\_\_
- 27. B \_\_\_\_\_
- 28. C \_\_\_\_\_
- 29. D \_\_\_\_\_
- 30. E \_\_\_\_\_

31. I wash my body with \_\_\_\_\_ and soap.  
(tea, water)

32. An  \_\_\_\_\_ is a fruit  
(apple banana)

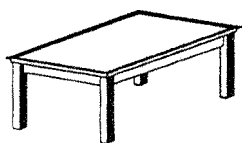
33. We should brush our \_\_\_\_\_ after eating.  
(nose, teeth)

**Draw and colour fruits you know.**

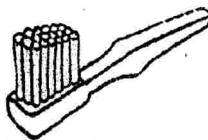



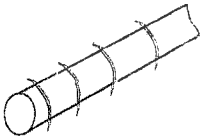
34.	35.
36.	37.
38.	39.

40. I have \_\_\_\_\_ eyes. (2, 4)

41. This is a \_\_\_\_\_  
(table, door)



**Match the pictures.**

- 42.  \_\_\_\_\_
- 43.  \_\_\_\_\_
- 44.  \_\_\_\_\_
- 45.  \_\_\_\_\_
- 46. Rotten eggs smell \_\_\_\_\_ (good, bad)
- 47. Rubbish is kept in the \_\_\_\_\_  
(store, dustbin)
- 48. We should wash our \_\_\_\_\_  
after visiting the toilets. (hands, face)
- 49.  \_\_\_\_\_ make our teeth  
strong.  
(sugarcane, pipes)
- 50. Healthy teeth are \_\_\_\_\_ in colour.  
(brown, white)