

**ST. AUGUSTINE MUKUMU BOYS' PRIMARY**  
**HYGIENE & NUTRITION**  
**GRADE 3 END TERM EXAM TERM 1 2019**

1. The things we do to keep our bodies healthy and well are known as \_\_\_\_\_ (good manners, healthy habits)
2. Dirty clothes can make us smell \_\_\_\_\_ (bad, good).
3. Drinking dirty water can make us \_\_\_\_\_ (sick, healthy)
4. Sitting in the wrong posture can make our backs feel \_\_\_\_\_ (good, pain)
5. Taking enough rest is \_\_\_\_\_. It gives us more energy and we remain healthy. (good, bad)
6. Ensure you \_\_\_\_\_ your teeth at least two times a day. (brush, remove).
7. It is good to \_\_\_\_\_ your tooth when it becomes loose. This will help them grow in line. (remove, hide).
8. A \_\_\_\_\_ is a doctor who treats our teeth when they have problems. (dentist, teacher)
9. A person should sleep at least \_\_\_\_\_ hours daily (2, 8,5,)
10. We should open windows to allow in \_\_\_\_\_ (mud, water, air)
11. Mosquitoes spread \_\_\_\_\_ (malaria, typhoid)
12. Always stay in a \_\_\_\_\_ classroom. (dirty, wet, clean)
13. Dirty classrooms may attract \_\_\_\_\_ which carry germs. (bees, flies, butterfly)
14. We learn \_\_\_\_\_ in a clean classroom (badly, well)
15. We put collected rubbish in the \_\_\_\_\_ (desk, dustbin)

16. We use a \_\_\_\_\_ to wipe desks and the teacher's table.  
(cloth, mop).
17. After the floor dries, we \_\_\_\_\_ the desks neatly.  
(arrange, leave)
18. We empty the dustbin into a \_\_\_\_\_  
(toilet, rubbish pit)



19. How many times in a day should the medicine be taken?  
\_\_\_\_\_ (1,2,3)
20. For how many days should the medicine be taken? \_\_\_\_\_  
(two, three, four)
21. Is the medicine taken before eating or after eating? \_\_\_\_\_  
(before, after)
22. To kill germs we should \_\_\_\_\_ water (boil, play, mix).
23. You should wash your \_\_\_\_\_ before and after eating  
(face, hands, feet).
24. Filtering water removes \_\_\_\_\_ (germs, dirt)
- 25.



This part of a plant is known as \_\_\_\_\_ (flower, root, fruit).

- 26. Dirty feet will keep \_\_\_\_\_ (lice, ticks, jiggers)
- 27. Hygiene is the rule of \_\_\_\_\_ (first aid, cleanliness, walking)
- 28. We wear \_\_\_\_\_ clothes when it is sunny (heavy, light)

**Name the parts**

- 29.
  - 30.
- (eye, mouth, gills, tail)

