COMPETENCE BASED ASSESMENT

GRADE 2 YEAR 2020

(MONITORING LEARNERS PROGRESS)

HYGIENE AND NUTRITION ACTIVITIES TIME: _____

NAME:.....

1. Food eaten early in the morning is called_____**(supper, breakfast)**
2. We eat food to_____ **(grow big, become weak)**
3. _____is a bad oral habit. **(brushing teeth, sucking fingers)**

Name 3 rooms found in a house

4. _____
5. _____
6. _____
7. The smoke that someone breathes in from other people is called?

_____

(cigarette, second hand smoke)

8. Contaminated water can make us

_____ **(sick, healthy)**

Name 2 things that are used to wash utensils.

9. _____
10. _____
11. Using water that had been used before is called?

_____

(Re-using, contaminated)

Name 3 personal items

12. _____
13. _____
14. _____
15. Foods eaten between meals are called

_____**(snacks, lunch)**

3 foods that taste sweet are

16. _____
17. _____
18. _____
19. We use _____to clean our nose. **(Handkerchief, towel)**

Foods we get from animals are

20. _____
21. _____
22. _____
23. Eating too much food can make us

_____ **(healthy, vomit)**

24. _____ is a body building food. **(Orange, meat)**

25. We should always _____ our hands before handling foods. **(wash, sprinkle)**

Name 4 items in the kitchen

26. _____
27. _____
28. _____
29. _____
30. _____ is a substance that people smoke **(tea, cigarettes)**

Match the meal with the time it is taken

31.	Breakfast	Night
32.	Lunch	Morning
33.	Supper	Mid-day