



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