

COMMON SCHOOLS SUMMATIVE

01

ASSESSMENT ONE 2019

CBC

HYGIENE AND NUTRITION GRADE ONE



Name: _____

School: _____

Grade: _____

Date : _____.

Assessment Area: Health practices, care of the teeth.

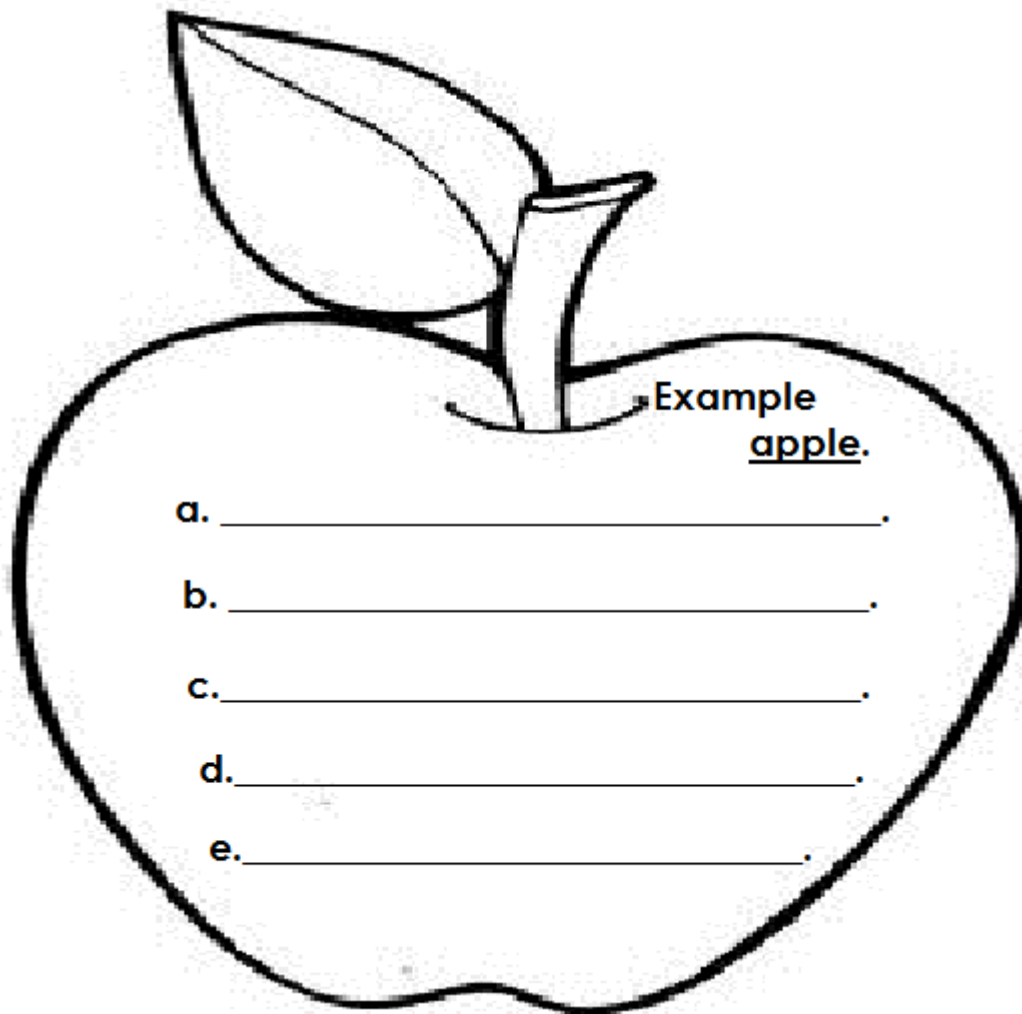
- A. 1. Healthy habits are things we do to stay _____.(healthy, not healthy) (___/2marks)
2. Name four healthy habits. (___/8marks)
- a. _____.
- b. _____.
- c. _____.
- d. _____.
3. We should use the toilet _____ (badly, well)
4. Colour the boy washing his hands. (___/4marks)



- B. Draw five food that is good for our teeth. (___/5marks)

C. Name five fruits that you know.

(__/5marks)



D. Write three things that we use to clean our teeth. (__/3marks)

- a. _____.
- b. _____.
- c. _____.

E. Drinking water must be _____. (__/1mark)

F. After you remove your teeth you must throw it in _____.
_____. (__/1mark)

G. Milk teeth are _____. (permanent, temporary)

H. **Draw your tooth.** (__/1mark)



I. Write 5 good health foods for our teeth and 5 bad or unhealthy foods for our teeth. (___/10marks)

Good for our teeth	Bad for our teeth
a.	a.
b.	b.
c.	c.
d.	d.
e.	e.

J. We should wash our hands _____ visiting the toilet. (2marks)

K. •A hole in the tooth is called _____.

•A person who treats our teeth is called _____.

•Clean teeth are _____ and _____.

dentist	strong	cavity	healthy
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L. Colour me. (___/2marks)

TAKE CARE OF
YOUR TEETH

Assessment Rubric:

Exceeds Expectation	Meets Expectation	Approaching Expectation	Below Expectation
48-50	40-47	30-39	0-29