

**KASARANI/EMBAKASI PRIVATE SCHOOLS CLUSTER**

**SUMMATIVE ASSESSMENT TERM 1 2020**

**HYGIENE AND NUTRITION ACTIVITIES GRADE THREE**



Name: \_\_\_\_\_.

School: \_\_\_\_\_.

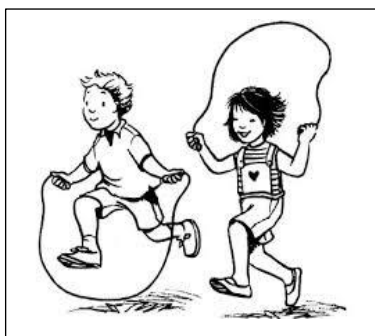
Grade: \_\_\_\_\_.

Date: \_\_\_\_\_.

**Strand/Sub Strand: Healthy habits, oral hygiene, cleaning classroom, uses of improvised materials, proper use of medicine, making water safe for use.**

**TASK 1**

**A. Write down three healthy habits that promote well being.**



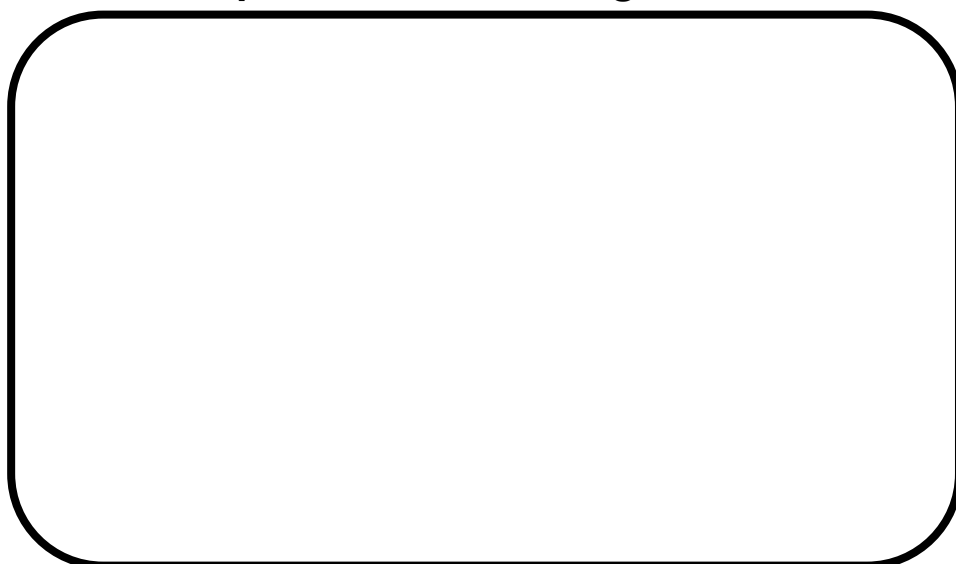
a. \_\_\_\_\_.

b. \_\_\_\_\_.

c. \_\_\_\_\_.

(\_\_\_/3marks)

**B. Draw and colour a poster that carry a message on healthy habits that promote well being.**



(\_\_\_/3marks)

**C.**



Which are the common problems related to teeth

a. \_\_\_\_\_.

b. \_\_\_\_\_.

c. \_\_\_\_\_.

(\_\_\_/3marks)

**D. Colour food that is good for your teeth.**

apples

sweets

Ice-cream

soda

cake

milk

(\_\_\_/2marks)

- Holes on our teeth are called \_\_\_\_\_.  
(\_\_\_/1mark)

### E. Mopping the class.

Steps.

- Put water in the \_\_\_\_\_.
- Add a little \_\_\_\_\_.
- Dip the rag or \_\_\_\_\_ in the soapy water
- Use the wet rag to mop the floor.



(\_\_\_/3marks)

## TASK 2

**A. We make our own materials to clean utensils at home. This is called improvising materials.**

**Complete the table below with an improvised material**

Steel wool	
Sponge	
Dish towel	
Soap	

(\_\_\_/4marks)

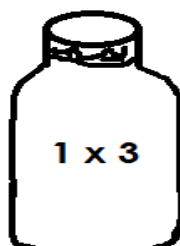
### B. How to use medicine.

- The amount of medicine taken at a time is called \_\_\_\_\_.
- The instructions given by the doctor is called \_\_\_\_\_.  
(\_\_\_/2marks)
- Mary saw the date below on a packet of medicine.

**BEST BEFORE 10<sup>TH</sup>  
MARCH 2020**

The date is called \_\_\_\_\_ date.  
(\_\_\_/1mark)

- The instruction on the drug means



Take,

\_\_\_\_\_  
\_\_\_\_\_  
(\_\_\_/2marks)

- How should we store medicine properly at home.

a. \_\_\_\_\_.

b. \_\_\_\_\_.

c. \_\_\_\_\_.

(\_\_\_/3marks)

C.



Name things that can contaminate water or make it dirty.

a. \_\_\_\_\_.

b. \_\_\_\_\_.

c. \_\_\_\_\_.

(\_\_\_/3marks)

## ASSESSMENT RUBRIC

Exceeds Expectations	Meets Expectation	Approaching Expectation	Below Expectation
27 - 30	21 - 26	11 - 20	0 - 10