



Myfuture CBC Revision

Hygiene And Nutrition - Grade 2

Question Paper

1. Eating a nutritious breakfast leads to the following except

- A. Adding a lot of weight
- B. improved physical performance
- C. improved concentration
- D. better weight control

2. Which of the following nutrients provides energy to the body?

- A. vitamins
- B. water
- C. minerals
- D. carbohydrates

3. Which of the following is an example of water contamination?

- A. Drinking water with visible dirt particles floating in it
- B. Using a water filter for safe drinking water
- C. Drinking clean, clear water from a sealed bottle
- D. Collecting rainwater in a clean container

4. Which of the following is a common Kenyan breakfast fruit known for its vibrant orange color and sweetness?

- A. Papaya
- B. Pineapple
- C. Passion Fruit
- D. Mango

5. What material can be used to polish stainless steel utensils after cleaning?

- A. Lemon juice
- B. Microfiber cloth
- C. Vinegar
- D. Salt

6. Why shouldn't food or equipment be washed in hand washbasins?

- A. Because they are too far away.
- B. Because of the risk of contamination.
- C. Because the hand basins are too small.
- D. It doesn't really matter what basin is used as long as the food or equipment is washed.

7. Which of these is a healthy item to take during breakfast?

- A. Chocolate
- B. Soda
- C. Chips
- D. Milk

8. What is the best way to store drinking water at home to prevent contamination?

- A. In a tightly sealed container
- B. In an open container
- C. In a dirty cup
- D. In an uncovered bucket

9. Which of the following is NOT a good oral hygiene practice?

- A. Flossing daily
- B. Using mouthwash
- C. Chewing sugar-free gum
- D. Drinking sugary beverages

10. Which of the following is a healthy item to take during breakfast?

- A. Jam-filled pastries
- B. Milk with cereal
- C. Cupcakes
- D. Cheese sandwich

- A. Fried chips
- B. Doughnuts
- C. Avocado toast
- D. Candy bars

- A. Potato chips
- B. Sugary cereal bars
- C. Acai bowl
- D. Fried fish fingers

13. Doing this cleans the teeth, removes plaque, and stimulates gums

- A. Washing face
- B. Mouth Wash
- C. Brushing Teeth
- D. Wearing Glasses

14. Which of the following is not a personal item?

- A. Socks
- B. Toothpaste
- C. Backpack
- D. Soap

15. Taking little sugar____ oral health

- A. drains
- B. promotes
- C. reduces
- D. prevents

16. How long should you brush your teeth for each time?

- A. 2 minutes
- B. 10 seconds
- C. 1 minute
- D. 3 minutes

17. How can you protect yourself from the dangers of secondhand smoke?

- A. Exercise less
- B. Eat more junk food
- C. Avoid places where people smoke
- D. Play near people smoking

18. Which is not a common symptom of food borne illnesses ?

- A. Fever
- B. Vomiting
- C. Dehydration
- D. Headache

19. Breakfast should be eaten on___

- A. Holidays
- B. every day
- C. Sundays
- D. weekends

20. What is a common Kenyan breakfast dish made from fermented maize and served with vegetables or meat?

- A. Chapati
- B. Ugali
- C. Uji
- D. Irish Potato

21. Which of these is not good for your health?

- A. Candy
- B. Sunshine
- C. Tea
- D. Air freshener

22. Which of the following is a common symptom of being exposed to secondhand smoke?

- A. Improved digestion
- B. Healthy skin
- C. Coughing and sneezing
- D. Strong immune system

23. How often should you change your clothes?

- A. Once a week
- B. 3 times a day
- C. Never
- D. Every day

24. Which of the following can damage your health if breathed in?

- A. Beef stew
- B. Chemical fumes
- C. Freshly cut watermelon
- D. Cookies

25. Which of the following should you not breathe in?

- A. Pasta
- B. Campfire smoke
- C. Freshly baked cookies
- D. Apple pie

26. Which of the following is NOT a material used for cleaning utensils at home?

- A. Sponges
- B. Stones
- C. Cotton wool
- D. Soap

27. What is a practical way of keeping the food clean?

- A. Use only expensive tools when storing food
- B. Avoid sneezing and coughing when handling food
- C. Always use quality products in baking
- D. Check and clean the dishwashing area whenever needed.

28. Which of the following is a healthy item to take during breakfast?

- A. Fried samosas
- B. Energy drinks
- C. Smoothie bowl
- D. Chicken sausages

- A. Onion bhajia
- B. Soda pop
- C. Green smoothie
- D. Deep-fried pastries

30. Breakfast should provide what % of daily nutrients?

- A. 100
- B. 50
- C. 25
- D. 30

31. What can you tell your friends if they want to smoke around you?

- A. Join them in smoking
- B. Ignore them
- C. Remind them about the dangers of smoking
- D. Encourage them to smoke more

32. Which material is best for cleaning stainless steel pots and pans?

- A. White Vinegar
- B. Sandpaper
- C. Foam Brush
- D. Scotch Brite

33. What is a common material used for scrubbing utensils to remove tough stains?

- A. Feathers
- B. Cotton swabs
- C. Plastic bags
- D. Steel wool

34. Which of the following substances is harmful when people smoke around you?

- A. Vegetables
- B. Fruits
- C. Water
- D. Cigarettes

35. What material is best for cleaning utensils without scratching?

- A. Aluminum
- B. Plastic
- C. Steel
- D. Wood

36. When you are finished eating, you

- A. Ask to be excused
- B. May get up and leave
- C. Start talking to others
- D. Crawl on the floor

37. When coughing or sneezing, you should hold your mouth using

- A. Your clothes
- B. Handkerchief
- C. Head skirf
- D. Bare hands

38. What should you do before collecting water for drinking purposes?

- A. Leave the water uncovered
- B. Pour oil into the water source
- C. Drink the water directly from the source
- D. Boil the water

39. Which of these can be harmful to your health?

- A. Spaghetti
- B. Freshly cut grass
- C. Pancakes
- D. Incense smoke

40. How often should you clean and disinfect water storage containers?

- A. Once a year
- B. Regularly, at least every few months
- C. Never
- D. Every few years

41. Name one of the four things a cereal needs to be considered healthy?

- A. High in fat
- B. Under 45 grams of sugar
- C. Under 8 grams of sugar
- D. Under 2 grams of fiber

42. Utensils are used for

- A. cleaning the house
- B. washing clothes
- C. cooking
- D. serving food

43. Skipping breakfast can lead to _____ levels in the body.

- A. High energy
- B. Unbalanced
- C. Low energy
- D. None of the above

44. What is the meaning of sanitation?

- A. The physical removal of soil and dirt
- B. The maintenance of clean condition that will prevent food contamination or foodborne illness
- C. The transferring of germs from one item to another item.
- D. The presence of harmful item in food.

45. Which shows a worker practicing personal hygiene?

- A. Removing accessories and pieces of jewelry after work is done
- B. Keeping the area free from waste and grease all the time.
- C. Using the appropriate work outfit and wearing a clean and freshly ironed apron.
- D. Checking the cabinets if it is closed tightly

46. What is a suitable material for cleaning utensils with food residues stuck on them?

- A. Feather duster
- B. Wet sponge
- C. Nylon brush
- D. Scraping tool

47. Which of the following nutrients is important to include in a healthy breakfast?

- A. Chips and soda
- B. Cake and cookies
- C. Fruits and vegetables
- D. Sugary cereals

48. What material is safe to use with acidic cleaners for cleaning utensils?

- A. Wood
- B. Rubber
- C. Aluminum
- D. Plastic

49. Which of these is a good source of protein for breakfast?

- A. Yogurt
- B. Bread
- C. Donuts
- D. Cheese

50. Which of the following is a suggested way to improve your breakfast eating habits?

- A. don't eat anything until you are hungry
- B. eat breakfast on certain days of the week
- C. make breakfast the night before and take it with you to eat later.
- D. eat breakfast the night before