



# Myfuture CBC Revision

## Hygiene And Nutrition - Grade 3

### Question Paper

1. Which of the following is NOT a good practice when using a toilet, latrine or urinal in a school setting?

- A. a. Flushing after use
- B. b. Following the school's rules for waste disposal
- C. d. Keeping the area clean
- D. c. Skipping washing hands after use

2. Which meal is a good choice for a weekend breakfast?

- A. Pancakes with whipped cream and syrup
- B. Fried eggs with bacon and toast
- C. Sausage with biscuits and gravy
- D. Omelette with vegetables and whole grain toast

3. What can children learn by participating in a kitchen garden project?

- A. Nothing
- B. Sleeping
- C. Patience and responsibility
- D. Video games

4. How should you thank the host after a meal in Kenya?

- A. Shake their hand
- B. Say 'Asante Sana' (Thank you very much)
- C. Say 'thank you' quietly
- D. Ignore them

5. Which of the following can harm your body?

- A. Rice
- B. Tobacco smoke
- C. Juice
- D. Fresh flowers

6. Which of the following can contribute to bad breath?

- A. Eating fruits and vegetables
- B. Chewing sugar-free gum
- C. Regularly brushing teeth
- D. Not flossing regularly

7. Why is it important to shake out the blankets and comforters before making the bed?

- A. To hide toys under the blankets
- B. To remove dust and debris
- C. To make the bed uncomfortable
- D. To make the bed look messy

8. How often should you clean your refrigerator to ensure food safety?

- A. Daily
- B. Weekly
- C. Once a year
- D. Every few months

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

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

10. What is the importance of drinking water for your body?

- A. It regulates body temperature
- B. It causes dehydration
- C. It helps you lose weight
- D. It makes you feel bloated

11. It is \_\_\_\_ to take breakfast every day

- A. bad
- B. good
- C. healthy
- D. expensive

12. How should you eat a corn on the cob?

- A. Nibble randomly
- B. Use a fork and knife
- C. Eat it row by row
- D. Rotate it as you eat

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

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

14. When should you wash your hands, when preparing food?

- A. All of the above
- B. After touching raw foods
- C. After going to the toilet
- D. Before touching cooked foods

15. Which of the following plants is a popular fruit tree in Kenya that can be grown in a kitchen garden for its juicy and fiber-rich fruits?

- A. Pine tree
- B. Papaya tree
- C. Maple tree
- D. Bamboo tree

16. How often should you wash your bed sheets if you wet the bed?

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

17. Why is it important to limit sugary drinks?

- A. To make your teeth fall out
- B. To have shiny teeth
- C. To make your teeth stronger
- D. To prevent tooth decay and cavities

18. Where is the best place to store raw meat in the refrigerator?

- A. At the top shelf
- B. At the bottom shelf
- C. In the meat compartment
- D. In the door shelves

19. How should students clean the classroom technology devices?

- A. Use a damp cloth
- B. Use cleaning spray
- C. Pour water on them
- D. Hit them with a hammer

20. Keeping your nails clean will help protect you against the spread of harmful bacteria

- A. False
- B. True
- C. All of the above
- D. None of the above

21. What can you do to prevent tartar buildup on teeth?

- A. Use an electric toothbrush
- B. Regular dental cleanings
- C. Brush teeth vigorously
- D. Skip flossing

22. What is the recommended age to start using fluoride toothpaste for children?

- A. 18 years old
- B. 10 years old
- C. 6 years old
- D. 3 years old

23. Which dirt is pancake pan likely to have?

- A. starchy dirt
- B. Oily dirt
- C. milky dirt
- D. minerals dirt

24. What is a good source of carbohydrates for breakfast?

- A. Biscuits
- B. Boiled maize
- C. Sausages
- D. French fries

25. Which of the following is a good practice after waking up in the morning?

- A. Skipping breakfast
- B. Leaving the bed unmade
- C. Not washing hands before breakfast
- D. Opening the windows for fresh air

26. Which of the following is NOT a recommended way to keep water safe from contamination?

- A. Regularly cleaning water storage containers
- B. Keeping water storage containers in direct sunlight
- C. Using closed, clean containers for water storage
- D. Covering water storage containers with a lid

27. Which of the following is an essential part of maintaining a kitchen garden?

- A. Throwing trash in the garden
- B. Never visiting the garden
- C. Watering the plants regularly
- D. Never cleaning the garden

28. What should you do if you wet the bed?

- A. Tell a trusted adult about what happened
- B. Ignore it and don't tell anyone
- C. Go back to sleep without changing anything
- D. Change your clothes and bedding immediately

29. What should you do if a person faints?

- A. Ignore the person
- B. Give them water to drink
- C. Lay the person on their back, elevate their legs, and loosen any tight clothing
- D. Slap the person's face to wake them up

30. What do we say if we want something?

- A. Sorry
- B. Please
- C. Thank you
- D. Excuse me

31. What should you do if you see someone littering in a toilet, latrine or urinal?

- A. b. Ignore it
- B. d. Litter yourself
- C. c. Report it to an adult or caretaker
- D. a. Join in and litter more

32. Which of the following is a safe improvised material to use for cleaning the eyes if eye drops are not available?

- A. Distilled water
- B. Honey
- C. Hot sauce
- D. Toothpaste

33. What is a good habit to prevent parasites in the body?

- A. Drinking water from a stream
- B. Eating unwashed vegetables
- C. Cleaning your surroundings regularly
- D. Not covering food

34. What should be done if treated water appears cloudy or has a strange odor?

- A. Re-boil the water and filter it again
- B. Drink it anyway
- C. Add more chlorine tablets
- D. Throw it away and treat a new batch

35. What can help prevent parasites in the body?

- A. Eating food with dirty hands
- B. Not washing hands after playing outside
- C. Sleeping with pets
- D. Covering food to prevent flies

36. What should you do after using a latrine?

- A. Leave the door open
- B. Cover it with soil or ash
- C. Throw trash in it
- D. Leave the seat up

37. What can you use to clean between your teeth?

- A. A toothbrush
- B. Floss or interdental brushes
- C. Toothpaste
- D. Chewing gum

38. Which of the following water sources is unsafe for drinking?

- A. Spring water
- B. Water from a hosepipe
- C. Tap water
- D. Pond water

39. Medicine should be \_\_\_ from children.

- A. kept near
- B. denied
- C. kept away
- D. abuse

40. Why is it important to wrap meat tightly in plastic wrap before storing it in the freezer?

- A. To make it look pretty
- B. To save space in the freezer
- C. To keep it cold
- D. To prevent freezer burn and maintain quality

41. How often should you clean the water filter to prevent parasites?

- A. Every six months
- B. Never clean it
- C. Every day
- D. Once a month

42. Why is it important to have a regular meal schedule?

- A. To have energy for the day
- B. To sleep more
- C. To skip meals
- D. To only eat snacks

43. What is a suitable improvised material to use for unclogging drains if drain cleaner is not available?

- A. Hair gel
- B. Apple cider vinegar
- C. Baking soda and vinegar
- D. Olive oil

44. We should only keep

- A. purified water
- B. dirty water
- C. warm water
- D. clean water

45. Where is the best place to store medicine at home?

- A. In the fridge
- B. In the bathroom
- C. In a cool, dry place
- D. In the kitchen

46. What is a healthy spread for bread during breakfast?

- A. Jelly
- B. Avocado mash
- C. Butter
- D. Nutella

47. Which food group does milk belong to?

- A. Dairy
- B. Proteins
- C. Fruits
- D. Grains

48. Which of the following is bad for your health?

- A. Herbal incense
- B. Exercise
- C. Milk
- D. Honey

49. Which of the following plants can be grown in a kitchen garden for their fragrant flowers that are often used in teas and herbal remedies?

- A. Chamomile plant
- B. Cactus plant
- C. Tulip plant
- D. Bamboo plant

50. Should you drink water before bedtime if you wet the bed frequently?

- A. Yes, to stay hydrated
- B. Drink soda instead of water
- C. No, to avoid bedwetting
- D. Only drink water during the day

