



Myfuture CBC Revision

Hygiene - Grade 1

Question Paper

1. Is it important to wash your hands before eating?

- A. Yes, to remove germs and dirt
- B. Maybe, only if you're outside
- C. No, it's not necessary
- D. Yes, but only on weekends

2. Which of the following is a source of antioxidants?

- A. Steak
- B. Blueberries
- C. Hot dogs
- D. French fries

3. Which of the following is an example of a source of food for animals in Kenya?

- A. Clouds
- B. Stars
- C. Saturday
- D. Grass

4. What should you do if a household chemical comes in contact with your clothes?

- A. Leave it on the clothes
- B. Ignore it
- C. Scratch the clothes
- D. Wash the clothes immediately with water and soap

5. If someone is bleeding heavily from a wound, what should you do?

- A. Apply pressure to the wound and elevate it above the heart
- B. Sprinkle salt on the wound
- C. Wrap the wound tightly with a tourniquet
- D. Try to clean the wound with soap and water

6. Why is it important to read the labels on household chemical products?

- A. To color the label
- B. To know how much to drink
- C. To understand how to use the product safely
- D. To ignore the instructions

7. Where do Kenyans get fresh fruits and vegetables from?

- A. Markets
- B. Space
- C. Lakes
- D. Deserts

8. What is the correct way to help someone who has fainted?

- A. Place them on their back and elevate their legs
- B. Give them a drink of sugary soda
- C. Walk them around until they wake up
- D. Sprinkle water on their face

9. Which of the following is a good source of food?

- A. Bananas
- B. Sand
- C. Leaves
- D. Stones

10. How often should you wash your hair?

- A. Once a month
- B. Twice a year
- C. Every other day
- D. Once a week

11. Which of the following is a source of calcium?

- A. Pasta
- B. Lettuce
- C. Cheese
- D. Soda

12. Which of the following is a source of protein in Kenyan diets?

- A. Beans
- B. Ice
- C. Sand
- D. Plastic

13. Fill the blanks

S__ __p

- A. ea
- B. ao
- C. ae
- D. oa

14. Which of the following is NOT a safe way to dispose of dangerous chemicals?

- A. Using it according to the instructions
- B. Following local waste disposal guidelines
- C. Taking it to a hazardous waste facility
- D. Pouring it down the drain

15. What should you do if you have bleeding gums while brushing?

- A. Use a hard bristle brush
- B. Brush harder
- C. Brush gently
- D. Stop brushing

16. Should you take vitamins and supplements without consulting a healthcare provider?

- A. Yes, they're harmless
- B. No, always consult with a healthcare provider first
- C. Yes, if they're natural supplements
- D. No, only consult if you experience side effects

17. What should you do before crossing the road?

- A. Ask a friend to help you cross
- B. Look both ways before crossing
- C. Close your eyes while crossing
- D. Run across quickly without looking

18. Eating food helps us in the following except

- A. Grow old
- B. Stay strong and healthy
- C. Get energy
- D. Prevent diseases

19. Which of the following is a source of carbohydrates?

- A. Cheese
- B. Beef
- C. Banana
- D. Shrimp

20. Which of the following is important for washing your hands?

- A. Ketchup
- B. Soda
- C. Water
- D. Juice

21. We get milk from

- A. Dog
- B. Cat
- C. Cow
- D. Chicken

22. We clean our feet ___

- A. Once a month
- B. On Sunday
- C. Daily
- D. Once a week

23. Which of the following is a source of carbohydrates?

- A. Meat
- B. Rice
- C. Eggs
- D. Cheese

24. Which of the following is a dangerous chemical commonly found at home?

- A. Sugar
- B. Water
- C. Bleach
- D. Orange juice

25. What is the source of coffee beans?

- A. From animals
- B. From the sky
- C. From coffee plants
- D. From the ocean

26. We clean our nose using

- A. Bathing towel
- B. Clothes
- C. Handkerchief
- D. Towel

27. How should you dry your hands after washing them?

- A. Using a fan
- B. Shaking them in the air
- C. Using your pants
- D. Using a clean towel

28. What is the best way to prevent burns in the kitchen?

- A. Leave stove unattended
- B. Use oven mitts or potholders
- C. Pour water on hot oil
- D. Touch hot pans with bare hands

29. A clean body smells

- A. bad
- B. Sweat
- C. Dirty
- D. good

30. What should you do if you get cuts or bruises while playing?

- A. Ignore it
- B. Cover it with a bandage
- C. Wash it with dirty water
- D. Rub it with mud

31. What should you do if you see a snake while playing outside?

- A. Try to catch it for fun
- B. Tell an adult for help
- C. Poke it with a stick
- D. Run away screaming

32. What should you do if you lose a tooth?

- A. Ignore it
- B. Visit the dentist immediately
- C. Throw it away
- D. Put it in milk

33. Can you take expired medicine?

- A. Yes, it is still effective after the expiration date
- B. No, expired medicine may not work as well or be safe to use
- C. No, only if it's a few days past the expiration date
- D. Yes, if it looks okay

34. Which of the following is a source of probiotics?

- A. Sauerkraut
- B. White Bread
- C. Biscuits
- D. Hot Dogs

35. Drowning happens when we play with

- A. Knife
- B. Electricity
- C. Water
- D. Fire

36. The Tongue is used for

- A. Tasting
- B. Hearing
- C. Touching
- D. Feeling

37. Which of these is a good source of calcium for Kenyan children's bone health?

- A. Doughnuts
- B. Yogurt
- C. Ice cream
- D. French fries

38. Chemicals at home are used for the following except

- A. washing clothes
- B. cleaning utensils
- C. killing rats and insects
- D. drinking

39. What should you wear to protect your feet while playing outside?

- A. Bare feet
- B. Flip flops
- C. Dirty socks
- D. Clean closed-toe shoes

40. Which of the following accidents happen at home

- A. Car accident
- B. Falling from a tree
- C. Chocking
- D. Burns

41. What can you do to protect your teeth from acidic foods?

- A. Consume more acidic foods
- B. Brush your teeth immediately after
- C. Drink more soda
- D. Rinse your mouth with water

42. Which of the following is a dangerous chemical commonly found in cleaning products?

- A. Flowers
- B. Chocolate
- C. Ammonia
- D. Soap

43. Most pit latrines are found in the

- A. Village
- B. Towns
- C. School
- D. Public facilities

44. We get ____ from chicken

- A. Fruits
- B. milk
- C. Vegetables
- D. eggs

45. How can you prevent accidents near the fireplace?

- A. Stocking up on firewood for winter
- B. Sitting close to the fire with adult supervision
- C. Using a fireplace screen to prevent sparks
- D. Playing with matches or lighters

46. What is a common source of energy in Kenyan cuisine?

- A. Bottles
- B. Electricity
- C. Rice
- D. Maize

47. Chemicals are___ when used wrongly

- A. sweet
- B. good
- C. healthy
- D. dangerous

48. The main objective of first aid is to keep the victim safe," what does "objective" mean?

- A. Penalty
- B. Purpose
- C. Argument
- D. Understanding

49. Where can you find clean food to eat?

- A. Garbage bin
- B. Toilet
- C. Garden
- D. Street

50. What is a source of oils and fats for cooking?

- A. From the ground
- B. From the sea
- C. From plants
- D. From the air