

Northlands Pre Primary and Primary School

GRADE 2 – 1st term 2020

Health Education [Revision work]

Prepared by Miss Krisma Kutowaroo

ACTIVITY 1: **Wearing clean clothes**

1) Tick the correct box after reading the sentences carefully.

	Good grooming	Bad grooming
a) I wear clean clothes when I come to school.		
b) I go to bed with the clothes I wore during the day.		
c) I wear the same uniform for several days.		
d) I wear clean underwear everyday.		
e) I wear the same socks for several days.		

2) I match each picture with correct activity.



3) I name and draw the materials needed to clean my hands**ACTIVITY 2: Hand washing****1) When should you wash your hands?****2) Tick the correct box.**

- a) After playing outside. ☐
- b) After clapping your hand. ☐
- c) Before eating. ☐
- d) After playing with animals. ☐
- e) After sneezing. ☐
- f) After playing outside. ☐
- g) After using toilet. ☐

3) Name five things that you do with your hands.

- a)
- b)
- c)
- d)
- e)

4) a) Observe the pictures below.

b) Ring three items you will need to wash your hands.



Soap



cap



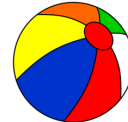
tap water



Muffin



hand wash



ball

ACTIVITY 3: Hand washing

1) Write the correct number to show order for hand washing.



2) Tick the correct box.

To be in good health you avoid.

- a) Cover your nose when sneezing.
- b) Eat food without washing your hands.
- c) Nail biting.
- d) Cover your mouth when coughing.
- e) Nose picking.
- f) Putting your fingers in your mouth.
- g) Brush your teeth twice a day.

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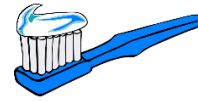
3) I) Fill the blanks with the correct word.



Bud



handkerchief



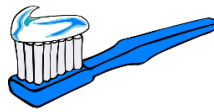
tooth brush

a) We clean our hands with

II)



Nail cutter



toothbrush



bud

b) We can keep our nails healthy and clean with

ACTIVITY 4: Personal hygiene

1) Match parts of your body with appropriate way of cleaning.



Hand with long nail



tooth brush



Mouth



lavabo



Boy



scissors



Clean hand



comb



Boy with long hair








bathtub

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2) Personal care plan.

a) Tick the correct box.

How often do I?	Daily	Regular
Underwear 		
Wash hair 		
Socks 		
Shower 		
Brush teeth 		

3) Why is it important to keep your hands clean?

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ACTIVITY 5: My mouth and teeth

1) Name and write the parts of the mouth using the given words:

Teeth, tongue, gum, lip



2) Name parts of your body using the given words.

Neck, ears, tongue, nose, teeth, mouth, eyes, hair



3) Name and draw the materials needed to keep your teeth clean.

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