

## HEALTH EDUCATION

1. We have nails on for these reasons except
  - a. To beautify the fingers and toes
  - b. To scratch the body when necessary
  - c. To hurt someone
2. Mention 4 tools for taking care of the nails.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
3. We keep clean short nails for the following reasons except
  - a. To appear neat and decent
  - b. To prevent germs and dirt
  - c. To chew on them.
4. Mention 2 dangers of keeping long nails.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
5. \_\_\_\_\_ is anything we eat or drink to keep us healthy.
  - a. Food
  - b. Snack
  - c. Plants
6. What are the two major sources of food?
  - a. Plants and animals
  - b. Water and vitamins
  - c. Cheese and milk
7. Fruits and vegetables are gotten from \_\_\_\_\_.
8. Milk, meat and eggs are gotten from \_\_\_\_\_.
9. Mention 5 materials used for taking care of the hair.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_.
10. All except one are ways of taking care of our hair.
  - a. Oiling the hair
  - b. Washing the hair regularly
  - c. Combing or brushing the hair
  - d. Leaving the hair unkempt
11. The three types of hair infection includes: Lice, \_\_\_\_\_ and \_\_\_\_\_.
12. Mention 2 ways of taking care of our food.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_.
13. Mention 3 ways of taking care of our clothes.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_.
14. Mention one reason why we eat food.
  - a. \_\_\_\_\_.
15. We wash our clothes with dirty water.
  - a. True
  - b. False