

THE UNITED REPUBLIC OF TANZANIA,
PRIME MINISTER'S OFFICE
REGIONAL ADMINISTRATION AND LOCAL GOVERNMENTS



MARTIN LUTHER SCHOOL

P. O. Box 1786 Dodoma. Tel. +255 26 2395029, +255 784 449098

Fax +255 26 2395030 (www.martinlutherschooldodoma.sc.tz)

"High Quality Education for the New Generation"

STANDARD I

HEALTHCARE & ENVIRONMENT - HOLIDAY PACKAGE JUNE, 2026.

PUPIL'S NAME: _____

INSTRUCTIONS

1. Remember to write your three names properly.
2. Answer all the questions as per instructions.
3. Read all questions carefully before answering.
4. This holiday package should be returned to school when we open.

NAME _____ CLASS I: _____

From question 1- 25, choose the most correct answer and write its letter in the box provided.

1. What do we use to brush our teeth?

A. Spoon B. Toothbrush C. Handkerchief []

2. How many parts of the body do we have?

A. Three B. Six C. Ten []

3. After washing clothes, where do we hang them so as they dry?

A. Bucket B. Clothes Line C. Tree []

4. Which material is used for scrubbing the body when bathing?

A. Sponge B. Water C. Towel []

5. What is the best way of cutting nails?

A. By using knife B. By using nail cutter
C. By using razor blade []

6. The following items are used while washing clothes EXCEPT:

A. Detergent B. Shirt C. Clothesline []

NAME _____ CLASS I: _____

- 13.** What do we use to wear on our feet when we want to go to bath?
A. Towel B. Slippers C. Bucket []
- 14.** I am cleaning my ears by using cotton buds, what kind of dirt is removing from the ear?
A. Wax B. Mucus C. Saliva []
- 15.** What will happen if you do not clean and cut your finger and toes nails?
A. Jiggers will appear B. Lice will appear
C. Death []
- 16.** What will happen, if you do not brush your teeth?
A. Decay B. They will become white
C. Lice will appear []
- 17.** Anna came from bathing, which tool she supposed to use to dry her body?
A. Slippers B. Towel C. Razor blade []
- 18.** The following instruments are used for shaving hair, EXCEPT?
A. Pair of scissors B. Razor blade
C. Bottle []
- 19.** One way of caring for our body is to:
A. Take bath B. Sleep C. Cry []

NAME _____ CLASS I: _____

For question number 20 to 30, write true for the correct statement and false for the incorrect statement. Write your answer in the space provided.

20. Dirty clothes attract lice and germs _____

21. Long and dirty hair make us look smart _____

22. We wear the slippers on our legs when we want to take bath _____

23. Head, trunk and limbs are main part of the body _____

24. Ears produce the dirty called mucus _____

25. An organism which appear on clean fingers and toe nails is called jiggers _____

26. After bathing we rinsed our body with water to remove lather _____

27. Washed clothes are hanged on clothes line _____

28. Dirty clothes attract germs that causes diseases _____

29. It is not important to keep our clothes clean

NAME _____ CLASS I: _____

30. Resting and sleeping gives our bodies energy

From question 31 to 38, write the missing letters to make a meaningful word.

31. Dres__

32. L __ce

33. S__ap

34. W__ter

35. Sal__va

36. B ___ sin

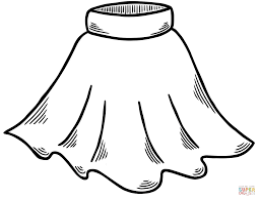
37. D ___ rt

38. Slipp _____ rs

NAME _____ CLASS I: _____

From question number 39 to 42, match the pictures with their corresponding names by using a line.

39.



Sweater

40.



Socks

41.



Short

42.

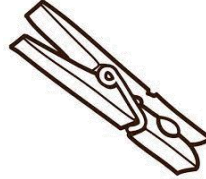


Skirt

NAME _____ CLASS I: _____

From question number 43 to 48, match the following materials for washing clothes with their names by using a line.

43. Soap



44. Basin



45. Pegs



46. Clothes line



47. Bucket



48. Washing machine



NAME _____ CLASS I: _____

From question number 49 to 50, draw the picture of the following items.

49. Slippers



50. Scissors



