

Subject- EVS

Class- III

Topic- Keeping healthy and fit

Learn and write the following hard words-

1. Fixed
2. Sick
3. Twice
4. Balanced Diet
5. Health
6. Hygiene
7. Ourselves
8. Exercise
9. Habits
10. Uncovered
11. Grandparents
12. Brushing
13. Washing
14. Plenty
15. Fixed

Learn and write the following book exercises-

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A. Tick (✓) the correct answers.

1. If our hair is dry, we should apply
(a) soap. ☐ (b) oil. ☒ (c) water. ☐
2. We must sit with our back
(a) tilted. ☐ (b) relaxed. ☐ (c) straight. ☒
3. We must sleep for at least hours.
(a) eight ☒ (b) four ☐ (c) fifteen ☐
4. We must clean our nose with our
(a) shirt. ☐ (b) handkerchief. ☒ (c) brush. ☐

B. Circle the odd ones. Give reasons for your answers.

1. brushing teeth washing hands eating sweets taking a bath
2. milk chocolate fruits eggs
3. nail clipper mud towel handkerchief

C. Fill in the blanks.

1. We must keep our nails short and clean
2. We must have our meals at fixed times every day.
3. Food purchased from roadside vendors makes us sick

Learn and write the following question answers-

Very short answer questions

Q1. How many times should we brush our teeth?

A1. Twice a day.

Q2. Which type of diet protects us from diseases?

A2. A balanced diet.

Short answer questions.

Q1. Write four rules we should follow for good health and hygiene.

A1. A1. For good health and hygiene we should-

(i) Keep ourselves clean.

(ii) Exercise daily.

- (iii) Have good food habits.
- (iv) Sleep well.

Q2. Why should we exercise daily?

A2. We should exercise daily because exercise keeps us fit and healthy.

Q3. What type of food should we not eat?

A3. We must not eat uncovered food, stale food and food bought from roadside vendors.

Long answer questions.

Q1. Write three ways to keep ourselves clean.

A1. We can keep ourselves clean by

- (i) Brushing our teeth twice a day.
- (ii) Washing our hands before and after every meal.
- (iii) Keeping our nails short and clean.

Q2. Describe three good food habits.

A2. Three good food habits are as follows:

- (i) We must eat a balanced diet.
- (ii) We must drink plenty of water.
- (iii) We must have our meals at fixed times every day.