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(Proposed ICSE Board)

Chapter-7**Topic: Cleanliness, Health and Hygiene****GRADE:3****Subject: Science****I. New words**

1. Cleanliness
2. Health
3. Hygiene
4. Surroundings
5. Recreational
6. Activities
7. Personal
8. Energetic
9. Exercise
10. Balanced diet

2.Short answer questions:**Q1. Why is good health necessary?****Ans: Good health keep us active, strong and fit.****Q2. Why should we exercise daily?****Ans: Exercise keeps us fit and healthy. It helps our heart, muscles and bones stay healthy.****Q3. Name two out door games.****Ans: 1. Badminton. 2.Football****Q4 Why should we not eat food roadside vendor ?****Ans: Eating roadside vendors might not be safe because we don't know if it's clean. Sometimes, germs can make us sick.****Q5 Why is it good to have a balanced diet?****Ans: Yes, it is good to have a balanced diet because it helps us to grow properly and also protects us from diseases.****3.Long answer questions:****1 How can we keep our surroundings clean ?****Ans. We should follow the given ways to keep our surroundings clean:**

1. Do not throw garbage in open places.
2. Throw garbage only in the dustbin.
3. keep the dustbin covered.
4. Clean the furniture and floor of your houses.
5. Do not spit in parks, roads and on walls.

Q2. Write a note on Swachh Bharat Abhiyan.

Ans: Swachh Bharat Abhiyan is a mission to keep India clean. It is the biggest cleanliness drive in India. We should take part in the mission. We should also keep our classroom, school, home, neighbourhood and city clean. Let us make India clean and healthy!

Q 3. Why should we not throw garbage in the open? Give three reasons.

Ans: We should not throw garbage in open places because:

1. It makes our surroundings dirty and smelly.
2. It can attract animals that might spread garbage around.
3. Garbage can have germs that make people sick.

Teacher Signature

Principal Signature

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