

**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.