

Assalam u alaikum

Class:-3rd std

Subject:- Science

Lesson no:- 2

Topic:- Health and hygiene

I)New words:-

- 1) Health.
- 2) Hygiene.
- 3) Personal.
- 4) Regular.
- 5)Defecate.
- 6) Garbage.
- 7)Stagnant.
- 8)Nutritious.
- 9) Ventilation.
- 10) Filtered.

II)Fill in the blanks:-

1) We must take a(bath) every day.

2) Biting (nails) is a bad habit.

3) Do not(waste) food.

4) Always wear (clean) clothes.

III) Choose the correct answer:-

1) _____ cleanliness is keeping oneself clean.

a) personal ✓ (b) common (c) body

2) We should do _____ exercise to keep our body fit.

a) irregular (b) regular ✓ (c) common

3) We should develop _____

habits.

a) good ✓ (b) bad (c) irregular

IV) Write true or false:-

1) We should trim our nails every week. (true)

2) We should not bath daily. (false)

3) Health is wealth.(true)

4) Toilets can be built near a well.(false)

5)Our toilets should not be clean.(false)

VI) Answer the following:-

1)What is health?

A:- Health is a state of physical, mental and social well-being.

2) Write two healthy habits while eating and drinking.

A:- *Wash your hands before and after meals.

*Always drink boiled and filtered water..

3)How do you keep your house clean?

A:- Sweep and swab your house every day.

4)Why do we use a handkerchief?

A:- While coughing or sneezing always use handkerchief.

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