Wada Nirmiti Education Society's

GURUKUL GLOBAL SCHOOL

WORKSHEET

SUB: EVS LESSON:9(Staying Healthy and Happy) STD: III

NAME: _____ ROLL No: _____ DATE: _____

Q. 1. Choose the correct option.

1.Which plant twig is not used as datun?

i. Babool ii. Karanj iii. Neem iv. Eucalyptus

2. After exercising, what happens to our body?

i. starts sweating ii. feels slightly warm iii. breathes faster iv. All of these

3. We should throw _____ into roadside dustbins.

i. litter ii. fresh fruits iii. toys iv. fresh vegetables

4. Use a _____ to dry yourself after a bath.

i. blanket ii. towel iii. shirt iv. handkerchief

5. How does eating healthy food help us?

i. Helps us sleep more ii. Makes us lazy

iii. Reduces the risk of getting sick iv. Makes us sick

Q. 2. Write True or False for the given statements.

1. We should wash our hands with soap and water before taking meals. _____

2. We should sleep for 3-4 hours only._____

3. Playing outdoor games is also a fun way to exercise._____

4. We should clean our bathroom using cleaning agents to keep away germs.____

5. Animals also like to keep their body clean._____

6. We can make cleaning agents at our home to clean surfaces._____

7. It is safe to play outdoor games on a busy road._____

8. Skipping rope is a good exercise._____

Q. 3. Given below are the names of some games. Put them under the correct headings.

(chess, ludo, cricket, basketball, volleyball, carrom board, snakes and ladders, hockey)

Indoor games	Outdoor games
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____