

ST THOMAS SCHOOL, DHURWA , RANCHI

FIRST TERMINAL EXAMINATION, SESSION 2019 – 2020

CLASS : III

SUBJECT : SCIENCE

Answers (Chapter 11 : Cleanliness, Health And Hygiene)

Objective Type Questions

A . . Choose the correct option:

- 1) d
- 2) a
- 3) b
- 4) c
- 5) c

B Choose the correct word to fill in the blank.

- 1) hands
- 2) meal
- 3) sweat and dirt
- 4) milk
- 5) stale

C. Write True and False .

- 1) False
- 2) True
- 3) True
- 4) False
- 5) True

D. Circle the odd one. State a reason for selection.

- 1) Football. It is an outdoor game.
- 2) Using wet towel to wipe off the skin. We should use dry towel to wipe off the skin.
- 3) Dumping wet and dry garbage in different bins. It is the proper way of disposing garbage.
- 4) Polythene. It is not good for our surroundings.

Subjective Type Questions

E. Answer the following questions in short.

- 1) A diet that contains all the essential nutrients in the correct amount is called balanced diet. It also includes roughage and sufficient amount of water.
- 2) Butter and ghee are rich sources of fat.
- 3) Carbohydrate- rich food are classified into two types-
 - a) Starch e.g. potato, rice, wheat and corn
 - b) Sugar e.g. bananas, grapes, oranges, peaches etc.
- 4) A protein – rich food is body building food e.g. meat, fish etc., while carbohydrate – rich food is energy giving food e.g. potato, rice etc.
- 5) If a person eats a lot of fat –rich food it may lead to obesity and other severe health complications such as heart disease.

F. Answer the following questions in detail.

1) Roughage and water are important part of our diet even though they lack nutrients because both help in digestion of food and elimination of waste.

Water is also essential for all bodily functions and for life.

2) A balanced diet contains all the essential nutrients including roughage and water in correct amount that is required by our body. Hence it is very important to eat a balanced diet to stay healthy and fit.

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