

**ST THOMAS SCHOOL, DHURWA , RANCHI**

**FIRST TERMINAL EXAMINATION**

**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 will keep our surrounding clean.
- 4) Polythene. It is not good for our surroundings.

### Subjective Type Questions

#### **E. Answer the following questions in short.**

- 1) Maintaining hygiene is a necessary to stay fit and healthy and to avoid sickness.
- 2) Hair should be regularly washed good shampoo, oiled regularly and combed properly to remove dirt and dandruff.
- 3) Indoor games: chess, carrom Outdoor games: cricket, volleyball
- 4) We should eat a variety of food so that we can get proper amount of nutrition from each food group.
- 5) Water helps to maintain the body temperature and keeps us hydrated.

#### **F. Answer the following questions in detail.**

- 1) . Yes we maintain oral hygiene by brushing our teeth twice a day and rinsing our mouth after every meal.
- 2) We need proper rest to help our body relax, repair the body cells, increase the efficiency to work and regain energy. Regular exercise tones up the muscles and improves blood circulation in the body.
- 3) Swachh Bharat Abhiyan is India's largest and the most significant cleanliness campaign by the Government of India.
- 4) The following ways can improve our surroundings:
  - i) garbage should be disposed off at proper places through proper methods.
  - ii) we should never spit on roads and other public places. iii) we should avoid using plastic bags. iv) more and more trees should be planted in our surroundings.

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