

## UNIT 1 – MY BODY

CLASS: III

SUBJECT: SCIENCE

### I. Fill in the blanks

1. We should wash our hands after playing out (before / after).
2. Intestinal worms cause anaemia (anaemia / cold).
3. Eating fruits is good for health ( fruits / packed snacks).
4. doing exercises improves our brain functions (eating junk food / doing exercises).
5. If someone's touch hurts you, then it is a bad touch (good touch / bad touch).
6. differently-abled is the word used to refer to the disabled persons (handicapped /differently-abled).

### II. Say " True" or "False"

1. Use soap to wash your hands [ True]
2. Open defecation causes cholera. [ True]
3. Bathing reduces blood circulation. [ False]
4. Show pity on physically challenged people. [ True]
5. Always use ear buds to clean your ears. [ False]

### III. Answer the following questions in a few words.

#### 1. What are the effects of open defecation?

- (i) open defecation spreads diseases such as cholera and diarrhoea.

(ii) Children also get affected by intestinal worms which causes anaemia.

## 2. Write the benefits of bathing.

- Cleanses the body
- Removes dirt and odour
- Protects oneself from infection
- Improves blood circulation

## 3. List out the types of touches.

- Good Touch
- Bad Touch
- Don't Touch

## 4. Who are the persons in your safe circle?

- Father
- Mother
- Grandpa
- Grandma
- Sister
- Brother
- Teacher

## 5. Name the sensory organs of our body.

- ✚ Eyes
- ✚ Nose
- ✚ Ears
- ✚ Tongue
- ✚ Skin

**IV. Arrange in correct order. (First and last steps are in correct sequence)**

1. Wet your hands and apply enough soap.
2. Rub the tips of your finger.
3. Rub both hands by interlocking your fingers.
4. Rub the back of each hand.
5. Rub the palm together.
6. Rub the back of each fingers.
7. Rub the thumb and end of your wrist and rinse both hand with water.

**Ans:**

1. Wet your hands
2. Apply enough soap
3. Rub the palm together.
4. Rub the back of each hand.
5. Rub both hands by interlocking your fingers.
6. Rub the back of each fingers.
7. Rub the tips of your finger.
8. Rub the thumb and end of your wrist.
9. Rinse both hand with water.

**V. Answer the following questions.**

**1. When do we wash our hands?**

- (i) You must wash your hands before and after eating food.
- (ii) Wash your hands with soap and water when hands are visibly dirty.

(iii) After using the toilet wash your hands with soap.

## 2. What will you do when somebody who are not in your 'safe circle' touches you?

- (i) Run away from the person whose touch you don't like.
- (ii) Call for help.
- (iii) Tell him to stop immediately
- (iv) Push him away.

## 3. How can we protect our skin?

- ❖ Always use a mild soap.
- ❖ Keep your skin dry and clean.
- ❖ Dry your skin by rubbing gently with a clean cloth.
- ❖ Consult a doctor when you have itching, skin injury or infection.

## 4. How do we get intestinal worms?

- Open defecation spreads diseases such as cholera and diarrhoea.
- Groundwater is polluted by toilets and it also causes diseases.
- Children also get affected by intestinal worms which causes anaemia. So, it is necessary to use toilets.

## 5. How do you help differently-abled people?

- ❖ Opening doors for the disabled.
- ❖ Making way for them.
- ❖ Bring them to cross the road.
- ❖ Treat them as normal people.

## **VI. Collect Proverbs related to self hygiene health and sanitation.**

1. Health is Wealth.
2. An Apple a day keeps a doctor away.
3. Prevention is better than cure.
4. Early to bed and early to rise.
5. Hygiene is two thirds of health.

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