

INTERNATIONAL INDIAN SCHOOL BURAIDAH

Class 3 - EVS Worksheet 1

1. Choose the correct answer.

1. These are present inside our chest.

- a. hands b. lungs c. shoulders

2. We need these organs to write.

- a. hands b. legs c. ears

3. We need to avoid _____ to maintain good health.

- a. Junk food b. Milk c. Fruits

4. Which of these things can hurt you

- a. towel b. paper c. knife

5. This is a fun way of Exercising

- a. weight lifting b. running c. dancing

6. Legs and feet help us to _____

- a. eat b. sleep c. walk

2. Fill in the blanks.

1. People who cannot see use a _____ for writing.

2. The _____ is the largest of all the sense organs.

3. The nose helps us to _____ different things.

4. Do not _____ each other while playing on when in the school.

5. Food which is full of _____ provides energy to the body.

6. _____ weakens the body and makes it frail.

3. Match the Following.

1. Healthy Food

a. Taking bath daily

2. Heart

b. Sitting straight

3. Correct posture

c.

4. Exercise

d. Nutritional Meals

5. Cleanliness

e.

6. Brain

f. Cycling



4. Answer the following questions.

1. Who are orphans?

2. Who uses sign language?

3. What is first Aid?

4. Enlist the functions of tongue.

5. What is the importance of regular exercise?

6. Why do we need to follow safety rules?