

(1)

Class 3A & B

Science

Chap II - Cleanliness, Health  
and Hygiene.

Q1. Name a few things that are a part of our surroundings.

A1. Gardens, roads, playgrounds, houses, plants, animals, air, water and soil are all a part of our surroundings.

Q2. What are some rules that we must follow to remain healthy?

A2. To remain healthy we must

1) eat lots of fruits and green vegetables daily.

2) drink 8-10 glasses of water everyday.

3) wash our hands properly before and after eating food.

4) not eat uncovered food.

(2)

Q3. What are some energy giving and body building foods?

A3. Wheat, rice and bananas are some energy giving foods.

Cheese, milk, eggs, soybean, chicken and fish are some body building foods.

Q4. Why should we exercise daily?

A4. We should exercise daily as it makes us fit, strong and active.

Q5. Why is a good sleep important for us?

A5. A good sleep helps the body to become strong and healthy and refreshes us.

Q6. What is garbage?

A6. Any kind of waste that is thrown away is called garbage.

(3)

Q7. What is the Swachh Bharat Abhiyan?

A7. The Swachh Bharat Abhiyan is a national campaign by the government of India, with a mission to keep India clean. It is the biggest cleanliness drive in India.

## SWACHH BHARAT ABHIYAN

Swachh Bharat Abhiyan (SBA) is a national campaign<sup>2</sup> by the Government of India, with a mission to keep India clean.

It was officially launched on 2 October 2014, at Rajghat, New Delhi by the Prime Minister of India, Mr Narendra Modi. It is the biggest cleanliness drive in India, with 3 million government employees, school students, and college students participating in it.



Swachh Bharat Abhiyan

### Questions

Choose the correct option to fill in the blank.

1. Roads, garden, playground, houses, air, water and soil are our *surroundings* (neighbours/surroundings).
2. If we stay ...*dirty*... (clean/dirty) our body will give a bad smell.
3. We should take a ...*warm*... (warm/cold) water bath in winters.
4. ...*wash*... (Wash/Don't wash) your hair regularly.
5. You could play indoor games such as ...*chess*... (football/chess).

<sup>2</sup>campaign: A series of planned activities to achieve an aim

## Wrap Up

- You should keep your surroundings clean. Plant trees around your house and in your school ground.
- If you do not keep yourself clean, germs will grow on/inside your body and you will fall ill.
- You should wash your hands before and after meals. Wash your hands with soap after using the toilet.
- You should keep your mouth and teeth clean, and brush your teeth twice daily.
- You should take a bath daily using soap.
- Use hair oil and a shampoo to keep your hair clean.
- You should eat different types of food in the right quantity.
- You should exercise daily.
- Drink 8-10 glasses of water every day.
- Swachh Bharat Abhiyan (SBA) is a national campaign by the Government of India, with a mission to keep India clean.



## Exercises

### SECTION I

#### A. Choose the correct option to fill in the blank.

1. Sweat makes your skin ... dirty ..... (clean/dirty).
2. You ... should (should/should not) wash your hands after using the toilet.
3. You should brush your teeth ... twice ..... (twice/once) in a day.
4. We should use ... paper ..... (plastic/paper) bags.

#### B. Write T for True and F for False. Correct the false statements.

1. We need food to grow and stay healthy. ... True .....
2. Sleep at least 12 to 14 hours a day. ... False .....
3. Chicken is a body-building food. ... True .....
4. We should always throw waste on the roads. ... False .....
5. Swachh Bharat Abhiyan (SBA) is a national campaign with a purpose of reducing sound pollution. ... False .....



**C. Choose the correct option.**

- Which of the following habits makes you healthy?  
 a. Yoga  
b. Eating pizza  
c. Playing with mobile phones  
d. Going to bed late at night
- How does a clean surrounding help us?  
a. It keeps us dirty.  
 b. It keeps us healthy.  
c. It keeps us sick.  
d. It keeps us tired.
- Which of the following is a good hair care habit?  
a. Washing hair properly  
b. Using a good hair oil  
c. Combing hair regularly  
 d. All of these

**D. Match the following.**

- |                   |                               |                           |
|-------------------|-------------------------------|---------------------------|
| 1. Hygiene        | <i>Keeping yourself clean</i> | a. Dandruff and sweat     |
| 2. Brushing teeth | <i>Twice daily</i>            | b. Keeping yourself clean |
| 3. Dirty hair     | <i>Dandruff and sweat</i>     | c. Body-building food     |
| 4. Drinking water | <i>8-10 glasses daily</i>     | d. Twice daily            |
| 5. Eggs           | <i>Body - building food</i>   | e. 8-10 glasses daily     |

**SECTION II**

**A. Short answer questions**

- What is hygiene?
- Mention three things that are present in our surrounding.
- Write two ways in which we can keep our surroundings clean.
- Name three energy-giving food.

**B. Long answer questions**

- How should you wash your hands?
- How can you take care of your body?
- List three ways in which you can keep your surroundings clean.
- Write a short note on Swachh Bharat Abhiyan.