

Standard 3

Science

Chapter 11 : Cleanliness, Health and Hygiene

Assignment

Continue with the following question and answers in your science copy, 'A' on page number 94 and solve E. On page 95.

Q.5) Write any four ways in which we can take care of our body.

A.5) Four ways in which we can take care of our body :

- We should wash our hands with a soap and water before and after meals, after using toilets and playing with pets.
- We should chew the food properly.
- We must drink 7-8 glasses of water everyday.

- We should exercise daily to keep ourselves fit and active.

Q.6) What makes our surrounding dirty and unhealthy ?

A.6) Throwing of garbage in the open on the roadside, parks, playground and in water bodies like rivers, ponds and lakes pollutes water and makes it unfit for human use. This makes our surrounding dirty and unhealthy.

Q.7) How can we keep our surroundings clean? Write a brief note.

A.7) We can keep our surroundings clean by not throwing garbage around our house, in school, on roads or in the park.

Q.8) What is Swacch Bharat Abhiyan? When and by whom was it started?

A.8) Swacch Bharat Abhiyan is a campaign started by the Government of India, with a mission to keep India clean.

It was started officially on 2nd October 2014, at Rajghat, New Delhi by then Prime Minister, Mr Narendra Modi

E. Look at the picture and answer the following questions.

Q.1) What is shown in the picture ?

A.1) The boy is throwing the garbage in the dustbin.

Q.2) Does it help in keeping the surrounding clean ?

A.2) Yes, throwing garbage in the dustbin keeps our surrounding clean.

Q.3) Write any four ways to keep the surroundings clean.

A.3) Four ways to keep our surroundings clean are :

- We should use jute and paper bags instead of polythene and plastic bags.
- We should not spit on roads or walls because it makes our surroundings dirty and unhealthy.
- We should plant more and more trees in our surroundings. Plants release oxygen and thus make the air pure.
- We should not allow water to stagnate around houses or school. This is a breeding site of mosquitoes, houseflies and germs.

Do the following in your textbook, ‘D’ on page number : 95.

D. Write true or false:

1. True
2. False

3. False

4. True

5. True
