

Subject: Environmental Studies (EVS)

Class: 3

Topic: Good Habits for Health

Levels: Basic, Intermediate, Advanced

Level: Basic

1. We should brush our teeth _____ (once / twice) a day. ★
2. Always wash your hands with soap _____ (before / after) eating food.
3. We must take a bath every day to keep our body _____ (dirty / clean).
4. Drinking _____ (milk / cola) helps make our bones strong. ●
5. We should trim our _____ regularly so dirt does not collect. (hair / nails)
6. Always use a _____ while sneezing or coughing. (towel / handkerchief)
7. We must drink at least 8 glasses of _____ every day. ✨
8. Early to bed and early to rise makes a person _____. (lazy / healthy)
9. We should eat _____ food like fruits and vegetables. (junk / healthy) ✨
10. Keep your hair neat by _____ it daily. (combing / pulling)

Subject: Environmental Studies (EVS)

Class: 3

Topic: Good Habits for Health

Levels: Basic, Intermediate, Advanced

Level: Intermediate

1. Why should we avoid eating food from roadside vendors that is not covered? _____
2. Aarav plays outdoors for one hour daily. Is this a good habit? (Yes / No) ✳
3. We should always cross the road at the _____ crossing. ▲
4. Name one exercise you do to stay fit: _____
5. Why must we rinse our mouth after every meal? _____
6. Throw garbage in the _____ to keep the surroundings clean.
7. Is it good to watch TV while eating your dinner? (Yes / No) _____
8. We should wear clean and _____ clothes every day. (ironed / torn)
9. Sleeping for _____ (5 / 8) hours is important for our brain. ▲
10. What symbol represents love for our health? Draw it here: ♥

Subject: Environmental Studies (EVS)

Class: 3

Topic: Good Habits for Health

Levels: Basic, Intermediate, Advanced

Level: Advanced

1. If you have a cold, how can you protect your friends from catching it? _____
2. Write the names of two 'Junk Foods' we should avoid: _____
3. Why is it important to sit with a straight posture? _____
4. If a chocolate costs ₹10 and a banana costs ₹5, which is a better buy for health? _____
5. Explain why we should not share our personal towel or toothbrush: _____
6. How does regular yoga or exercise help our body? _____
7. Write one good habit you follow before going to sleep: _____
8. List two habits that save water while brushing or bathing: _____
9. Why should we avoid using plastic bags for carrying food? _____
10. Challenge: Write a slogan to encourage your classmates to 'Eat Healthy'. ✨