

Girls' High School and College, Prayagraj

Worksheet no - 4

Session - (2020 -2021)

Class - 3 : A to F

Subject- Science

Chapter - 2 : Safety and Home

Topic 1 - Comfortable and safe home

Instruction : The parents are requested to help the child revise the first worksheet of this lesson 'Safety and home' and make the child read and understand the passage below and then answer the questions that follow.

- We need a house to live in. Our house protects us from the heat of the sun, cold, wind, rain, storm and snow. To stay healthy and comfortable at home, we need to maintain a clean environment.
- The rooms in a house should be airy and allow sunlight to enter . Sunlight kills germs.
- The doors and windows of the house should have wire netting to prevent flies and mosquitoes from entering.
- The rooms should be swept and wiped regularly using phenyl.
- Drains in the kitchen and washroom must be covered.
- Washrooms , basins and toilets must be cleaned daily.
- Washroom floor should be dried.
- Garbage bins must be covered and the garbage must be thrown in a proper dumping place.
- The house should be whitewashed at regular intervals of time.
- Keeping the house safe and clean keeps us disease-free and healthy.



Meanings :-

- Germs - microbes that cause diseases
- Disease - an illness in a human, animal or plant
- Drainage System - a pipe for carrying off liquid waste products or rainwater from a building
- Phenyl - a chemical used for cleaning floors and toilets

Exercise

(A) Fill in the blanks with correct words from the bracket :-

- A house should be ____ (dirty / airy) and ____ (dirty / clean).
- Household wastes should be thrown into ____ (floors / dustbins).
- A good house should have ____ (windows / wire netting) to prevent flies and mosquitoes from entering.
- Washroom floor should be ____ (wet / dried).
- Sunlight ____ (does not kill / kills) germs.



(B) Match the column :-

COLUMN 'A'

- Garbage bins
- To stay healthy
- Drainage System
- Using the phenyl
- Rooms

COLUMN 'B'

- maintain a clean environment.
- allows dirty water to be carried away.
- must be covered.
- should be airy.
- kills germs.

(C) Answer in short :-
(Question 1 and 2 are solved)

1. Why do we need a house ?

A. We need a house to live in. Our house protects us from the heat of the sun, cold, wind, rain, storm and snow.

2. Why should a house have doors and windows?

A. A house should have doors and windows to let fresh air in and sunlight as sunlight kills germs.

(Now answer these questions) :-

3. Why should a house have a proper drainage system ?

4. What keeps us disease-free and healthy ?

5. Why should a house have wire netting in doors and windows?



(D) Answer in detail :-

Instruction : Read and learn the following answers :-

1. Write four ways in which we can keep our house clean.

A. Four ways in which we can keep our house clean are -

- The rooms should be swept and wiped regularly using phenyl.
- Drains in the kitchen and washroom must be covered.
- Washroom, basins and toilets must be cleaned daily.
- Garbage bins must be covered and garbage must be thrown in a proper dumping place.

2. Write three features of a good house.

A. Three features of a good house are -

- The rooms in a house should be airy and allow sunlight to enter as sunlight kills germs.
- The doors and windows of the house should have wire netting to prevent flies and mosquitoes from entering.
- The house should have a proper drainage system to allow dirty water to be carried away.

PART - 2

TOPIC - Personal Hygiene and Cleanliness

A. Personal Hygiene :-

Personal hygiene is very important for keeping good health . It should be done on a regular basis . To maintain personal hygiene, we should -

- Wash our hands before and after eating food.
 - Cut nails of both hands and feet at regular intervals.
 - Comb hair neatly. Wash it regularly and get it cut at least once in a month.
 - Wear clean clothes everyday.
 - Take a bath daily.
- Therefore, personal hygiene can be defined as an act of maintaining cleanliness.



B. Keeping the Surroundings Clean :-

Our health depends on our surroundings . If our surroundings are dirty, we may fall ill. To keep our surroundings clean, we must do the following -

- We should throw all the garbage into the dustbins. Dustbins should be placed in different areas at home.
- We should not litter in the classrooms.
- Pencil shavings and paper cuttings must be thrown in the bin.



C. Swachh Bharat Abhiyan Mission :-

Our government has initiated a cleanliness drive to make us aware of the importance of living in a clean and healthy environment. In order to make this campaign a success we must co-operate with the government.



KEYWORDS (from the above text with meanings) :-

- **Hygiene** - cleanliness
- **Campaign** - to organize a series of activities to try to achieve something
- **Litter** - pieces of paper, rubbish
- **Initiate** - to start, to begin

EXERCISE

A. State true or false :-

1. We should cut our nails at regular intervals. []
2. Clothes can be worn again and again. []
3. Washing hands come in personal hygiene. []
4. We should throw the garbage on the floor. []
5. Clean environment keeps us healthy. []

B. Fill in the blanks with the help of the given options :-

1. We should take a bath_____. [daily/ sometimes]
2. Swachch Bharat Abhiyan Mission has been initiated by our _____. [government/ helpers]
3. A dirty environment can make us _____. [healthy/ ill]
4. We should keep the dustbins clean and _____. [covered/ uncovered]
5. Dustbins should be kept in _____ [different/ same] areas at home.

C. Answer in short :-

(Question 1 is solved)

1- What is personal hygiene ?

A- Personal hygiene can be defined as an act of maintaining cleanliness.

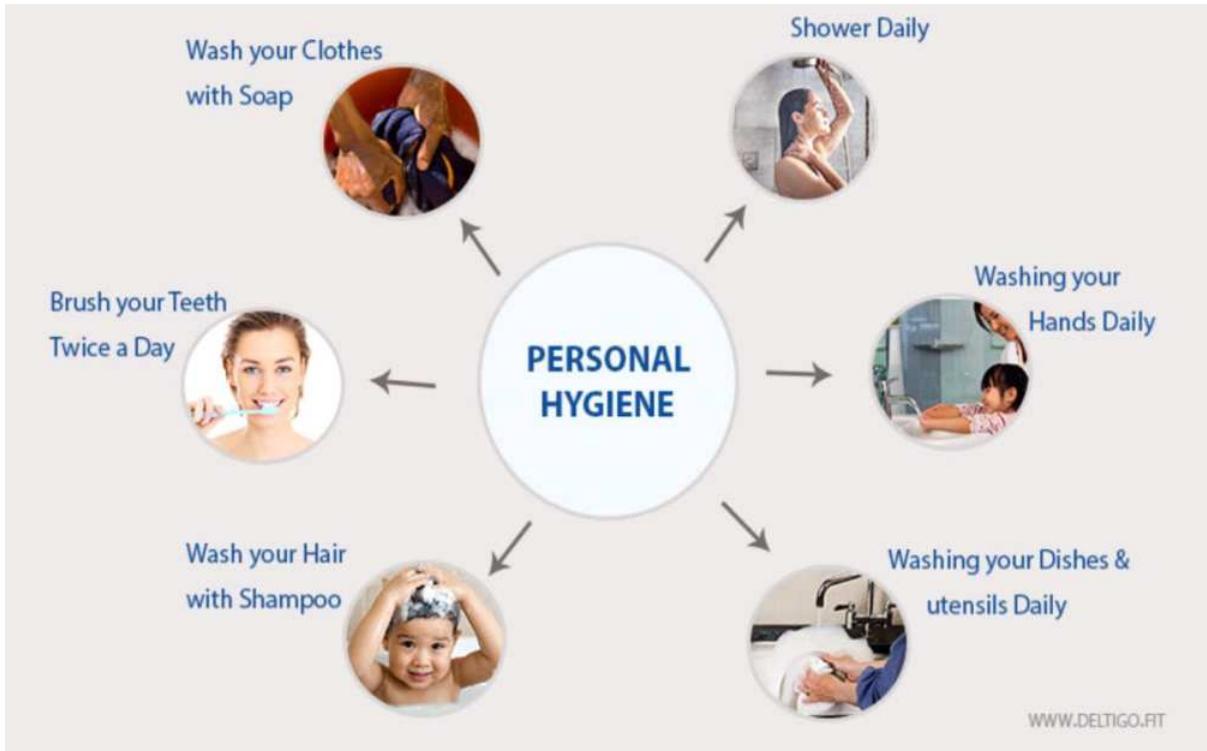
(Now answer these questions) -

2- Write two points to maintain personal hygiene.

3- Why has the government made the Swachch Bharat Abhiyan Mission?

4- Write any two points to keep our surroundings clean.

5- How should we take care of our hair?



(D) Answer in detail :-

Instruction : Read and learn the following answers :-

1. Mention five things you should do to maintain personal hygiene.

A. To maintain personal hygiene we should do the following things -

- Wash hands before and after eating food.
- Cut nails of both hands and feet at regular intervals.
- Comb hair neatly, wash it regularly and get it cut at least once in a month.
- Wear clean clothes everyday.
- Take a bath daily.

2. How can you keep your surroundings clean?

A. In order to keep the surroundings clean, we must do the following :-

- Dustbins should be placed in different areas at home and it should be covered.
- Dustbins in school should be placed near the canteen, in the corridors and in the classrooms.
- Washrooms in school and at home should be kept clean and dry.

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