

**Girls' High School and College,  
Prayagraj  
Session-(2020-21)  
Work Sheet No- 3  
Class- 3(A-F)  
Subject –Value Education**

**INSTRUCTIONS: -**

- (1)** Parents are instructed to ensure that the child reads and understands Ls.4, We Must Take Care of our Health and attempts the exercises given below.
- (2)** Parents are requested to make sure that the child revises all the three chapters of the syllabus that have been taught and does the exercises given at the end of the chapters in the book.

**Lesson-4 – We Must Take Care of our Health.**



**Keywords**

1. **Wonderful** – extremely good
2. **Healthy** – showing good health
3. **Quench** – to satisfy your feeling of thirst by drinking a liquid
4. **Stretched** – made longer or wider without tearing or breaking
5. **Strengthened** – became stronger or made something stronger

- 6. **Nourishment** – food that you need to grow and stay healthy
- 7. **Surfing** – an activity of looking at different sites on internet
- 8. **Obese** - very fat



## Exercises

### Ex-1 -Choose the correct option.

- 1 – One way of taking care of our body is to..... .  
(watching TV/ exercise)
- 2 – Junk food has ..... nutritional value.  
(less/ more)
- 3 – We should take care of our .....(health/dress)
- 4 – We should eat ..... food to nourish our brain and body.  
(healthy/junk)
- 5- A person who is overweight is ..... . (obese/thin)

### Ex-2 -Draw and colour one healthy food and one junk food.

