

Class: III

Subject: Science

Topic: Health
and Cleanliness

Date: 02.12.2024

Good Morning students

This is the notebook work of
Ch-11 Health and Cleanliness and is
being presented to you on 02.12.2024

Q1. What is meant by cleanliness?

Ans. Cleanliness means to keep neat and clean.

Q2. What does personal cleanliness keep away
from our body?

Ans. Personal cleanliness helps to keep the
dirt, dust and germs away from
our body.

Q3. Mention four good habits to keep
healthy.

Ans. Four good habits to keep ourselves

healthy are :

- i) Brush your teeth twice a day.
- ii) Trim your nails regularly.
- iii) Wash your hands
- iv) Always wear clean clothes.

Q4. Why do we need to sleep daily?

Ans We need to sleep daily as it provides us good and proper rest. While we are sleeping, our body systems also get the rest they require.

Q5. Mention some causes of unhealthy surroundings.

Ans The various causes of unhealthy surroundings are:

- i) People spitting here and there on roads and public places.
- ii) Garbage and waste thrown in the open.

Q6. What is Swachh Bharat Abhiyan?
Who launched it?

Ans. Swachh Bharat Abhiyan is a national campaign aimed at making India a neat and clean country. It was launched by our Honorable Prime Minister, Shri Narendra Modi.

Home - assignment

Complete the above sent work in your notebook.