



# INTERNATIONAL INDIAN SCHOOL, TABUK

TERM- 1 (SESSION: 2025-26)

## PRACTICE SHEETS

**CLASS: III A/B**

**SUBJECT: Evs**

**TOPIC: Ch-2. Be safe and healthy**

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| <b>I</b>   | Put a tick on the correct option.  |
|            | 1.Which of these things can hurt you?  |
|            | a.Towel                      b.Paper                      c.Knife                  |
|            | 2.We need to avoid _____ to maintain good health.                                  |
|            | a.Junk food                      b.Milk                      c.Fruits              |
|            | 3.Which of the following should not be touched without the permission of an adult? |
|            | a.Book                      b.Scissors                      c.Toys                 |
| <b>II</b>  | Fill in the blanks.  |
|            | 1.Good _____ is not something which we can buy.                                    |
|            | 2.Do not _____ each other while playing on when in the school.                     |
|            | 3.Food which is full of essential _____ provides energy to the body.               |
| <b>III</b> | Match the following.   |
|            | 1.Cleanliness                      a.Sitting straight                              |
|            | 2.Exercise                      b.Taking bath daily                                |
|            | 3.Correct posture                      c.Cycling                                   |
| <b>IV</b>  | Answer the following questions.  |
|            | 1.Why do we need to take rest?   |

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|  | <b>2.Give any two safety rules which should be followed in the school.</b> |
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|  | <b>3.What is the importance of regular exercise?</b>                       |
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|  | <b>4.Why do we need to follow safety rules?</b>                            |
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