

# NEW BHARATH MATRICULATION HR SEC SCHOOL, THIRUVARUR.

Class: III

Subject : Science

## My Body

### I. Fill in the blanks:

1. We should wash our hands **after** playing out.
2. International worms cause **anaemia**.
3. Eating **fruits** is good for health.
4. **Exercises** improves our brain functions.
5. If someone's touch hurts, then it is a **bad touch**.
6. **Differently abled** is the word used to refer to the disabled persons.

### II. Say True or False:

1. Use soap to wash your hands. **True**
2. Open defecation causes cholera. **True**
3. Bathing reduces blood circulation. **False**
4. Show pity on physically challenged people. **True**
5. Always use ear buds to clean your ears. **False**

### III. Answer the following questions in a few words:

1. What are the effects of open defecation?

Effects of open defecation causes cholera diarrhoea and also affected intestinal worms causes anaemia.

2. Write the benefits of bathing?

- \* Clean the body
- \* Removes dirt and odour.
- \* Protects oneself from infection.
- \* Improves blood circulations.

3. List out the types of touches?

- # Good touch
- # Bad touch and
- # Don't touch

4. Who are the persons in your safe circle?

safe circle persons

Father, Mother, Grandpa, Grandma, Sister, Brother, Teacher.

5. Name the sensory organs of our body.

Eyes, Skin, Nose, Tongue and Ears

#### **IV. Arrange in correct order.**

- ❖ Wet your hands and apply enough soap
- ❖ Rub the back of each fingers
- ❖ Rub the back of each hand
- ❖ Rub the tips of your hand
- ❖ Rub the tip of your finger
- ❖ Rub both hands by interlocking your fingers.
- ❖ Rub the thumb and end of your wrist and rinse both hand with water.

#### **V. Answer the following questions.**

1.

- Before, during and after preparing food.
- Before and after eating food.
- Before and after caring for someone at home who is sick with vomiting or diarrhoea.
- Before and after using toilet.

2. What will you do when somebody who are not in your "safe circle" touches you?

Tell them to STOP, scream "STOP" an run away.

3. How can we protect our skin?

- ✓ Always use a mild soap
- ✓ Keep your skin dry and clean
- ✓ Dry your skin by rubbing gently with a clean cloth.
- ✓ Consult a doctor when you feel any itching skin injury or infection.
- ✓

4. How do we get intestinal worms?

Ground water is polluted by toilets and it also causes diseases. Children also get affected by intestinal worms which causes anaemia.

5. How do you help differently abled people?

- ❖ Opening doors for the disabled.
- ❖ Making way for them
- ❖ Bring them to cross the road.
- ❖ Treat them as normal people.

## My Body Additional Question

### I. Choose the correct answer:

- Which of the following activity is correct.
  - Do clean ears with ear buds.
  - Open defecation
  - Watch TV from a minimum distance of 6 feet.
- Who is your safe circle member among the following:
  - neighbour
  - teacher
  - family friend

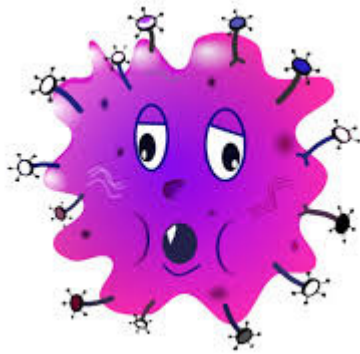
### II. True or False:

- Germs are hiding under the nails. **True**
- We should wash our hands after using the toilet. **True**
- Touch electric switches with wet hands. **False**
- Never look, touch or talk about your private parts. **True**
- Read in too dim or too bright light. **False**
- Treat differently abled person as normal people. **True**

### III. Fill in the blanks:

- If anyone hurts a child we call **1098**
- Physical exercise** helps to strengthen our muscles and bones.

### 1. Draw a diagram of germs:



### 2. Draw a diagram of eye:



### 3. Draw a diagram of germy hand:



Germs are micro organisms that affects our body.  
They are found in all the places.

#### Activity:

Draw a diagram of germy hand.

## Unit-2: States of matter

### I. True or False:

1. Solids have a definite volume. **True**
2. Liquids cannot flow. **False**
3. We can melt any substance by cooling it. **False**
4. Liquids can take the shape of the container. **True**
5. Gases have a definite shape or volume. **False**
6. Matter changes its state when heat is added or removed. **True**
7. A fuel is a substance which gives heat energy on burning. **True.**

### II. Fill in the blanks:

1. The measure of matter in an object is called **Mass**
2. Change of liquid into vapour on heating is called **evaporation.**
3. An example for liquid is **water.**
4. The change of liquid into solid on cooling is known as **freezing.**
5. An example for solid is **stone.**

### III. Match it:

- |           |   |         |
|-----------|---|---------|
| 1. solid  | - | apple   |
| 2. liquid | - | water   |
| 3. gas    | - | balloon |

### IV. Answer in a word or two:

1. Which of these is a solid: wood or juice? **wood**
2. Which of these is hard: a sponge or a glass or a cloth? **Glass**
3. What are three states of matter?

**Solid, liquid, gas**

4. In which state of matter the particles are very close to each other?

**Solid state of matter the particles are very close to each other.**

5. What state of matter is rain.

**rain is liquid state of matter**

6. Which among the state of matter has definite size but no definite shape?

**liquid state**

7. Name three substances which can change to liquid when they are heated?

**Ice, Cheese, Jiggery**

8. What are some properties of pencil?

**Pencil is rigid**

**It has definite shape and volume**

**It occupies a fixed space.**

### V. Find Me:

1. I am a five letter word. I am an essential need for your life. I remain in all three states of matter. who am I?

**I am Water.**

2. I am solid. I am obtained from the trees. I am useful for heating. Who am I?

**I am Wood.**

3. I am one among the three states. I have loosely arranged particles. I become vapour on heating. Who am I?

**I am Liquid.**

### VI. Describe one sentence:

#### 1. Solid:

Solids are things that have definite shape and volume.

#### 2. Liquid:

Liquids are things that do not have definite shape but occupies space.

#### 3. Melting:

Change of liquid on heating is called melting.

#### 4. Evaporation:

Change of liquid into vapour on heating is called evaporation.

#### 5. Freezing:

Change of liquid into solid on cooling is known as freezing.

### VII. Which changes of states taking place in each description below:

- An ice cube turning to water melting.
- Water turning to ice in a freezer freezing.
- Change of liquid into vapour on heating Evaporation.
- A bathroom mirror misting up condensation.

### ADDITIONAL EXERCISES

#### I. Choose it:

- \_\_\_\_\_ has a definite shape.  
a) Gas      b) Liquid       solid      d) none of these
- Cloud is in \_\_\_\_\_ state  
a) solid       gas      c) liquid      d) none of these

#### II. Fill in the blanks:

- The space occupied by an object is called Volume.
- Air is a mixture of gases.

#### III. Match it:

- |                 |   |                 |
|-----------------|---|-----------------|
| 1. Solid fuel   | - | coke            |
| 2. Liquid fuel  | - | petroleum       |
| 3. Gaseous fuel | - | LPG             |
| 4. Melting      | - | change of state |

#### IV. Answer the following:

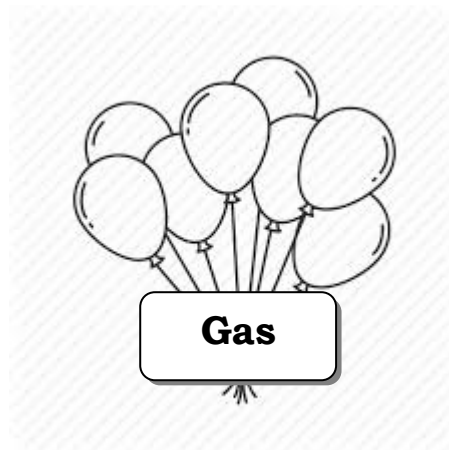
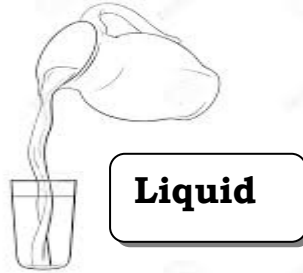
- What is called matter?  
Any thing that occupies and has mass is called matter.
- List out some of the matter around you.  
Tree, book, sun, table, chair, cloud, house
- Define condensation.  
Change of gas into liquid on cooling is called condensation.

## Drawing:

1. Draw the picture of solid, liquid, gas



Solids are rigid  
fixed shape  
fixed volume



## UNIT - 3 FORCE

### I. Fill in the blanks with suitable words:

[push, force, pull, speed, gravitational force, direction, muscular]

1. A **Force** is needed to make a stationary object move.
2. The force applied with the help of muscle is called **muscular** force.
3. **Push** and **Pull** are known as forces.
4. The reason for the fruits to fall from the trees is **gravitational force**.
5. Force changes the **speed** and **direction**.

### II. Answer the following questions:

1. How do you open the door?

I open the door by pushing or pulling.

2. Name the types of force.

There are two types of forces.

- 1) Contact force.
- 2) Non - contact force.

Contact force is classified into three types

- a) Muscular force
- b) mechanical force
- c) frictional force

Non contact force is classified into two types

- a) gravitational force
- b) Magnetic force

3. Which force is involved in collecting water from well?

Muscular force is involved in collecting water from well.

4. What is push?

When a force is applied in the direction of an object, it is called push.

5. What kind of force is used to make clay pot?

Muscular force is used to make clay pot.

#### IV. Think and answer:

1. Raja throws a ball, a stone, a paper and a leaf up in the air. What kind of force is involved here? What will happen to them.

\* Gravitational force is involved here.

\* So the ball, the stone, the paper and the leaf will fall down. The earth pulls all the objects towards itself.

### ADDITIONAL QUESTIONS

#### I. Choose the correct answer:

1. \_\_\_\_\_ is a non contact force.

- a) Muscular force
- b) mechanical force
- c) Magnetic force**
- d) frictional force

2. Force can change \_\_\_\_\_

- a) Direction
- b) speed
- c) shape
- d) all of these**

#### II. Fill in the blanks:

1. The force applied by a machine is called **mechanical** force.

2. The change in position of an object is called **movement**.

#### III. Match it:

- 1. Riding a bicycle - pushing
- 2. Tug of water - muscular force
- 3. a fruit falling down - gravitational force
- 4. Closing the window - pulling
- 5. Lighting a match stick - frictional force



**IV. Answer the following:**

1. Define force.

Force is a push or pull on an object with make it moves changes its shape or stops it from moving.

2. What is pull?

When a force is applied in the direction opposite to the direction of an object, it is called pulled.

3. What is called friction?

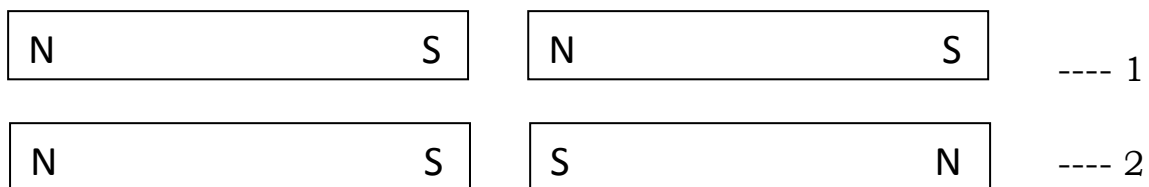
Friction is a force acting between two surfaces in contact or when they slide over one another.

4. What are the effects of force?

- \* Force can change the direction.
- \* Force can change the speed.
- \* Force can stop a moving object.
- \* Force can change the shape.

**Drawing:**

1. Draw a diagram of magnetic force of magnet.



1. Attractive Force

2. Repulsive Force

When a force is applied without touching an object is called non-contact force.

Non - contact force are two types

1. Gravitation force.
2. Magnetic force.

**Activity:**

To make a model of Bar magnets.

## UNIT - 4: SCIENCE IN EVERYDAY LIFE

### I. True or False:

1. When we boil water, bacteria are destroyed. True
2. Idly is cooked by the process called steaming. True
3. Thermometer is used to measure pressure. False.
4. Garlic relieves hiccups and nausea. False
5. Boiling point of water is 100°C. True

### II. Circle the name of the things from which idly is made.

Rice, Groundnut, chilli, black gram, red gram  
Water, salt, pepper, sugar, fenugreek

### III. Which of these are safe to do at home? Put or cross the box.



1. Touching electrical appliances



2. Playing with sharp objects



3. Playing in the kitchen



4. Keep safe distance from the gas stove and cylinder.



### IV. Answer in one word or sentence:

1. How do you store fruits and vegetables for a longer period?

We stone fruits and vegetables for a longer time by preserving them in a refrigeration.

2. Name the instrument used to measure temperature.

Thermometer is used to measure temperature.

3. How is idly prepared?

Idly is prepared by the method called streaming.

4. What is the use of black pepper?

Black pepper is a great remedy for cold and cough.

5. Which kitchen medicine is called the poor man's antibiotic?

Garlic is called the poor man's antibiotic.

### V. Answer the following:

1. Write the uses of boiled water.

Uses of boiled water

\* Destroys germs

\* Improves digestion

\* Prevents us from the infection of water bone diseases.

2. Write the advantages of pressure cooker.

Advantages of pressure cooker

- \* Saves time
- \* Minimizes the usage of fuels and saves energy
- \* Retains nutrients in food
- \* preserve the appearance of food.

### **ADDITIONAL**

#### **I. Choose It:**

1. The best remedy for cold and cough is  
a) ginger    b) garlic    **c) black pepper**    d) cloves
2. Idiyappam is cooked by  
a) frying    b) boiling    **c) steaming**    d) none of these

#### **II. Fill in the blanks:**

1. **Turmeric** is a common anti infectant.
2. **Garlic** helps to balance blood pressure.

#### **III. Match the following:**

- |               |   |                |
|---------------|---|----------------|
| 1. Garlic     | - | Blood pressure |
| 2. ginger     | - | Digestion      |
| 3. Turmeric   | - | Heat wounds    |
| 4. Asafoetida | - | Dysentery      |
| 5. Cloves     | - | Tooth ache     |

#### **IV. Question and answer:**

1. What are the advantages of steaming?
  - \* Easy cooking method
  - \* Steamed food is easily digested
  - \* Steamed food retains vitamins C and E
2. Mention the uses of turmeric.
  - \* Turmeric is a common anti infectant
  - \* It helps to heat wounds.
3. Name some common home appliances.
  - \* Gas stove
  - \* Mixer
  - \* Grinder
  - \* Kettle
  - \* Vegetable cutter and
  - \* Electric cooker

**Ln-1:**

1. **Global hand washing day** observed on October -15.

First global hand washing day took place on 15 October 2008 on general assembly. 2019 global hand washing day theme is "Clean hands for all".

2. **World Toilet Day** 19 November.

In the year 2013 united nations has observed November 19th as world toilet day to draw the world's attention to the importance to toilets improving hygiene and health around the world.

3. **National De-Worming day:** Feb 10th

Every year February 10 and August 10 is observed as the national de worming day. The day aims at eradicating intestinal worms among the children in the age group of 1-19 years.

4. **World Health Day:** April 7th

Every year April 7th world health day is observed. The world health day slogan is "Health for All".