



# **1. Health is Wealth**

**Class 3  
English**



## Comprehension

### A. Multiple-Choice Questions

Choose the correct option.

1. The doctor doesn't want us to have :

(a) chapati

☐

(b) green vegetables

☐

(c) fruits

☐

(d) junk food

☐

2. The word 'sedentary' means :

(a) alert

☐

(b) active

☐

(c) lazy

☐

(d) junk food

☐



3. The word that means 'very fat' is :

(a) tend

☐

(b) obese

☐

(c) sedentary

☐

(d) hooked

☐

4. The main cause of worry is

(a) eating lot of food

☐

(b) falling sick

☐

(c) going to a doctor

☐

(d) wrong food habits and  
sedentary lifestyle

☐

5. Children become obese because they

(a) keep sitting doing nothing

☐

(b) watch TV and play games on the Internet

☐

(c) eat junk food

☐

(d) all the above

☐



Words.com

Build new words. Read the words given below. Then add an 'e' to each word and write it again. Now read aloud. First one has been done for you as an example :

at e	ate	fin		rip	
bit		hat		sit	
can		hug		pin	
cub		kit		tap	
cut		mad		ton	
din		not		tub	







## Spell Well

Rearrange the following letters to make meaningful sentences. You can also take the help of clue lines given. First one has been done for you as an example :

ACIUMLC

C A L C I U M

We get it from milk.

EINSROPT

We get it from pulses.

RION

We get it from apples.

TAVIMINS

We get it from green vegetables.





## Grasping Grammar

A. Give the opposites of

light

\_\_\_\_\_

bright

\_\_\_\_\_

right

\_\_\_\_\_

night

\_\_\_\_\_





B. Use the words in the help box to fill in the blanks.

Use 'was' with singular subject in past tense.

Use 'were' with plural subject in past tense

1. The boys \_\_\_\_\_ peeling potatoes.
2. My hockey stick \_\_\_\_\_ not very big.
3. The children \_\_\_\_\_ making designs with onions.
4. The market \_\_\_\_\_ over crowded.
5. The people \_\_\_\_\_ walking carefully.
6. The animals \_\_\_\_\_ being looked after.
7. The tap \_\_\_\_\_ turned off tightly.

### Help Box

was

were





## Life Skills

A. Complete this table. What would you like to have for :

Breakfast	School Tiffin	Lunch	Snacks	Dinner







B. Cross (•) the unhealthy food among the following :



Chicken



Green Vegetables



Dosa



Fish



Eggs



Burger



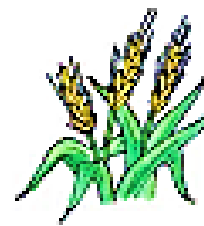
Noodles



Ragi



Bajra



Grains



Jawar



Cold Drink



Wheat



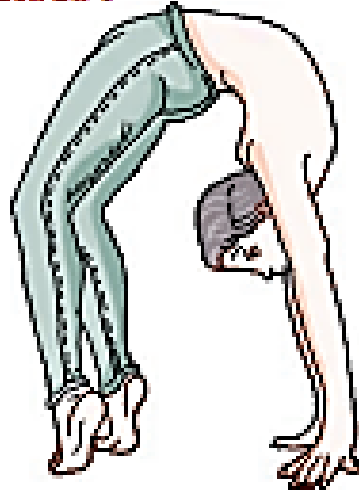
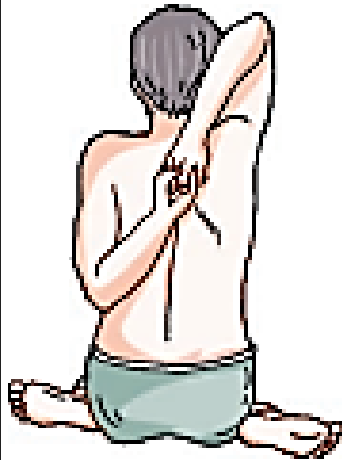
Chips





### C. Exercise Keeps Us Fit

Look at the following exercises :



Exercises are very essential to keep our body fit and active.





Do you exercise ? When and where do you exercise ?

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#### D. Try it :

##### A breathing exercise

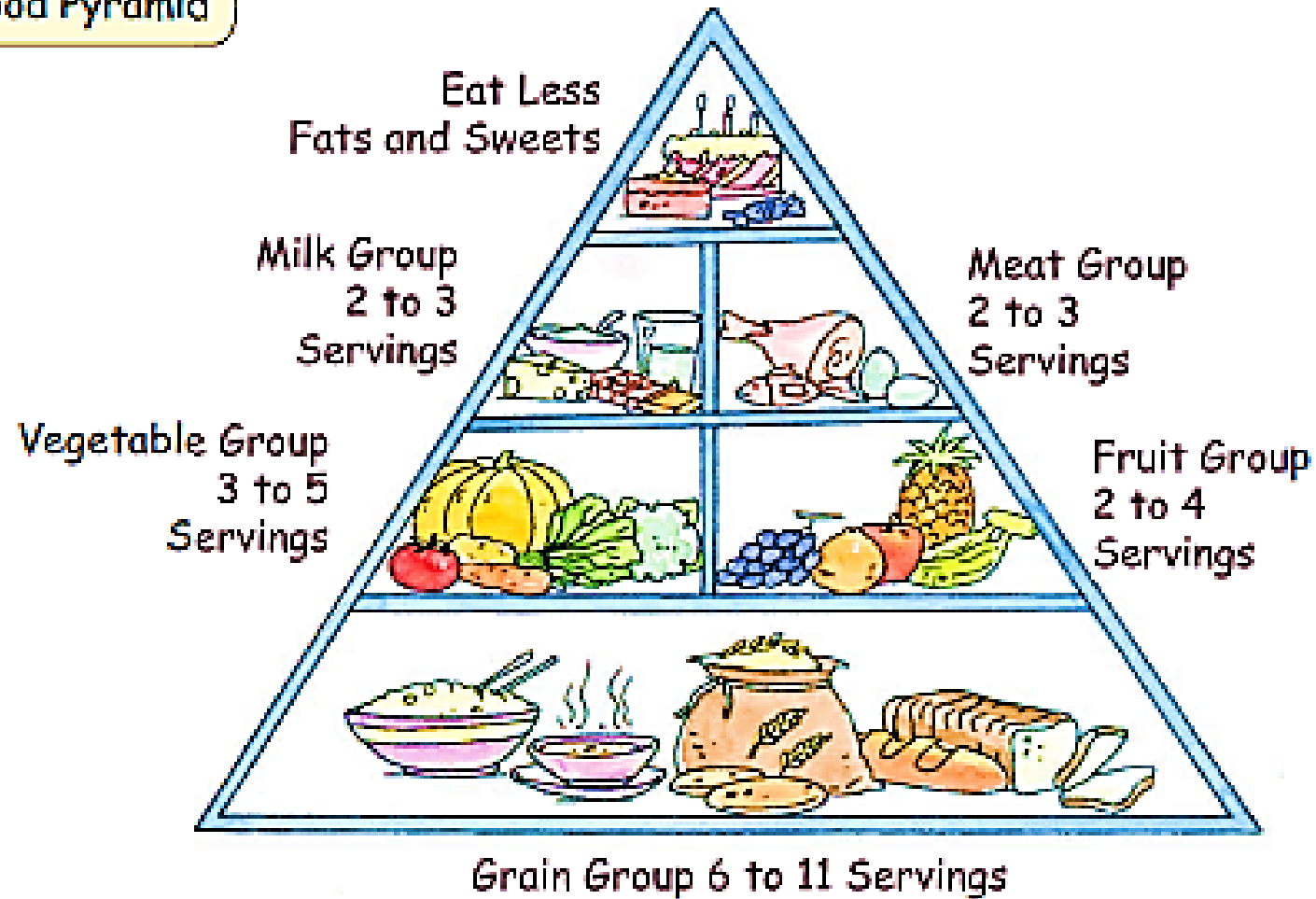
- Close your right nostril with your right thumb.
- Breathe in air slowly through your left nostril.
- Now close your left nostril with your second finger.
- Now remove your thumb from the right nostril and breathe out.
- Repeat this exercise.





E. Read this and answer the questions that follow.

Food Pyramid





1. Which is the most important group of food ?

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2. Which groups of food are more important than meat group ?

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## Activity

Lemonade (Nimbu Pani) is good for health.

- Take a glass of water.
- Pour it into a jug.
- Add four teaspoons of sugar.
- Stir rapidly till the sugar disappears.





- Take two lemons (nimbu).
- Tell any elder person to cut them into two halves.
- Use a lemon squeezer. Squeeze the juice with all the strength that you have.







- Add 1/4 teaspoon of salt and once again stir it.
- Now pour one more glass of water into the jug. Stir and, if needed, use a strainer and sieve it.
- Pour it into glasses and offer it to your parents and grandparents. Drink it yourself too.
- They will definitely bless you for the refreshing lemonade.





## Fun Time

Read the following riddles and try to guess the names of the fruits and vegetables.

1. I start with 'A' and ends with 'E'.  
Everyone says that a doctor  
runs away because of me.

Ans. 

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2. I am favourite fruit of all.  
No need to cut or peel me,  
I start with 'G' and ends with 'E'

Ans.

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3. I start with 'C' and ends with 'T'.  
Rabbits and you both loves me.

Ans.

--	--	--	--	--	--

4. I am green in colour.  
In salad you eat me.  
My name ends with 'R'  
and starts with 'C'.

Ans.

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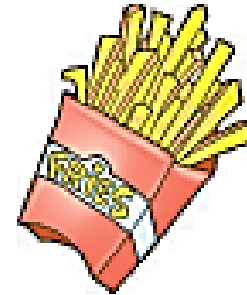


## Rhyme Time

Yes



No



Want bright eyes  
Say no to french fries  
Want to grow tall  
Don't visit Junk food stall !





# THANK YOU

