

Grade 3 – 1st term 2020

HEALTH EDUCATION REVISION

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Guideline: Parents are requested to assist the child. Instructions must be read by parents.

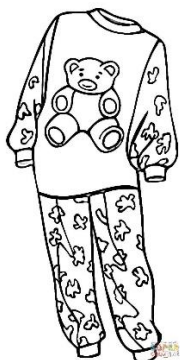
Activity 1

Importance of personal hygiene

I must take a shower and change my clothes everyday.

Put a tick in the correct box for each statement.

a) When I go to bed,



I wear clean pyjamas.	
I sleep with the same clothes I wore during the day.	

b) I change my underwear daily.	
I wear the same underwear everyday.	
c) I like to wear clean and comfortable clothes.	
I like to wear tight clothes.	

Activity 2

Fill in the blanks with the correct word given below.

energy, short, mouth, health, milk, babies, shower

- a) I must not poke my fingers in my ears, nose and _____ .
- b) I take a _____ everyday.
- c) I keep my nails _____ and clean.
- d) Keeping your body clean is an important part of keeping yourself in
good _____ .
- e) Yoghurt is a _____ product.
- f) Rice gives me _____ to carry all my daily activities.
- g) Milk is the main food of _____ .

Activity 3

The three main meals

- a) The first and most important meal of the day is known as _____.



- b) The meal eaten during the middle of the day is known as _____.



- c) The last meal of the day and often eaten with the family is known as _____.



Activity 4

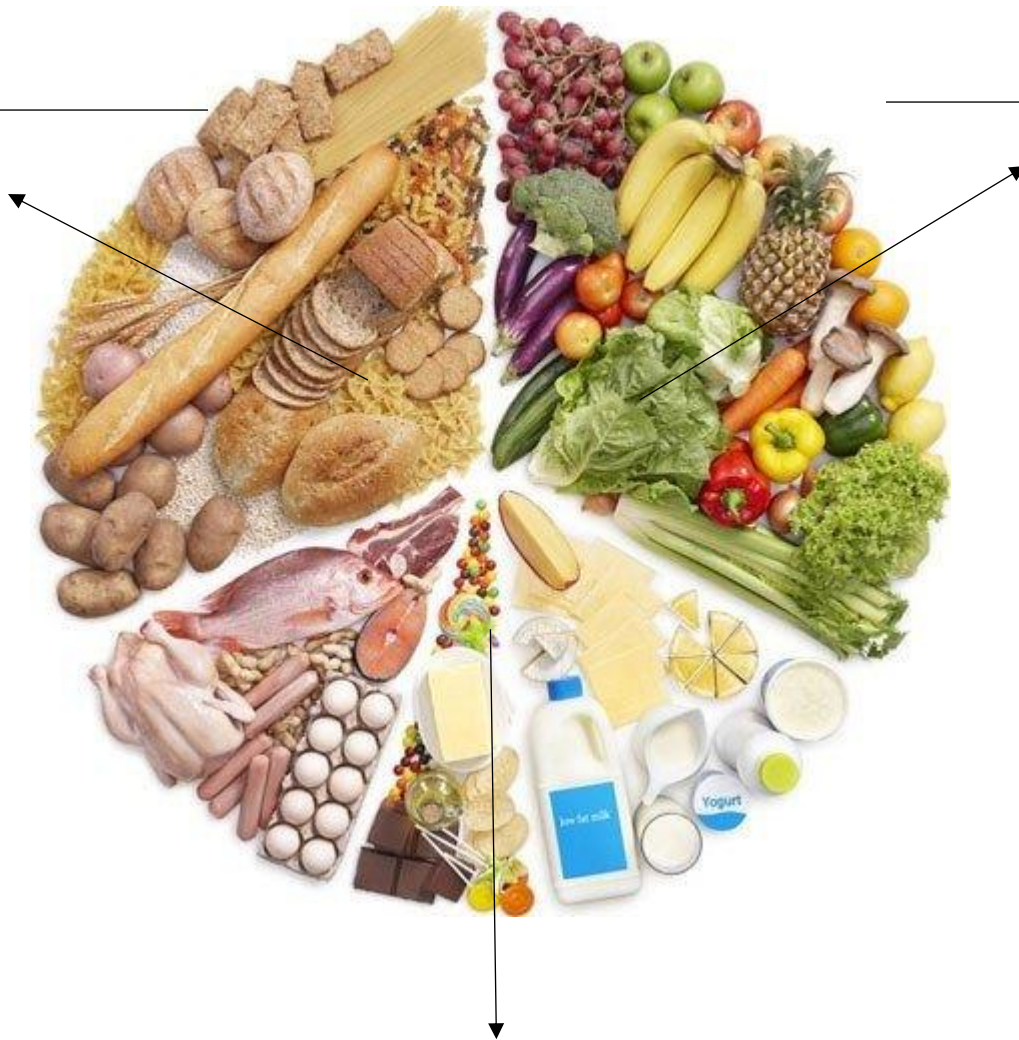
The three food groups

Label the diagram with the names of the Three Food Groups:

Food for Energy

Food for Health

Food for Growth



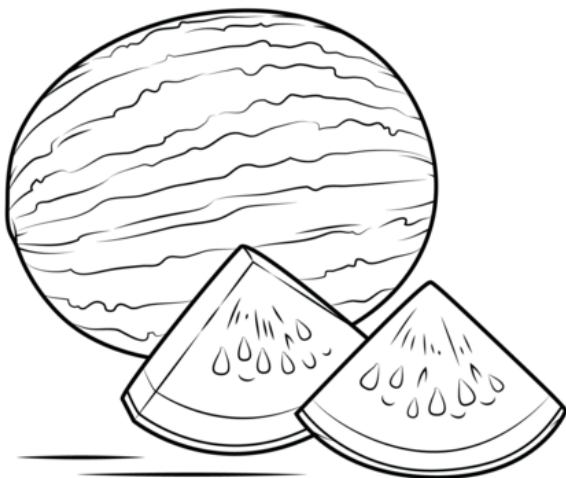
Activity 5

Importance of water

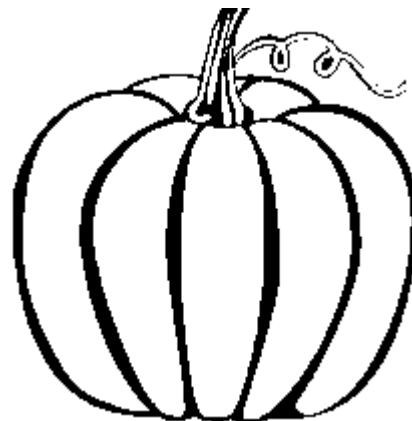
Just as plants need water to live, people also need water. We get dehydrated when we do not drink enough water.



- (a) Observe the pictures above and put a tick (✓) next to the plant which has been given water everyday.
- (b) You can also get water from milk and solid foods such as fruits and vegetables.
 - (i) Colour the foods below that are good sources of water.
 - (ii) Fill in the blanks to complete the name of the foods



1. W _ _ t _ _ r _ _ e _ _ o _ _



2. P _ _ m _ _ k _ _ n