

Source:	SmartWiz App
Date:	14/03/2025
Grade:	3
Subject:	Life Skills
Duration:	1 Hr
Marks:	60

**Instructions for Students:**

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. \* Do not use correction fluid/tape.
- > No electronic devices (calculators, phones, etc.) are allowed unless explicitly permitted.
- > Raise your hand if you have any questions.
- > Do not talk to other students during the exam.
- > Any form of cheating will result in disqualification.

Name and Surname:	
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SECTION A: PERSONAL AND HEALTH CARE (15 MARKS)

Answer all questions:

Name two ways to keep your teeth healthy.

(2 marks)

Sample answer: Brush twice a day, visit the dentist

What should you do before you go to bed?

(1 mark)

Answer: Brush teeth and wash face

Why is it important to wash your hands?

(2 marks)

Answer: To remove germs and stay healthy

List two things you can do to stay clean.

(2 marks)

Sample answer: Bathe regularly, wear clean clothes

What should you do if you feel sick?

(2 marks)

Answer: Tell an adult, rest, go to the doctor if needed

Name one thing you do to help your body stay healthy.

(2 marks)

Sample answer: Eat healthy food, exercise

Why is sleep important?

(2 marks)

Answer: It helps your body grow and keeps you healthy

How do you keep your hair clean?

(2 marks)

Answer: Wash it regularly and comb it

## SECTION B: SAFETY AND PROTECTION (15 MARKS)

Answer all questions:

What should you do if you see a fire?

(2 marks)

Answer: Shout for help, stay away, tell an adult

What is the safest thing to do when crossing the road?

(2 marks)

Answer: Look both ways, wait for the green man or a grown-up

Name one thing you should never do with a knife or sharp object.

(2 marks)

Answer: Touch it without an adult, run with it

What should you do if someone is hurt?

(2 marks)

Answer: Tell an adult, stay calm, do not move them

Why should you wear a helmet when riding a bicycle?

(2 marks)

Answer: To protect your head if you fall

Name a place where you should stay away from to stay safe.

(2 marks)

Sample answer: Swimming pool without supervision, busy road

What should you do if you find a strange animal?

(3 marks)

Answer: Stay away, tell an adult, do not try to touch it

#### SECTION C: ENVIRONMENT AND RESOURCES (15 MARKS)

Answer all questions:

Name two things in nature that need to be protected.

(2 marks)

Sample answer: Trees, animals

Why is it important to keep the environment clean?

(2 marks)

Answer: To protect animals, plants, and our health

What should you do with old paper and plastic?

(2 marks)

Answer: Throw it in the rubbish bin or recycle

Name one thing you can do to help save water.

(2 marks)

Answer: Turn off taps when not using, fix leaks

Why should we not throw rubbish in rivers or oceans?

(2 marks)

Answer: It pollutes the water and harms animals

What kind of waste is dangerous and should be kept away from children?

(2 marks)

Answer: Chemicals, batteries, medicines

How can planting trees help the environment?

(3 marks)

Answer: Trees give us oxygen, shade, and homes for animals

#### SECTION D: BODY PARTS AND HEALTH (15 MARKS)

Answer all questions:

Which body part helps you see?

(1 mark)

Answer: Eyes

Which body part helps you hear?

(1 mark)

Answer: Ears

Which body part helps you walk?

(1 mark)

Answer: Legs / Feet

What do you use your nose for?

(1 mark)

Answer: To smell

Why is it important to wash your hands?

(2 marks)

Answer: To remove germs and prevent sickness

Name one thing you do to stay healthy.

(2 marks)

Sample answer: Eat healthy food, exercise, sleep well

How does brushing your teeth help you?

(2 marks)

Answer: Keeps teeth clean and prevents cavities

What should you do if you hurt yourself?

(2 marks)

Answer: Tell a grown-up, clean the wound

Why should you get enough sleep?

(2 marks)

Answer: To grow and stay healthy

How can you protect your head?

(2 marks)

Answer: Wear a helmet

SECTION E: RESPONSIBLE BEHAVIOUR (15 MARKS)

Choose one topic and write 3-4 complete sentences:

How I help my family at home

How I stay safe at school

How I take care of my pet (or a pet I want)

(Use full sentences, neat handwriting, and be clear!)

