

Source:	SmartWiz App
Date:	14/06/2025
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 HEALTH AND HYGIENE (15 MARKS)

Answer all questions:

Name two ways to keep your hands clean.

(2 marks)

Sample answer: Wash with soap, dry hands properly

Why is it important to brush your teeth twice a day?

(2 marks)

Answer: To prevent cavities and keep teeth healthy

What should you do if your clothes are dirty?

(2 marks)

Answer: Change into clean clothes or wash them

How often should you take a bath?

(2 marks)

Answer: Every day

What should you do before eating?

(2 marks)

Answer: Wash your hands

Name one thing you do to stay healthy.

(2 marks)

Sample answer: Eat healthy food

How does sleep help your body?

(3 marks)

Answer: It helps you grow, keeps you strong, and makes you feel happy

SECTION B: SAFETY AROUND THE HOME AND COMMUNITY (15 MARKS)

Answer all questions:

What should you do if you see a sharp knife?

(2 marks)

Answer: Keep away and tell an adult

Why should you not touch electrical outlets?

(2 marks)

Answer: Because they can give you an electric shock

What is the safest thing to do if a stranger asks for help?

(2 marks)

Answer: Say "No" and tell a trusted adult

What do you do if you feel scared or uncomfortable?

(2 marks)

Answer: Talk to a grown-up you trust

Why should you wear a seatbelt in the car?

(2 marks)

Answer: To keep you safe if there is an accident

Name one thing you should do if there is a fire in your house.

(3 marks)

Answer: Stay low, shout for help, leave the house quickly

What should you do if you find a strange animal?

(2 marks)

Answer: Stay away and tell an adult

SECTION C: ENVIRONMENT AND NATURE (15 MARKS)

Answer all questions:

Name two things you can do to protect the environment.

(2 marks)

Sample answer: Plant trees, pick up rubbish

Why should you recycle plastic and paper?

(2 marks)

Answer: To reduce trash and help the environment

What should you do with leftover food?

(2 marks)

Answer: Throw it in the compost or rubbish bin

Why is it important to save water?

(2 marks)

Answer: Because water is limited and we need it to stay healthy

How can you help keep the water in rivers and lakes clean?

(3 marks)

Answer: Do not throw rubbish in the water, fix leaks, don't wash cars in the street

Name one animal that lives in the forest.

(2 marks)

Sample answer: Monkey, elephant

What can you plant to help the environment?

(2 marks)

Answer: Trees or flowers

SECTION D: BODY PARTS AND HEALTH (10 MARKS)

Answer all questions:

Which body part helps you see?

(1 mark)

Answer: Eyes

Which body part helps you smell?

(1 mark)

Answer: Nose

Which body part helps you hear?

(1 mark)

Answer: Ears

Which body part helps you walk?

(1 mark)

Answer: Legs/Feet

How do your teeth help you?

(2 marks)

Answer: They help chew food and keep your mouth healthy

Why should you wash your face every day?

(2 marks)

Answer: To remove dirt and stay clean

Name one thing you do to stay healthy.

(2 marks)

Sample answer: Eat vegetables, sleep early

What should you do if you feel unwell?

(2 marks)

Answer: Tell an adult, rest, see a doctor if needed

SECTION E: RESPONSIBLE ACTIONS AND BEHAVIOUR (5 MARKS)

Answer:

Write 2-3 sentences about how you can help a friend who is feeling sad.

(5 marks)

(Example: I can talk to my friend, give them a hug, and tell them I am there for them.)