

Source:	SmartWiz App
Date:	17/06/2025
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 HYGIENE AND WELL-BEING (15 MARKS)

Answer all questions:

Name two things you should do to keep your teeth healthy.

(2 marks)

Sample answer: Brush twice daily, floss

Why is it important to wash your face every morning?

(2 marks)

Answer: To remove dirt and keep your skin clean

What should you do after playing outside?

(2 marks)

Answer: Wash your hands and face

How often should you take a bath?

(2 marks)

Answer: Every day

What is the best way to prevent catching colds?

(2 marks)

Answer: Wash hands often, cover your mouth when coughing

Name one healthy food you should eat every day.

(2 marks)

Sample answer: Fruits or vegetables

Why should you get enough sleep at night?

(3 marks)

Answer: To help your body grow, stay healthy, and have energy

SECTION B: SAFETY AND BEHAVIOUR (15 MARKS)

Answer all questions:

What should you do if you see a strange dog?

(2 marks)

Answer: Stay calm, do not run, tell an adult

Why is it dangerous to play with knives or sharp objects?

(2 marks)

Answer: They can cut you and cause injury

What should you do if you get lost in a shopping mall?

(2 marks)

Answer: Find a security guard or a trusted adult

How should you cross the road safely?

(2 marks)

Answer: Look both ways, wait for the green pedestrian light

What is the best action if you see someone bullying?

(2 marks)

Answer: Tell a teacher or adult immediately

Why should you wear shoes outside?

(2 marks)

Answer: To protect your feet from sharp objects and dirt

What should you do if you feel scared or uncomfortable?

(3 marks)

Answer: Talk to a trusted adult, stay close, and stay calm

SECTION C: ENVIRONMENT AND CONSERVATION (15 MARKS)

Answer all questions:

Name two ways you can help protect animals.

(2 marks)

Sample answer: Do not hunt or hurt animals, keep their habitats clean

Why is recycling important?

(2 marks)

Answer: It reduces waste and helps save resources

What should you do if you see litter in the park?

(2 marks)

Answer: Pick it up and put it in the bin

How can you save water at home?

(2 marks)

Answer: Turn off taps when not in use, fix leaks

Why should we plant trees?

(3 marks)

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

Name one thing that pollutes the environment.

(2 marks)

Sample answer: Littering, burning rubbish

How does saving energy help the planet?

(2 marks)

Answer: It reduces pollution and conserves resources

SECTION D: BODY PARTS AND HEALTH (10 MARKS)

Answer all questions:

Which body part helps you taste your food?

(1 mark)

Answer: Tongue

Which body part helps you breathe?

(1 mark)

Answer: Lungs

Which body part helps you see?

(1 mark)

Answer: Eyes

Why is it important to wash your hands before eating?

(2 marks)

Answer: To remove germs and prevent sickness

How do your ears help you?

(1 mark)

Answer: They help you hear sounds

What should you do if you catch a cold?

(2 marks)

Answer: Rest, drink fluids, tell an adult

Why should you brush your teeth every morning and night?

(2 marks)

Answer: To keep teeth clean and prevent cavities

SECTION E: RESPONSIBLE CITIZENSHIP (5 MARKS)

Answer:

MYST PATHWORKS

Write 2-3 sentences about how you can help keep your classroom tidy.

(5 marks)

(Example: I pick up my rubbish, put my book away, and help my friends keep the classroom clean.)