

Source:	SmartWiz App
Date:	17/09/2025
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 HEALTH (15 MARKS)

Answer all questions:

Name two things you do to keep your hands clean.

(2 marks)

Sample answer: Wash with soap, dry thoroughly

Why is it important to eat a variety of foods?

(2 marks)

Answer: To stay healthy, grow strong, and get energy

What should you do before and after using the toilet?

(2 marks)

Answer: Wash your hands

How often should you brush your teeth?

(2 marks)

Answer: Twice a day

Why should you get enough sleep?

(2 marks)

Answer: To help your body grow and stay healthy

Name one healthy snack you can eat.

(2 marks)

Sample answer: Fruit or vegetables

What should you do if you feel unwell?

(3 marks)

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

SECTION B: SAFETY AND RESPONSIBLE BEHAVIOUR (15 MARKS)

Answer all questions:

What should you do if you see a stranger asking for help?

(2 marks)

Answer: Stay away, do not talk to them, and tell a trusted adult

Why is it dangerous to run near the road?

(2 marks)

Answer: You might trip or get hit by a vehicle

What should you do if you find a sharp object?

(2 marks)

Answer: Tell an adult and do not touch it

How can you stay safe while riding a bicycle?

(2 marks)

Answer: Wear a helmet, ride on the right side, and look both ways

What must you do if your clothes catch on fire?

(2 marks)

Answer: Stop, Drop, and Roll

What is the right thing to do if someone is bullying you?

(3 marks)

Answer: Tell a teacher or adult, stay calm, and do not fight

Why should you wear shoes outside?

(2 marks)

Answer: To protect your feet from sharp objects and dirt

SECTION C: ENVIRONMENT AND CONSERVATION (15 MARKS)

Answer all questions:

Name two ways you can help protect the environment.

(2 marks)

Sample answer: Plant trees, pick up litter

Why should we recycle plastic and paper?

(2 marks)

Answer: To reduce waste and save resources

What should you do with leftover food?

(2 marks)

Answer: Throw it in the compost or trash

How can saving water help the planet?

(2 marks)

Answer: It conserves water and prevents shortages

What is one way to keep rivers and lakes clean?

(3 marks)

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

Name a type of pollution that harms animals.

(2 marks)

Answer: Littering, chemical waste

How does planting trees benefit the environment?

(2 marks)

Answer: They produce oxygen, provide shade, and homes for animals

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 hear?

(1 mark)

Answer: Ears

Which body part helps you smell?

(1 mark)

Answer: Nose

Why do we need to eat vegetables?

(2 marks)

Answer: To stay healthy, grow, and prevent sickness

Which body part helps you move from place to place?

(2 marks)

Answer: Legs / Feet

What should you do if you have a cough?

(2 marks)

Answer: Cover your mouth, rest, drink fluids

Why is it important to wash your face?

(1 mark)

Answer: To remove dirt and stay clean

SECTION E: PHYSICAL EDUCATION AND ACTIVE LIVING (10 MARKS)

Answer all questions:

Why is it good to play outside?

(2 marks)

Answer: It keeps you active, healthy, and happy

Name one sport you like to play.

(2 marks)

Sample answer: Soccer, running, jumping

How does exercise help your body?

(3 marks)

Answer: It makes your muscles strong, helps your heart, and keeps you fit

What should you wear when you go cycling or running?

(2 marks)

Answer: Comfortable clothes and shoes

Why should you drink water during exercise?

(1 mark)

Answer: To stay hydrated and prevent dehydration

SECTION F: RESPONSIBLE BEHAVIOUR (5 MARKS)

Answer:

Write 2-3 sentences about how you can help keep your school clean.

(5 marks)

(Example: I pick up rubbish, put my books away, and tell the teacher if I see litter.)

