

Source:	SmartWiz App
Date:	13/03/2025
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: HEALTH AND PERSONAL CARE (15 marks)

Answer the questions:

Name two ways you can keep your body clean.

Answer: Wash hands, take a bath/shower regularly, brush teeth

What should you do before eating?

Answer: Wash your hands

Which tools do you use to clean your teeth?

Answer: Toothbrush and toothpaste

How can you help keep your home tidy?

Answer: Sweep the floor, tidy your toys, keep your clothes in the laundry basket

Why is it important to keep your body clean?

Answer: To stay healthy and prevent sickness

What should you do if you feel sick?

Answer: Tell a grown-up, rest, see a doctor if needed

SECTION B: SAFETY AND INSECTS (15 marks)

Answer the questions:

Name one thing you should do to stay safe when leaving your house.

Answer: Close doors and windows, stay with an adult, lock the gate

What should you do if you see a fire?

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

Name an insect that helps us.

Answer: Bee (they help pollinate plants)

Name an insect you wouldn't want to get bitten by.

Answer: Mosquito / Fly / Mite

What should you do if you see someone hurt?

Answer: Stay calm, tell a grown-up, don't touch their wound

Why is it important to be careful around animals?

Answer: They might bite or hurt you, or they may be scared

SECTION C: ENVIRONMENT AND RESOURCES (15 marks)

Answer the questions:

Name two things in nature that you can protect.

Answer: Trees, animals, water, air

Why is it important to keep the environment clean?

Answer: To help animals and plants stay healthy, and to stay healthy ourselves

What kind of waste should you throw in the rubbish bin?

Answer: Paper, plastic, leftovers

What waste should NOT go in the rubbish bin?

Answer: Medicine, chemicals, broken glass, batteries

How can you help keep water clean?

Answer: Don't throw rubbish into rivers, turn off taps when not in use, report leaks

Why should we save water?

Answer: Because water is precious and we need it to stay alive

SECTION D: BODY PARTS AND HEALTH (15 marks)

Answer the questions:

Which part of your body helps you see?

Answer: Eyes

Which part of your body helps you walk?

Answer: Legs / Feet

How do your ears help you?

Answer: They help you hear sounds

How should you keep your head?

Answer: Keep it straight / upright / not upside down

Why should you brush your teeth?

Answer: To keep them clean and prevent cavities

What should you do if you cut yourself?

Answer: Tell a grown-up, clean the wound, and keep still

Which part of your body helps you smell?

Answer: Nose

How does a helmet protect you?

Answer: It keeps your head safe when riding a bike or skateboarding

Why is sleep important?

Answer: It helps you grow and stay healthy

How do you take care of your hair?

Answer: Brush or comb it regularly

Why should you wash your hands before eating?

Answer: To remove germs and stay healthy

What do you do after playing outside?

Answer: Wash your hands and take a bath/shower

SECTION E: BEHAVIOUR AND RESPONSIBILITY (15 marks)

Choose one and write 3-4 sentences:

How I help at home

How I stay safe at school

How I take care of my pet (or a pet I would like)

(Use full sentences and neat handwriting!)