



## FORMATIVE ASSESSMENT - FIRST MID TERM

### SCIENCE

**Max. Marks: 50**

**Std - III**

**Time: 2 Hrs**

<b>Name of the School:</b>  <hr/>	<b>Name of the Student:</b>  <hr/>
<b>Place:</b>  <hr/>	<b>Roll No.:</b>  <hr/>

**I. Choose the correct answer:**

**5 x 1 = 5**

1. Calcium is a \_\_\_\_\_.  
a. vitamin      b. minerals      c. carbohydrate      d. protein
2. Drink plenty of \_\_\_\_\_.  
a. water      b. coffee      c. tea      d. alcohol
3. Almonds and walnuts are examples of nuts which help to \_\_\_\_\_.  
a. fight cancer      b. reduce blood pressure  
c. reduce weight      d. increase the vision
4. We should wash our hands to protect from \_\_\_\_\_ disease.  
a. cancer      b. corona      c. heart attack      d. urinary
5. Cabbage contains vitamins that help to fight \_\_\_\_\_.  
a. cancer      b. chicken pox      c. cholera      d. typhoid

**II. Fill ups:**

**5 x 1 = 5**

1. By doing regular \_\_\_\_\_ and by eating \_\_\_\_\_ he can stay fit.
2. \_\_\_\_\_ help us to digest food and to keep cool.
3. A bad touch makes us feel \_\_\_\_\_.
4. We must help \_\_\_\_\_ challenged people.
5. A \_\_\_\_\_ is a food that is rich in nutrients and keeps us healthy.

**III. Match the following:**

**5 x 1 = 5**

1. Yogurt	-	Healthy for our bodies
2. Beans	-	When our parents hug us
3. Jogging	-	Immune system healthy
4. Good touch	-	Nutritional powerhouse
5. Almond	-	A super food

**IV. Classify the following:****3 x 2 = 6**

1. [ Beans, leaf greens & nuts ] - \_\_\_\_\_
2. [ Milk, yogurt & fish ] - \_\_\_\_\_
3. [ Almonds and walnuts ] - \_\_\_\_\_

**V. True or False.****5 x 1 = 5**

1. Super food refers to food that is rich in nutrients.
2. We should not wash our hands before and after eating our food.
3. Diseases are carried by insects also,
4. Nuts are nutritional powerhouses.
5. A moringa is called a miracle tree.

**VI. Put the tick (✓) mark for safe and the cross (✗) mark for unsafe things.****6 x 1 = 6**

1. Wear fresh and clean clothes.
2. Cleaning your ears with a sharp pointed object.
3. Always study or read in the proper light.
4. Change your undergarments daily.
5. We should allow strangers to touch our bodies.
6. Cross the road at the Zebra Crossing.

**VII. Answer the following questions.****4 x 2 = 8**

1. List out a few healthy habits.
2. Write down the benefits of exercise.
3. What should we remember every time we experience a bad touch?
4. Why are nuts and beans called superfood?

**VIII. Answer in detail:****1 x 5 = 5**

1. Give tips to take care of the following:  
Eyes, skin, ears

**IX. Draw the diagram:****1 x 5 = 5**

1. Fit body and fit brain.