
B. Essay Questions (5 Items)

Answer in complete sentences.

1. Why is it important to eat nutritious food every day?
(Explain how it helps the body grow and stay healthy.)
2. What drink helps you stay hydrated, and why is it important? (Explain the importance of water.)
3. Why do people have different opinions about the foods they like?
(Give one simple reason.)
4. How can you be a role model in eating healthy food at school?
(Give one action you can do.)
5. What kind of food or drink do you enjoy, and is it healthy or unhealthy?
(Explain your reason.)

Grade 3 – True or False (10 items)

Write **True** or **False**.

1. During winter, we need to wear clothes made of **wool**, not cotton.
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2. Clothing provides a hygienic barrier and protects our body from toxic materials.

3. Children who grow up in unstable housing often have poor performance in school.

4. An igloo is a house found in **cold** areas, not hot deserts.

5. We should always wear branded and expensive clothes.

6. The government has the duty to provide safe and decent housing for the people.

7. Uniforms are a type of clothing that show what job a person does or what school they attend.

8. Houses give people a feeling of comfort and improve their well-being.

9. We can wear anything we want regardless of the weather.

10. Shelter is as important as food and water for human survival.