Class: Year 3



Package

Primary Department

Student's name: _____

Date: 17th Jan. – 21st Jan. 2022

Subject: Science	Assigned by: Ms.
To be completed on: Wednesday, January 19th , 2022	

LIVEWORKSHEETS

Class: Year 3

Homework guidance:

1. Read and answer the questions below.

A.

Why Is a Balanced Diet and Regular Exercise Important?

Your pulse rate is lower when you are at rest and it increases when you exercise.

The pictures below show the different activities that Tom carries out in a day. Tick (✓) the circle beside the activity if Tom's pulse rate is much higher than his resting pulse rate.









LIVEWORKSHEETS

Class: Year 3

How Can Some Foods Be Harmful to Our Health?

Look at the foods shown below. Put them into groups that explain why they are unhealthy.



Fish and chips



Cupcakes



Fried shrimp



Pudding



Fried nuggets



Ice cream

Unhealthy foods

Oily foods	Sweet and sticky foods

LIVEWORKSHEETS