



**MINISTRY OF EDUCATION  
GRADE THREE CONSOLIDATED WORKSHEET  
SOCIAL STUDIES  
WEEK 6  
TOPIC: OUR NATION**

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**FACTS/TIPS:**

Agriculture Month is observed in the month of October.

During this month each region hosts a series of activities. These activities are food sales, food exhibitions, talks, Farmer's Market, distribution of seeds for planting and garden competitions.





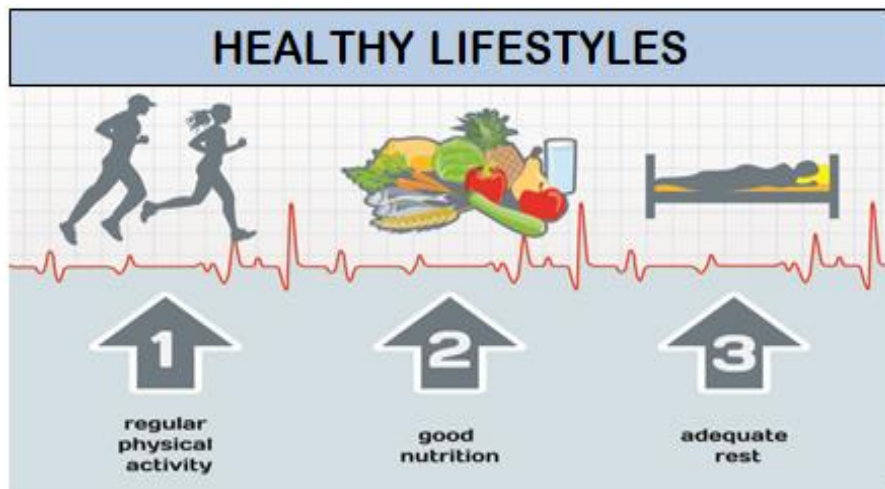
**MINISTRY OF EDUCATION**  
**GRADE THREE CONSOLIDATED WORKSHEET**  
**SOCIAL STUDIES**  
**WEEK 6**  
**TOPIC: Rest and Exercise and Body- Builders**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**FACTS/TIPS:**

Healthy lifestyles are important for everyone. It can help prevent the use of drugs and it can keep the body healthy.

We need to rest, exercise and sleep in order to keep healthy. People in communities use foods like bread, meat, milk, peas, eggs, nuts and ground provisions for foods. The lack of exercise and rest can cause us to get obese, have poor digestive systems, stiff joints and get ill quickly.



**Some healthy lifestyles persons can engage in are:**

- i. Caring for pets.
- ii. Participating in sports.
- iii. Engaging in hobbies, such as, swimming, reading or playing games.
- iv. Exercising daily by running, jogging or dancing.
- v. Eating nutritious food and drinking lots of water.
- vi. Getting enough sleep.

### **Benefits of healthy lifestyles:**

Caring for pets, participating in sports, engaging in hobbies such as swimming and reading can help prevent a person from using drugs. Other benefits of healthy lifestyles may include:

2. Improved mental wellness – regular exercise can lift your mood, reduce stress and fatigue and help you feel better.
3. Reduced health problems – living a healthier lifestyle means a lower risk of developing many illnesses.
4. Improved relationships – socially: when you feel good about yourself, you will express it on the outside.
5. improved self-esteem.

### **ON YOUR OWN:**

#### **ANSWER ALL QUESTIONS.**

**Write your answers on the lines.**

1. Which of the following below is not a healthy lifestyle?

eating French fries	playing a ball game	jogging
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2. List two benefits of living healthy lifestyles.

(i) \_\_\_\_\_  
(ii) \_\_\_\_\_

**HOMEWORK:**

Draw and colour to show two activities people can engage in that can lead to healthy lifestyles.



Write three sentences to encourage people to engage in healthy lifestyles.

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**TOPIC: Foods in the Community --Preservation of foods.**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**FACTS/TIPS:**

Our community produces food to sustain the people. Some foods produced in our community are:

- Vegetables
- Ground Provisions
- Fruits
- Bread
- Milk
- Peas

We preserve foods by:

- Drying
- Freezing
- Canning
- Pickling
- Smoking



## Preservation

### Canning & bottling



Canning involves cooking food, sealing it in sterile cans or jars, and boiling the containers to kill or weaken any remaining bacteria as a form of sterilization. Sweet corn, baked beans, olives, fruits, juices etc are examples.

### Freezing

Some foods are preserved by freezing them. Vegetables, paneer and in some countries, people also half-roast rotis and freeze them.



### Boiling

Also called Pasteurization after the famous scientist Louis Pasteur, milk is a common example of preservation by boiling.

#### ON YOUR OWN:

List the four methods of preserving foods.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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Name: \_\_\_\_\_

Date: \_\_\_\_\_

**ANSWER ALL QUESTIONS.**

**Write your answers on the line.**

1. List two healthy lifestyles other than the ones mentioned in the lesson that a person can engage in.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

2. Identify two benefits of having a healthy lifestyle.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

3. Which activity below does not show a healthy lifestyle?



4. Jason sleeps for fifteen hours every day. Do you think Jason is engaging in a healthy lifestyle?

\_\_\_\_\_

5. What advice would you give to Jason in order for him to stop or to continue this practice?

\_\_\_\_\_

\_\_\_\_\_