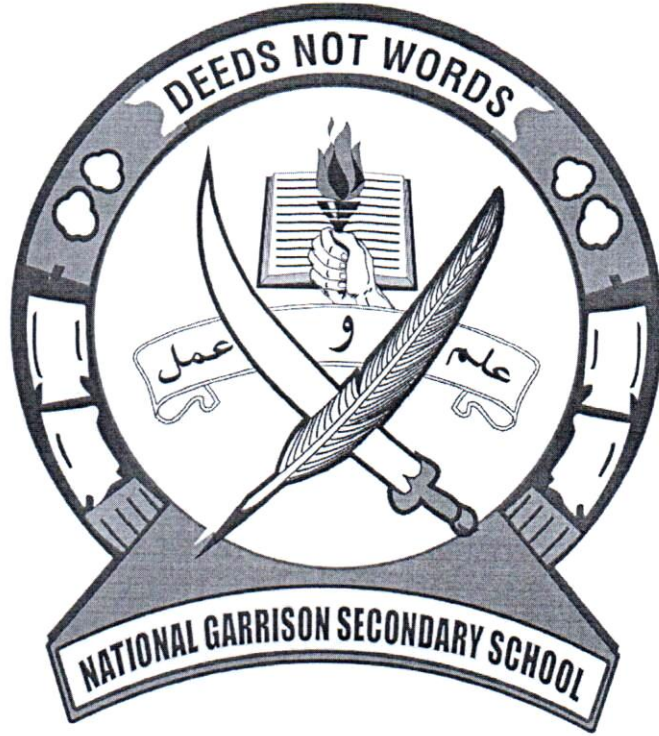


NATIONAL GARRISON SECONDARY SCHOOL



Class: Three
Subject: Science

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Unit No:1 The Human Body

①

Words

Meanings

Work

کام

Sense

حس

Environment

ماحول

Tongue

زبان

Skeleton

ڈھانچہ

Stomach

معدہ

Kidneys

گردے

Short Answers

Q:1 Which organ pumps blood to all parts of the body?

Ans. The heart.

Q:2 Do all people have all five senses?

Ans No.

Q:3 What is the control centre of the body?

Ans The brain.

Long Answers

Q:1 Which organs make up the respiratory system?

Ans (i) Nose (ii) Windpipe (iii) Lungs

Q:2 How does the framework of bones and muscles help us?

Ans They support the body and protect the parts inside.

Q:3 What would happen if we did not have this framework?

Ans We would not be able to move and we

(2)

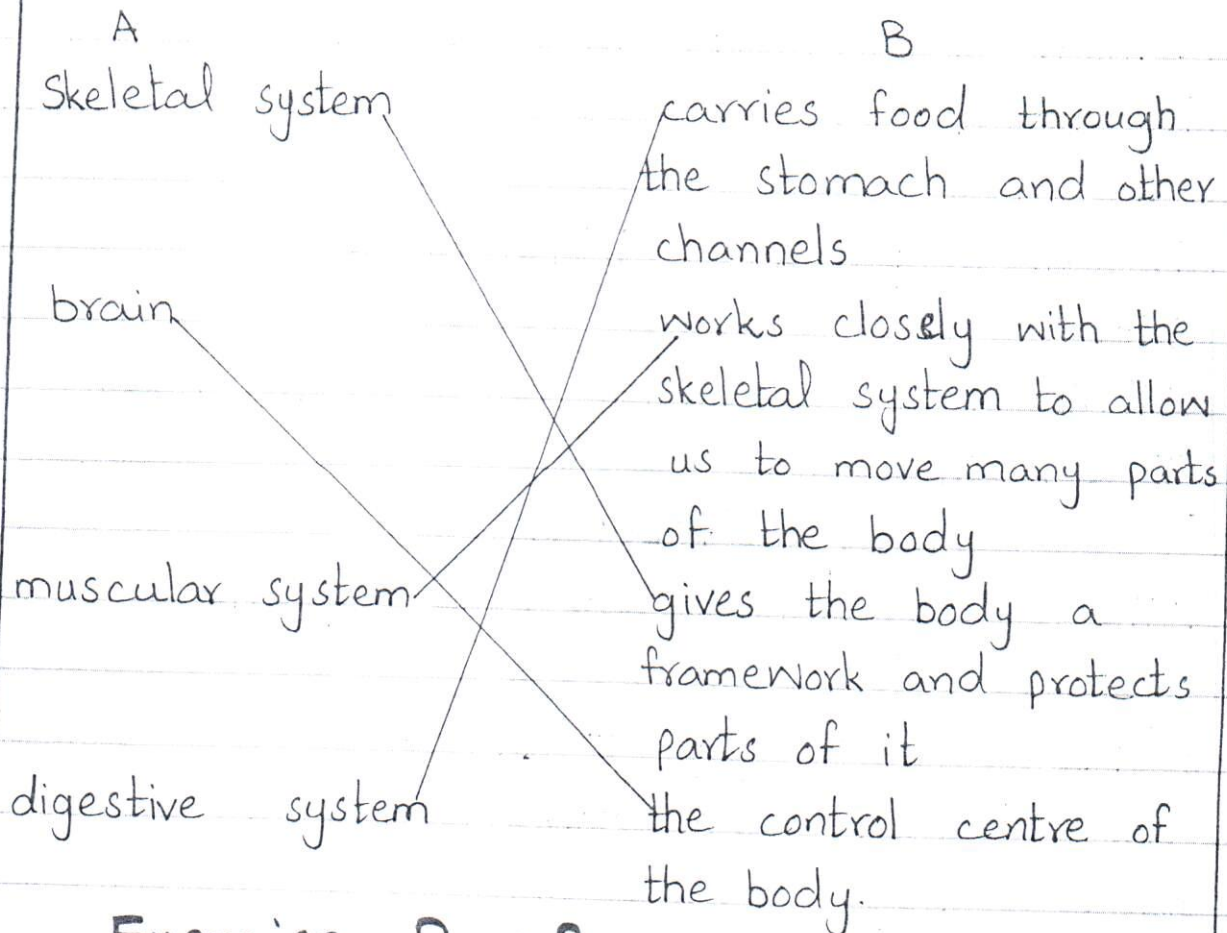
would be like a blob.

Q:4 Does blood flow to all parts of the body?
How can you prove this?

Ans Yes, we can tell by feeling the pulse around the body.

Pg # 7 Concept check

There are many parts and system in the body. Match the system or organ to its function



Exercise Pg # 8

① Choose the correct answer.

i- Which organ controls all the systems and organs in the body?

a. nose

✓ b. brain

(3)

c. heart

d. skin

ii. Which two sense organs do we use when we cross a road?

✓ a. eyes

b. tongue

✓ c. ears

d. nose

iii. Which waste product does the skin get rid of?

a. blood

✓ b. sweat

c. tears

d. urine

iv. Which organ tells us what we are seeing?

a. nose

b. ear

✓ b. brain

d. liver

v. What does the blood travel in, to move around the body?

a. lungs

✓ b. veins and arteries

c. muscles and skin

d. brain

(2) Match each body part to the correct system.

i. muscles

a. nervous system

ii. bones

b. digestive system

iii. arteries

c. skeletal system

iv. nerves

d. muscular system

v. stomach

e. circulatory system

(3) Which words do not belong in each list?

i. skeletal system: skull, ~~eye~~, spine, ~~lung~~, kneecap, ~~heart~~

ii. respiratory system: nose, ~~nerve~~, ~~heart~~, windpipe, lung

iii. circulatory system: vein, ~~ear~~, artery, blood vessel, heart, ~~rib~~

(4)

iv- digestive system: liver, ~~hip~~, stomach, intestine, brain

Pg # 10

⑧ Label the systems and their organs

Look the answer on the pg#06

Unit No:2 Health and Safety

Words

Exercise

Vigorous

Grumpy

Electricity

Vehicles

Balanced diet

Meanings

ورزش

تندرست

بد مزاج

بجلی

گاڑیاں

متوازن غذا

Short Answers

Q:1 How much sleep should an eight year old have every night?

Ans About ten hours.

Q:2 Why should we eat a balanced diet?

Ans To stay healthy.

Q:3 Why do we need to exercise regularly?

Ans To become vigorous.

Q:4 What are some exercises you can do to stay healthy?

① Ans Running, playing and swimming.

i-

Long Answers

(5)

Q:1 What makes a balanced diet?

Ans A balanced diet is eating a wide variety of foods in the right amounts.

Q:2 Which type of foods are healthy?

Ans Fruits, vegetables, grains and dairy products are healthy foods.

Pg # 17+19 Concept check

① Fill in the blanks.

i- When walking on a busy road, walk along the footpath.

ii- Look carefully in both directions before crossing the road.

③ All these things are useful. If they are not used properly they can harm you.

Try to find out what they are

i- MEDICINE

ii- MATCHES

iii- KNIFE

iv- SCISSORS

v- FIREWORKS

④ Find the odd one out in each list.

Explain your choice.

i- chicken, lamb, beef, potatoes, salmon, cod

ii- lettuce, spinach, cabbage, cheese, aubergine, okra

iii- milk, yoghurt, butter, cheese, bread, ice cream

iv- apples, oranges, apricots, corn, plums, mangoes

Exercise Pg# 18

⑥

① Choose the correct answer.

- i. What is a balanced diet?
eating the right amounts of healthy food
- ii. What do we need to stay healthy?
all of these
- iii. Why should we never run with sharp instruments?
They could cut us
- iv. What is the right thing to do in the playground?
Look out for younger children
- v. In a balanced diet, which two types of food should you eat the most of?
grains, fruits and vegetables

Unit No: 4 The Life Cycles of Animals

Words	Meanings
Ponds	تالاب
Land	زمین
Laying eggs	انڈے دینا
Insects	حشرات
Warm	گرم

Short Answers

Q:1 What is a baby fish called?

Ans Fry.

Q:2 What is a baby frog called?

Ans Tadpole.

Long Answers

⑦

Q

- Ar Q:1 Where do birds build nests?
 Ans Birds build their nests in all kind of places.
- Q:2 How does the tadpole breathe underwater?
 Ans The tadpole breathe through tiny gills underwater
- ① Q:3 Where do birds lay eggs?
 i- Ans After building nest, birds lay eggs in them.

Pg # 39 Concept check

- ii- Tick all of the true statements
 Baby birds
- ③ hatch from eggs ☒ can fly ☒
 have to be fed ☒ are blind ☒
 have no feathers ☒ stay in the nest ☒

Exercise: Pg # 40

- i- ① Choose the correct answer.
- ii- i- What does a life cycle show?
 iii- a- how an animal lives
 iv- b- the food an animal eat
 v- c- all the stages of an animal's life
 ④ d- the way an animal moves
- i- ii- Which of the following is not a stage in
 ii- the life cycle of a frog?
 a- frog b- eggs
 iii- c- pupa d- tadpole with back legs
 iv- ☒ c

⑧

- iii. An adult butterfly emerges from a
- a. chalice ✓ b. chrysalis
 - c. egg d. caterpillar
- iv. Where do birds build nests?
- a. walls b. cliffs
 - c. trees ✓ d. all of them
- v. Which type of animal has the stages eggs, fry, adult in its life cycle?
- ✓ a. fish b. insect
 - c. bird d. mammal

② Fill in the gaps using the words given below

- i. Birds lay eggs in a nest.
- ii. Frogs lay eggs in water.
- iii. Caterpillars turn into butterflies.
- iv. Tadpoles develop into frogs.
- v. Fish eggs first develop into fry before turning into fish.
- vi. Baby birds cannot see or fly. They have no feathers.

Pg # 41

③ Mark these sentences with ✓ or X.

- i. A frog's eggs are called spawn. ✓
- ii. Birds hatch out of eggs. ✓
- iii. Baby birds can see well when they are born. X
- iv. Young frogs are called fry. X

(9)

v. Caterpillars hatch out of eggs. ✓

(4) Circle the stage which does not belong to each life cycle

Bird: tadpole, egg, chick, chicken

Insect: egg, caterpillar, puppy, pupa, chrysalis

Frog: fry, egg, tadpole, frog

(5) Label the stages in the life cycle of a fish

Look the answer on the pg# 38

Unit No: 5

The Lifecycle of a Plant

Words

Produce

Environment

Dispersed

Buried

Lettuce

Spinach

Sprout

Meanings

پیدا کرنا

ماحول

بکھر جانا

دفن کرنا

سلاد کے پتے

پالک

اگنا

Short Answers

Q:1 In which part of a plant do seeds grow?

Ans Fruits contain seeds.

Q:2 What kind of vegetables are peas?

Ans Seeds vegetable.

Q:3 Which fruits have more seeds?

1. Watermelon 2. Papaya

Q:4 Which vegetables are really fruits?

Ans 1 Tomato 2 - Chilli

Long Answers

Q:1 What are these different ways in which seed can be dispersed?

Ans Seeds are dispersed by wind or water, by animals and planted by humans.

Q:2 What does a seed need to grow into a plant?

Ans A seed need good soil, water, sunlight and air to grow into a plant.

Q:3 What are underground stems called?

Ans Underground stems are called tubers.

Pg# 45 Concept check

Tick the statements that are correct and put a x next to any that are wrong.

- a. Seeds are always the same size. X
- b. Some seeds are carried away by the wind or water. ✓
- c. All fruits have many seeds. X

Exercise: Pg# 48

① Choose the correct answer.

i. What do flowers grow into?

a. buds b. seeds

✓ c. fruit d. shoots

ii. Which of these are roots?

a. ainger ✓ b. carrots

(11)

- c. cabbage d. tomato
- iii. What does a seed need to grow?
- a. water and soil b. soil and air
- ✓ c. good soil, water, sunlight and air
- d. water
- iv. Which of these has the largest seed?
- ✓ a. mango b. apple
- c. grape d. peach
- v. Which of these vegetables is really a fruit?
- ✓ a. tomato b. potato
- c. carrot d. cauliflower

(2) Find the odd one out in each list below.

- i. ginger, potato, onion, sweet potato
- ii. cherry, peach, mango, orange
- iii. rock, water, sunlight, air
- iv. carrot, turnip, radish, cauliflower
- v. lettuce, turnip, tomato, potato

(3) Match the following.

- | | |
|----------------|---------------|
| a) tomato | b) root |
| b) carrot | d) leaf bud |
| c) pea | e) flower bud |
| d) lettuce | c) seed |
| e) cauliflower | a) fruit |

Pg # 49

(12)

- ④ Order the steps of the life cycle of a plant by numbering them correctly.
- | | |
|---------------------------|--------------------------------|
| The plant flowers. | <input type="text" value="3"/> |
| The fruit releases seeds | <input type="text" value="5"/> |
| The plant grows | <input type="text" value="2"/> |
| A new life cycle begins | <input type="text" value="6"/> |
| The flower produce fruits | <input type="text" value="4"/> |
| The seed germinates | <input type="text" value="1"/> |

Pg # 52

- ③ Mr scientist made these statements was Mr scientist right or wrong? Mark the scientist these sentences ✓ or x
- All plants are leaf vegetables. x
- Seeds can grow into plants. ✓
- Plants and animals make their own food. x
- Leaves grow from flowers. x
- Plants absorb water through their roots. ✓

- ④ Complete the life cycle by adding in the missing parts.

Look the answer on Pg # 37

- ⑤ Rearrange the letters to make words. They are all words for parts of a plant.

ROOTS

SHOOT

STEM

STOMATA

LEAF

Unit No:6 Materials

13

Words	Meanings
Materials	مواد
Transparent	شفاف
Opaque	غیر شفاف
Flexible	لچک دار
Rigid	غیر لچک دار
Electricity	بجلی
Fibres	ریشہ
Rope	رستی

short Answers

Q:1 Which materials are made by the man?

Ans 1. Paper 2. Rubber 3. Plastic

Q:2 Name any two opaque things?

Ans 1. Wood 2. Wall

Q:3 Name any two transparent things?

Ans 1. Glass 2. Clean water

Long Answers

Q:1 What are the natural resources?

Ans Natural resources are things that come from nature

Q:2 How glass is made by?

Ans Glass is made by melting sand.

Q:3 Where do metals come from?

Ans Metals come from rocks called ores.

Exercise: Pg # 59

(14)

① Choose the correct answer.

i. Which of these is not a natural resource?

- a. land ✓ b. buildings
c. air d. water

ii. Glass is made from:

- a. rock ✓ b. sand
c. clay d. chemicals

iii. Plastic is made from:

- a. rock b. sand
c. clay ✓ d. oil

iv. Which of the following is magnetic?

- a. glass b. plastic
✓ c. iron d. wood

v. Which of these is not waterproof?

- a. hard rock b. glass
c. plastic ✓ d. cotton fibres

② Name the term for:

i. materials that are not found naturally but are made from chemicals plastic

ii. strong, hard and shiny materials that can be hammered into different shapes without breaking metals

iii. materials through which heat can travel easily conductors

iv. materials that are attracted to magnets magnetic

v. material that is difficult to scratch

vi- strong and hard material that is easy to bend flexible

Unit No: 7 Force

Words

Push

Force

Across

Direction

Friction

Surface

Meanings

دکھانا

طاقت

پار

سمت

رگڑ

سطح

Short Answers

Q:1 What is an invisible force called?

Ans Gravity.

Q:2 Which force is present when two things rub together?

Ans Friction.

Long Answers

Q:1 What is a force?

Ans Force is a push and pull.

Q:2 What can a force do?

Ans Forces can cause objects to change shape.

Q:3 Objects do not fly up, move backward or forward, but fall down when you let go of them? Why?

Ans This happens because of gravity.

Q:4 When someone rides a bicycle, which forces are being applied?

Ans They push down on the pedals, pull on the brakes, friction slows the bicycle down, when the brakes are applied.

Pg # 65 Concept check

Fill in the missing words.

A force can cause moving objects to speed up, slow down, stop or change.

A force can make an object change its shape.

Pg # 66

① Choose the correct answer.

i. Which of these is not a force?

- a. push
- b. pull
- c. gravity
- ✓ d. light

ii. Which of these can be a force do?

- a. change the shape of something
- b. slow something down
- c. speed something up

✓ d. all of these

iii. The force present when two surfaces rub together is called:

- a. fiction
- ✓ b. friction
- c. gravity
- d. wind

- iv. Cycling faster creates a force that will make a bicycle:
- a. slow down ✓ b. speed up
c. change shape d. stop
- v. The force that pulls everything down to the Earth is called:
- ✓ a. gravity b. cavity
c. wind d. friction

Pg # 67

- ④ Fill in the blanks using the correct words/phrases from brackets.
- i. Wind is a natural force.
- ii. A horse cart moves due to force produced by the horse.
- iii. The force of gravity keeps everything firmly on the ground.
- iv. A push is the force applied to the pedal on a bicycle.
- v. A pull is the force applied when someone applied the breaks on a bicycle.
- vi. When the brake pads rub against the wheel friction slows the bicycle down.