

CLASS 3

EVS

NCERT SOLUTIONS

NCERT Solutions for Class 3 EVS Chapter 9: Staying Healthy and Happy – Free PDF Download

Chapter 9 of Our Wondrous World (Class 3 EVS) is Staying Healthy and Happy. It covers simple habits of cleanliness, traditional ways of staying clean, and the importance of play and safety for good health. These Class 3 EVS Chapter 9 solutions are also useful as quick revision notes before exams.

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Chapter 9 of *Our Wondrous World* (Class 3 EVS) is Staying Healthy and Happy. It covers simple habits of cleanliness, traditional ways of staying clean, and the importance of play and safety for good health. These Class 3 EVS Chapter 9 solutions are also useful as quick revision notes before exams.

Habits for Staying Clean and Happy

Q: What simple habits should we follow to stay healthy and happy?

A: Staying healthy helps our body and mind work properly. Some simple, good habits include: brushing our teeth daily, bathing, combing our hair, washing our hands well with soap, keeping nails clean and trimmed, brushing teeth twice a day (once in the morning and once before bed), drinking 6–8 glasses of water, eating meals on time, sleeping at least 8 hours, and playing outdoors.

How Do We Clean Our Teeth? — The Tradition of the Datun

Q: What does the story of Moyna's grandfather cleaning his teeth with a datun teach us?

A: Moyna's grandfather cleaned his teeth using a datun (chew stick) made from babool or neem twigs. When Moyna asked him about it, he explained that he breaks off a fresh twig from a nearby tree each day, chews one end until it becomes brush-like, and uses it to clean bits of food stuck between his teeth, which also massages the gums. This is a traditional Indian way of cleaning teeth, using twigs from trees like neem, babool and karanj to make a datun. The modern toothbrush is, in fact, a development of this old Indian datun tradition.

Making an Eco-Friendly Cleaning Solution

Q: How can we make a homemade cleaning solution from orange and lemon peels?

A: Fill a half-litre clear container with 8–12 orange or lemon peels, 10 whole cloves or 2–3 bay leaves, and 2 cups of white vinegar, close the lid, and keep it in a sunny spot for at least two weeks, shaking it occasionally. After two weeks, strain the liquid, and it can be used to clean surfaces such as floors, furniture and bathrooms. This natural solution does not harm the environment.

Animals and Birds Also Keep Themselves Clean

Q: How do animals and birds keep themselves clean?

A: Monkeys keep picking small insects out of each other's fur to clean one another. Birds clean their feathers using their beaks. Likewise, many creatures have their own ways of staying clean within their surroundings.

Changes in Our Body When We Play

Q: What changes happen in our body when we play?

A: In a game like tag, running fast makes us breathe quickly, our cheeks turn slightly red, our body feels warm, and we sweat. All these signs show that physical activity is making our body active.

The Role of Play and Recreation

Q: Why are play and recreation important for good health?

A: Harpreet's grandmother's story shows that even though knee pain makes it difficult for her to move around much, walking a little and playing mind games like chess are still beneficial, because they keep both the body and the mind active. Indoor games like spinning tops, ludo, snakes and ladders, carrom and chess also improve thinking ability along with providing recreation.

Safety While Playing

Q: Which places are safe for playing, and what should we keep in mind while playing?

A: Places like parks and school grounds are safe for playing, while crowded roads, roofs without railings, or construction sites are unsafe. We should also be careful of strangers in public places — we should only talk to people when a parent or another trusted adult is with us. If a stranger offers us sweets, offers to drop us home, or tries to get us into a vehicle on any pretext, we should clearly refuse and immediately tell a trusted adult.

Let's Reflect (a) Write

Q: What is recorded in a weekly health chart, and what does it help us understand?

A: A weekly health chart records, for each day, whether we brushed our teeth twice, went to the toilet, bathed, what we ate for breakfast, how long we watched TV or used the phone, and how long we played outside. This helps us see how healthy our daily routine is and which habits need improvement.

(b) Draw

Q: How can we show our full day's 24 hours as a circle?

A: Draw a large circle and divide it into 24 equal parts, colouring each part according to the activity spent during that time. For example: 8 hours for sleeping, 2 hours for meals, 6 hours for studying/school, 2 hours for playing outside, 2 hours for helping parents, 1 hour for TV/phone, 1 hour for bathing and toilet, and 2 hours for other tasks.

(c) Discuss

Q: Which activities can increase our body's strength and energy, and how often should we do them each week?

A: Activities like running, jumping and climbing stairs help build the body's strength and energy. Such activities should be done at least twice a week. Discussing this with friends and doing such activities together helps keep the habit fun and regular.