

DELHI PUBLIC SCHOOL, GAYA

WORKSHEET-2

Subject :English

Class : III

1. Read the passage carefully and answer the following questions:

We must take proper care of our hair. Healthy hair looks beautiful and makes us feel good. It is important to keep our hair clean by washing it regularly with soap or shampoo. This removes the dirt and dust and prevents scalp infections. To have healthy hair, we must eat a balanced diet which provides nourishment to our skin. We should eat lots of green leafy vegetables, fresh fruits and cereals. Consumption of amla juice, ash gourd juice, pumpkin and coconut water enhances hair growth. Vitamin B12 helps to prevent hair loss and can be found in fish, eggs, chicken and milk. We should avoid the intake of 'maida' (refined flour) and deep-fried dishes, sweets made of white sugar, soft drinks, tea and coffee. If we follow a healthy regime of yoga and breathing exercises, we can enjoy healthy hair for a long time as it slows down the process of greying and ageing.

1. It is important to keep our hair clean because
2. A balanced diet provides
3. Find the opposites of the following words from the passage:
 - (a) ugly-
 - (b) short-
4. What role does shampoo play in hair hygiene?
5. What substances help in enhancing hair growth?
6. What food stuff should be avoided for healthy hair?
2. Write 8 to 10 lines on the topic, "My Best Birthday Gift"
3. Write the plural form of the following nouns:
 - (a) beach _____
 - (b) box _____
 - (c) bush _____
 - (d) thief _____
 - (e) fly _____
 - (f) party _____

4. Fill in the blanks with 'a' or 'an'.
- (a) We saw _____ lion at the zoo.
 - (b) I eat _____ apple every day.
 - (c) Blue is _____ favourite colour of mine.
 - (d) Dad and I are building _____ ramp today.
 - (e) I have _____ red wagon.
 - (f) Mom waited more than _____ hour in traffic.
5. Choose the most appropriate synonym for the bold words from the options given below:
- (a) The dog was **angry** at the strangers.
(i) happy (ii) mad (iii) excited (iv) depressed
 - (b) We took a **stroll** through the forest trails.
(i) walk (ii) run (iii) Sleep (iv) nap
 - (c) The **wealthy** man had a shiny new car.
(i) skip (ii) rich (iii) sad (iv) mad
 - (d) Mom felt **fortunate** to get a raise at work.
(i) skip (ii) roll (iii) sad (iv) lucky
 - (e) It was **thoughtful** of Robin to give her last cookie to Margo.
(i) kind (ii) mean (iii) angry (iv) walk
6. Fill in the blanks with antonyms of the underlined words.
- (a) I (never) _____ brush my teeth before going to bed.
 - (b) I always (forget) _____ my best friend's birthday.
 - (c) Today was the (worst) _____ day of my life.
 - (d) The bag is too (light) _____ for me to carry.
 - (e) The bridge is too (wide) _____ for two cars to cross.
7. Find out the verb from the following sentences:
- (a) I have taken my dinner.
 - (b) We should stay at home.
 - (c) Are you going to study?
 - (d) My biggest source of inspiration is my teacher.
 - (e) She is dancing in the rain.