



SCIENCE WORKSHEET

Class III – Chapter 1: OUR BODY PARTS

Name : _____ Class : III Sec : _____ Date : _____

I. Choose the Correct Answer

(10 × 1 = 10 Marks)

1.

Which part of our body helps us to see things?



- ☐ A Ears ☐ B Teeth
☐ C Eyes ☐ D Hands

2.

Which part of our body controls all the activities in our body?



- ☐ A Eyes ☐ B Ears
☐ C Brain ☐ D Nose

3.

Which part of our body helps us in breathing?



- ☐ A Heart ☐ B Brain
☐ C Lungs ☐ D None of these

4.

Which part of our body helps us watch television?



- ☐ A Eye ☐ B Skin
☐ C Nose ☐ D Both (A) and (B)

5.

Select the odd one out.



- ☐ A Elbow ☐ B Wrist
☐ C Eye ☐ D Knees

6.

Which organ is protected by the skull?



- ☐ A Stomach ☐ B Lungs
☐ C Brain ☐ D Heart

7.

Our skin gives us the sense of _____.



- ☐ A Taste ☐ B Touch
☐ C Smell ☐ D Movement

8. Match the following correctly.

Column A	Column B
i. Head	1. Hand
ii. Eyes	2. Hair
iii. Ears	3. Vision
iv. Fingers	4. Hear



Choose the correct answer.

- ☐ A i-1, ii-2, iii-3, iv-4 ☐ B i-2, ii-3, iii-4, iv-1
☐ C i-3, ii-4, iii-1, iv-2 ☐ D i-4, ii-1, iii-2, iv-3

FUN FACT

Your brain works all the time—even while you are sleeping!



SCIENCE WORKSHEET

Class III – Chapter 1: OUR BODY PARTS

Name : _____ Class : III Sec : _____ Date : _____

II. Choose the Correct Answer

(10 × 1 = 10 Marks)

9. Which of the following is true about skin?



- a. Skin is the internal part of the body.
- b. It is a sense organ because it gives us the sense of taste.
- c. Skin covers the whole body.
- d. Skin can be white, black or whitish in colour.

- ☐ A a and b ☐ B b and c
☐ C c and d ☐ D All are true

10. Which of the following organ is present in the head part and is used to hear the music?



- ☐ A Bones ☐ B Fingers
☐ C Legs ☐ D Ear

11. Aradhya ran to open the door when her father rang the bell. She used her sense of _____.



- ☐ A Hearing ☐ B Seeing
☐ C Touching ☐ D Tasting

12. Our stomach is located:



- ☐ A in the head ☐ B in the left side of the body
☐ C in the right side of the body ☐ D below the abdomen

13. Which of the following is not a good habit?



- ☐ A Washing our hands before eating food
☐ B Eating regularly at the fixed time in a day
☐ C Swallowing the food without chewing it
☐ D Eating fresh and warm food

14. Ram loves to study till late night. There is very dim light in his room. He gets very less marks in his class tests because he is not able to read properly and he makes many spelling mistakes. His mother is worried about Ram.

As a friend what will you suggest to his mother?



- ☐ A His eye sight is weak so she should take him to eye doctor.
☐ B He should not study in dim light.
☐ C He should stop studying.
☐ D Both (A) and (B)

15. Jonny is a brilliant student of class III. He comes regularly to the school. But he feels weak after going back home. Feeling weak is not common in his age group.

As a friend what will you suggest to him?



- ☐ A Jonny should exercise regularly to build strong bones and muscles.
☐ B Jonny should stop coming to school.
☐ C Jonny should eat healthy food.
☐ D Both (A) and (C)

SCIENCE WORKSHEET

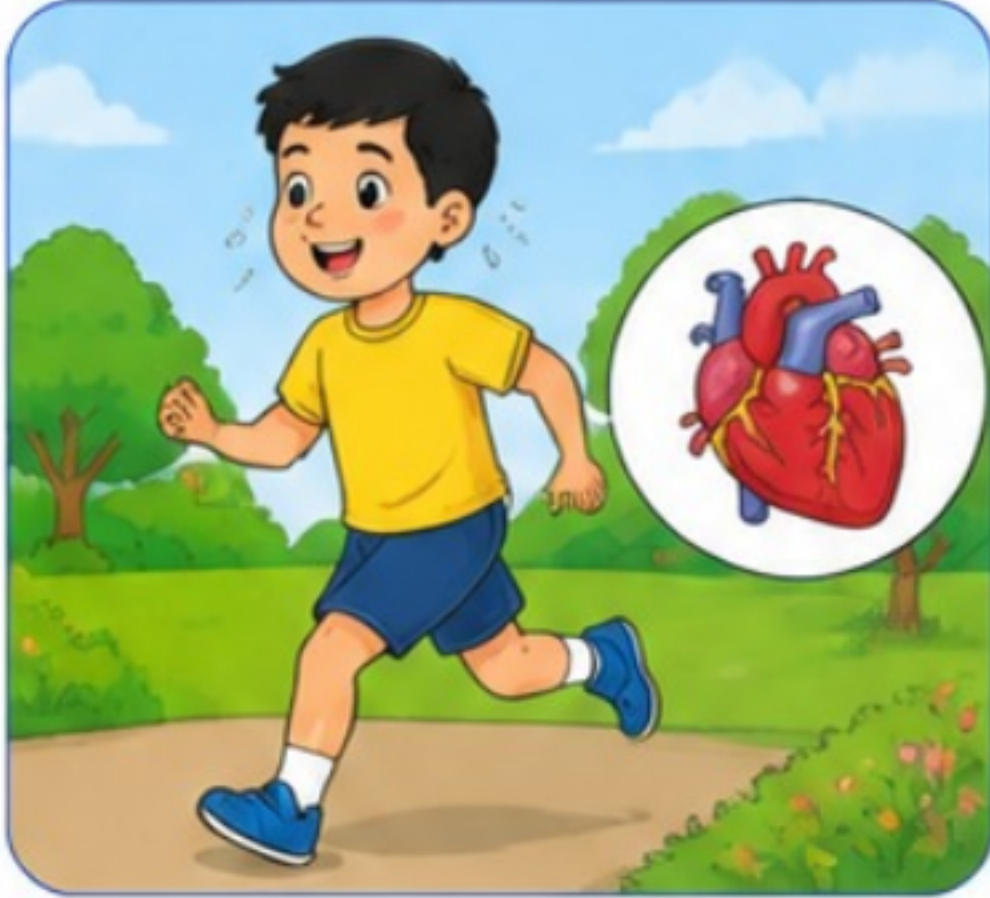
Class III – Chapter 1: OUR BODY PARTS

Name : _____ Class : III Sec : _____ Date : _____

V. Case-Based Questions

(3 × 1 = 3 Marks)

16.



Rohan enjoys running and playing football every evening. After running fast for some time, he notices that his heartbeat becomes faster. His teacher tells him that this is normal because his body needs more oxygen during exercise.

a) Which internal organ is working faster?

- ☐ A Brain ☐ B Heart ☐ C Stomach ☐ D Liver

b) Why does the heart beat faster?

- ☐ A To help us sleep
☐ B To pump more blood and oxygen
☐ C To help us hear
☐ D To help us smell

c) Which habit keeps the heart healthy?

- ☐ A Eating only junk food
☐ B Regular exercise and healthy food
☐ C Watching TV all day
☐ D Sleeping very late

17.



Anjali goes for a morning walk every day. She takes deep breaths in the fresh air. Her teacher explains that breathing fresh air helps an important organ work well.

a) Which internal organ helps us breathe?

- ☐ A Heart ☐ B Lungs ☐ C Brain ☐ D Stomach

b) What do the lungs take in?

- ☐ A Oxygen ☐ B Water ☐ C Food ☐ D Blood

c) Which habit keeps our lungs healthy?

- ☐ A Playing outdoors and breathing fresh air
☐ B Staying in smoky places
☐ C Eating too many chocolates
☐ D Sleeping all day

18.



Arun always wears a helmet while riding his bicycle. His parents tell him that the helmet protects an important organ inside his head.

a) Which internal organ is protected?

- ☐ A Brain ☐ B Heart ☐ C Stomach ☐ D Lungs

b) What does the brain do?

- ☐ A Digests food ☐ B Controls our body and thinking
☐ C Pumps blood ☐ D Helps us breathe

c) Why should Arun always wear a helmet?

- ☐ A To protect the brain ☐ B To protect the stomach
☐ C To protect the lungs ☐ D To protect the tongue

VI. Label the Diagrams

(3 × 1 = 3 Marks)

19. Label the internal organs in the picture using the help box.

Help Box

Brain • Heart • Lungs
 Stomach • Intestines

