

National Institute of Open Schooling
Senior Secondary - Home Science
Lesson 3 : Family, Health and Security
Worksheet-3

1. What kind of support do you receive from your family? What is your role in your family?
2. Are you in favour of people living in nuclear family or in a joint family? Why?
3. Examine yourself and write four things that show you are healthy.
4. In today's pandemic times, identify four healthy habits that will help you to avoid the viral infection.
5. You get a foul smell from the slum area near your home- what could be the reasons for this?
6. Write four things you will teach your younger sister to ensure her safety when she is home alone.
7. 'It is smart to smoke, drink alcohol and take drugs'- do you agree? Why or why not?
8. Do you agree that there is no harm when children use the Internet? Why or why not?
9. Why do you think so many school and college students are committing suicide today?
10. Your brother comes home late from work every day. What effect will this have on his health?