

SCIENCE
WORKSHEET_110626
CHAPTER 03 HEALTH: THE ULTIMATE TREASURE

SUBJECT: SCIENCE

CLASS : VIII

MAX. MARKS : 40

DURATION : 1½ hrs

General Instructions:

- (i). All questions are compulsory.
- (ii). This question paper contains 20 questions divided into five Sections A, B, C, D and E.
- (iii). **Section A** comprises of 10 MCQs of 1 mark each. **Section B** comprises of 4 questions of 2 marks each. **Section C** comprises of 3 questions of 3 marks each. **Section D** comprises of 1 question of 5 marks each and **Section E** comprises of 2 Case Study Based Questions of 4 marks each.
- (iv). There is no overall choice.
- (v). **Use of Calculators is not permitted**

SECTION – A

Questions 1 to 10 carry 1 mark each.

1. You notice a headline that states '28.6% Indians are obese'. According to the chapter, what is one of the health risks associated with obesity?
(a) Loneliness (b) Increased risk of diabetes and heart attack
(c) Dry eye disease (d) Malaria
2. A student learns that the arrival of the monsoon season often leads to an increase in malaria and dengue cases. Which of the following is the most effective way to prevent the spread of these diseases, based on the chapter?
(a) Avoiding fast food (b) Using mosquito nets and repellents
(c) Practicing yoga (d) Drinking boiled water
3. A person is advised to follow a 'Diet mantra: Reduce the amount of oil and sugar in diet.' Based on the chapter's content, what is the most likely reason for this advice?
(a) To maintain a calm mind. (b) To prevent non-communicable diseases.
(c) To prevent communicable diseases. (d) To help the body recover from illness.
4. What is the definition of a parasite as given in the chapter?
(a) An organism that causes disease.
(b) An insect that spreads pathogens.
(c) An organism that lives in or on another living being and feeds on nutrients.
(d) A single-celled organism that causes disease.
5. Which of the following is a communicable disease?
(a) Scurvy (b) Cancer (c) Goitre (d) Typhoid
6. What is the full form of NCDs?
(a) Non-Communicable Diseases (b) Non-Chronic Diseases
(c) National Communicable Diseases (d) New Communicable Diseases
7. Who was the Indian scientist who played a key role in developing the Rotavirus vaccine?
(a) Dr. Kamal Ranadive (b) Edward Jenner
(c) Alexander Fleming (d) Dr. Maharaj Kishan Bhan

8. Which of the following is a component of complete well-being as per the WHO definition of health?
- (a) Physical well-being (b) Social well-being
(c) Mental well-being (d) All of the above

In the following questions 9 and 10, a statement of assertion (A) is followed by a statement of Reason (R). Choose the correct answer out of the following choices.

- (a) Both A and R are true and R is the correct explanation of A.
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.

9. **Assertion (A):** Dr. Maharaj Kishan Bhan developed the Rotavirus vaccine.
Reasoning (R): He believed in using research to create affordable healthcare.

10. **Assertion (A):** The indiscriminate use of antibiotics can lead to a decline in their effectiveness.
Reasoning (R): This is because bacteria can develop resistance and survive despite antibiotic treatment.

SECTION – B

Questions 11 to 14 carry 2 marks each.

11. What is the difference between a chronic disease and a short-term disease? Give an example of a chronic disease from the chapter.
12. Why is it important to spend time with friends and family?
13. What is a balanced diet, and why is it important for a healthy lifestyle?
14. How does air pollution from vehicles and factories affect human health?

SECTION – C

Questions 15 to 17 carry 3 marks each.

15. Explain how a disease is defined in the chapter. What are the two main groups of diseases based on their causes and spread?
16. Some non-communicable diseases are deficiency diseases. Explain this with an example.
17. What are the different ways a communicable disease can spread from one person to another, as mentioned in the chapter?

SECTION – D

Questions 18 carry 5 marks each.

18. Explain the discovery of the first antibiotic, Penicillin, by Alexander Fleming. How did this chance discovery benefit humanity, and what is the biggest challenge associated with its use today?

SECTION – E (Case Study Based Questions)

Questions 19 to 20 carry 4 marks each.

19. Case Study-1:

A community health worker is conducting a campaign to educate people on the importance of hygiene. She explains that diseases like Hepatitis A and Typhoid spread through contaminated water and food. She stresses the importance of washing hands frequently, maintaining personal

hygiene, and consuming properly cooked food and boiled drinking water. She also mentions that during the monsoon season, there is an increase in diseases like malaria and dengue, which are transmitted by insects like mosquitoes.



Based on this story, answer the following questions:

- (i) What type of diseases is the health worker focusing on in her campaign?
- (ii) What are two diseases transmitted through contaminated food or water, as mentioned in the case study?
- (iii) What are the insects that spread diseases like malaria and dengue called?
- (iv) How can the community control the spread of malaria and dengue during the monsoon season?

20. Case Study-2:

A young boy named Aditya is advised to get a tetanus shot after an injury. He learns that the shot is a vaccine that contains an inactivated bacterial toxin. This helps his immune system develop protection without causing the disease. He is also told that vaccines are one of the most effective ways to protect people against serious diseases and that they are preventive, not curative.



Based on this story, answer the following questions:

- (i) What type of disease is the tetanus shot protecting Aditya against?
- (ii) What is a key purpose of the inactivated bacterial toxin in the vaccine?
- (iii) According to the chapter, why is a tetanus shot considered a preventive measure?
- (iv) What is the main principle behind how a vaccine works?

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