



ANSWER KEY (2025-26)

कक्षा/Class: VIII

विषय/Subject: Science

अंक/Marks: 40

माह/Month: October दिया गया पाठ्यक्रम/Portion covered: Chapter 3: Health: The Ultimate Treasure

SECTION – A

Choose the correct answer from the given options. (1x10 =10M)

1. (a) A state of complete physical, mental, and social well-being
2. (b) Increased screen time and reduced social interaction
3. (d) Limiting screen time and spending time in nature
4. (b) Symptoms are subjective; signs are observable or measurable
5. (c) Diabetes
6. (a) Malaria - via mosquito vector
7. (c) Covering mouth and nose while coughing/sneezing and handwashing
8. (b) Vaccines prevent disease by training the immune system
9. (d) Antibiotics act on bacterial structures do not present in viruses
10. (c) Taking antibiotics only when prescribed, in correct dose and duration

Assertion – Reason Questions

(1x4=4M)

11. a) Both Assertion (A) and Reason (R) are true, and Reason (R) correctly explains Assertion (A).

Explanation: Regular exercise helps prevent obesity because it increases the number of calories burned and boosts metabolism, which helps maintain a healthy body weight.

12. a) Both Assertion (A) and Reason (R) are true, and Reason (R) correctly explains Assertion (A).

Explanation: Antibiotics are designed to kill or inhibit bacteria by targeting their cell structures or metabolic processes. Since viruses do not have these structures, antibiotics are ineffective against them, so they should not be used for viral infections.

13. c) Assertion (A) is true, but Reason (R) is false.

Explanation: Vaccines do help develop immunity by stimulating the body to produce antibodies. However, not all vaccines are made of weakened viruses—some contain killed microbes, parts of microbes, or mRNA. Also, vaccines are specific to particular diseases, not for *any kind* of infection.

14. c) Assertion (A) is true, but Reason (R) is false.

Explanation: A balanced diet provides all essential nutrients in the right proportions needed for growth, energy, and disease prevention.

Fast food, on the other hand, is usually high in fats, sugars, and salts, which can cause obesity and other health problems if eaten regularly.

15. Case Based Questions

(1x4=4M)

i) Flu is a communicable disease, caused by a virus.

ii) It spreads through air droplets when an infected person coughs/sneezes, and by direct/indirect contact.

iii) School should isolate sick children, encourage masks, improve hygiene, and disinfect classrooms.

iv) Wear a mask, avoid sharing items, and kindly ask sick classmates to rest at home without being rude.

SECTION - B

Short Answer Type Questions

(2x5=10M)

1. It is complete physical, mental, and social well-being, not just absence of disease.

2. Mosquito.

3. Immune system.

4. Penicillin discovered by Alexander Fleming in 1928.

5. Air Quality Index.

Short Answer Type Questions

(3x4=12M)

1. Excessive screen time and loneliness caused headaches, weight loss, and sleep problems-showing links between mental and physical health. Counselling and making friends improved his well-being.

2. Infected people release droplets with pathogens by coughing/sneezing/talking; others inhale them and get infected (e.g., flu, TB).

3. Stopping early leaves some bacteria alive, which can become resistant, making future infections harder to treat.

4. Building and using toilets, reducing open defecation, and proper waste disposal stops germs from contaminating water and food, lowering diarrhoeal diseases.