



कुलमुद्रित पृष्ठों की संख्या /Total No. of printed pages:04
परमाणु ऊर्जा शिक्षण संस्था
Atomic Energy Education Society
कार्यपत्रक /Worksheet (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

विद्यार्थी का नाम /Name of the student: _____

अनुक्रमांक /Roll No.: _____ कक्षा /अनुभाग Class /Sec.: _____ दिनांक /Date:

General Instructions:

- This question paper comprises of two parts- Section A and Section B. There are 24 questions, and all questions are compulsory.
- Section A: Question No 1 to 10 are multiple choice type questions (MCQ) carrying one mark each; 4 Assertion and Reason type and 1 Case based type questions.
- Section B: i) Question No 16 to 20 are Short Answer Type-I (SA-I) questions carrying 2 marks each. ii) Question No 21 to 24 are Short Answer Type-II (SA-II) questions carrying 3 marks each.

Q. No. Questions Marks

SECTION – A

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

1. Which definition best captures the meaning of health?

- (a) A state of complete physical, mental, and social well-being
- (b) Absence of disease
- (c) Ability to exercise without fatigue
- (d) Eating a balanced diet daily

2. Which factor most directly worsened the student's health?

- (a) Changing city only (b) Increased screen time and reduced social interaction
- (c) Eating spicy food (d) Drinking less water

3. Which habit directly aligns with "maintain a healthy lifestyle"?

- (a) Skipping breakfast to reduce calories
- (b) Exercising once a month
- (c) Drinking only fruit juices daily
- (d) Limiting screen time and spending time in nature

4. Which statement best differentiates a "sign" from a "symptom" in illness?
- (a) Signs are felt; symptoms are measured
 - (b) Symptoms are subjective; signs are observable or measurable
 - (c) Symptoms are seen only by doctors, signs only by patients
 - (d) Signs occur in mental illness, symptoms in physical illness
5. Which disease is correctly classified as non-communicable?
- (a) Typhoid
 - (b) Chickenpox
 - (c) Diabetes
 - (d) Measles
6. Which pairing of disease and typical route of spread is correct?
- (a) Malaria - via mosquito vector
 - (b) Measles - by contaminated water
 - (c) Cholera - by air
 - (d) Tuberculosis - via contaminated food
7. Which preventive step is common to multiple air- or contact-spread infections?
- (a) Wearing long-sleeved clothes only
 - (b) Boiling all foods before eating
 - (c) Covering mouth and nose while coughing/sneezing and handwashing
 - (d) Daily antibiotic prophylaxis
8. Which statement about vaccines is accurate?
- (a) Vaccines cure infections after symptoms start
 - (b) Vaccines prevent disease by training the immune system
 - (c) Only live, whole pathogens can be used to make vaccines
 - (d) Vaccines protect individuals but not communities
9. Why are antibiotics ineffective against viral infections like influenza?
- (a) Viruses are too large to be targeted
 - (b) Antibiotics instantly become toxic in viral illness
 - (c) Viruses cannot cause disease
 - (d) Antibiotics act on bacterial structures do not present in viruses
10. Which practice most effectively reduces the community spread of antibiotic resistance?
- (a) Using leftover antibiotics for any fever
 - (b) Completing prescribed courses only when symptoms persist
 - (c) Taking antibiotics only when prescribed, in correct dose and duration
 - (d) Switching antibiotics mid-course to stronger ones

For question numbers 11 to 14, Two statements are given, one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from codes (a), (b), (c) and (d) as given below.

a) Both assertion and reason are true, and reason is the correct explanation of the assertion

b) Both assertion and reason are true, but reason is not the correct explanation of assertion.

c) Assertion is true, and reason is false

d) Assertion is false, but reason is true

(1x4=4M)

11. Assertion (A): Regular exercise can help prevent obesity.

Reason (R): Exercise burns calories and improves metabolism.

12. Assertion (A): Antibiotics should not be used for viral infections.

Reason (R): Antibiotics target bacterial cells, not viruses.

13. Assertion (A): Vaccines are a way to develop immunity against diseases.

Reason (R): Vaccines are made of weakened viruses and can be taken for any kind of infection.

14. Assertion (A): A balanced diet is crucial for maintaining good health.

Reason (R): Eating only fast food every day will lead to a healthy lifestyle.

15. Case Based Question: Read the following passage and answer the following question given. (1x4=4M)

Passage: Communicable Diseases in a School

There was a flu outbreak in a school. Some students were coughing and sneezing but still attended classes. Soon, more students fell ill with fever and sore throat.

i) Which type of disease is flu? Name its causal agent.

ii) How does flu spread from one student to another?

iii) What preventive measures should the school take immediately?

iv) How should a student protect himself while being considerate to sick friends?

SECTION - B

Short Answer Type Questions (Type - I):

(2 x 5 = 10 M)

1. What does WHO say about health?

2. Name one vector that spreads communicable diseases.

3. What is the term for the body's natural defense system?

4. Which discovery led to modern antibiotics?

5. What does AQI stand for?

Short Answer Type Questions (Type - II):

(3 x 4 =12 M)

1. How did screen time and loneliness affect student's health?
2. How do communicable diseases spread through air?
3. Why should we finish a full course of antibiotics?
4. How does community sanitation improve health?