

INTERNATIONAL INDIAN SCHOOL BURAI DAH
WORKSHEET FOR THE ACADEMIC YEAR 2026-27

Class- 8th Subject: Science

CHAPTER #3 HEALTH: THE ULTIMATE TREASURE

A. Multiple choice questions:

1. Who was the Indian scientist who played a key role in developing the Rotavirus vaccine?
(a) Dr. Kamal Ranadive (b) Dr. Edward Jenner (c) Alexander Fleming (d) Dr. Maharaj Kishan Bhan
2. Which statement about antibiotics is correct?
(a) They kill virus like flu (b) They treat protozoan diseases
(c) They are safe to take without prescription (d) They kill bacteria
3. Which of the following is a communicable disease?
(a) Diabetes (b) Asthma (c) Chickenpox (d) Cancer
4. What is the main cause of antibiotic resistance?
(a) Overuse of vaccines (b) Indiscriminate use of antibiotics
(c) Lack of exercise (d) Poor diet
5. Which activity can help prevent dengue?
(a) Removing standing water (b) Eating junk food
(c) Increasing screen time (d) Skipping meals
6. Who discovered the first antibiotic, penicillin?
(a) Dr. Edward Jenner (b) Alexander Fleming
(c) Dr. Kamal Ranadive (d) Dr. Maharaj Kishan Bhan
7. Which of the following disease is non-communicable?
(a) Dengue (b) malaria (c) chickenpox (d) Diabetes
8. Which of the following helps to prevent vector borne diseases like malaria?
(a) using mosquito nets and repellents (b) avoiding fruits
(c) cleaning wounds with soap (d) eating only junk food
9. An individual develop tiredness, slow healing and excessive thirst. Which of the following disease is most likely to have these symptoms?
(a) Typhoid (b) Measles (c) diabetes (d) Tuberculosis
10. Malaria is caused by which type of pathogen?
(a) Protozoa (b) Bacteria (c) Virus (d) worms

B. Fill in the blanks:

1. Organisms that cause diseases, such as bacteria, viruses, fungi, worms, or protozoa, are called _____.

2. _____ helps us know how clean the air is.
3. When bacteria survive and multiply despite antibiotic treatment, it is called _____.
4. The natural ability of our body to fight diseases is known as _____.
5. _____ is a non-communicable disease caused by a lack of specific nutrients in the diet.
6. Eating a balanced diet, doing _____ and getting enough sleep are examples of _____ habits.
7. Dr. Edward Jenner discovered that people infected with _____ did not catch smallpox.
8. _____ means complete physical, mental, and social well-being , not just the absence of disease.
9. _____ are what we feel (like pain, tiredness); _____ are what can be seen or measured (like fever or rash).
10. _____ diseases are caused by pathogens like bacteria, virus, etc.

C. Write True (T) or False (F) for the statements given below:

1. Antibiotics can cure infections caused by viruses like the flu and common cold.
2. Typhoid spreads mainly through contaminated food and water rather than direct contact.
3. Clean surroundings and proper waste disposal can lower the risk of many illnesses.
4. Person's health depends only on their diet and exercise habits.
5. Cholera is a non-communicable disease.

D. The questions given below consist of an Assertion and a Reason. Based on that, choose the appropriate option.

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

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

2. **Assertion (A):** Non-communicable diseases are becoming more common in India.
Reason(R): These diseases spread quickly from one person to another through direct contact.

3. **Assertion (A):** Typhoid is a non-communicable disease.
Reason(R): Typhoid mainly spreads through contaminated food and water.

4. **Assertion (A):** Overuse of antibiotics can be dangerous.
Reason(R): Misusing antibiotics may lead to bacteria becoming resistant and harder to treat.

E. CASE STUDY:

Read the passage carefully and then answer the given questions

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.

- (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) Name any two diseases which are transmitted by insects like mosquitoes.

F. One word answer type questions:

- 1. Name any two communicable diseases.
- 2. Name two diseases that are transmitted by insects.
- 3. Name two diseases that spread through contaminated water and food.
- 4. Name two communicable diseases which spread through the air.

G. Define the following:

- (a) Immunity.
 - (b) Vectors.
 - (c) Communicable diseases
-