CLASS 8 · SCIENCE

Health: The Ultimate Treasure

Sample paper · 15 questions · 22 marks

10 objective questions × 1 mark. Five written-response questions: 12 marks. Write your working where needed. Suggested time: 45 minutes. Answers and marking guidance follow the questions.

Original Evater practice material aligned with these school topics. Not an official NCERT paper or marking scheme. No automatic grading is implied.

Section A · Objective questions (10 marks)

1. According to this chapter, being healthy means:

A. Eating supplements daily

B. Physical, mental and social well-being, not just the absence of disease

C. Playing one sport

D. Never needing a doctor

2. Which of these diseases is non-communicable?

A. Ringworm

B. Conjunctivitis

C. Vitamin-A-deficiency night blindness

D. Dengue

3. Ringworm spreads mainly through:

A. Contaminated drinking water

B. Mosquito bites

C. Cold weather

D. Close contact with an infected person or their belongings

4. Chikungunya reaches people through:

A. Sharing towels

B. The bite of an infected mosquito

C. Houseflies on food

D. Dusty air

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5. Vaccination protects us by:

A. Adding extra blood

B. Replacing the need for sleep

C. Killing every germ in the body

D. Preparing the immune system to recognise a specific pathogen

6. A person who has recovered from chickenpox rarely gets it again because:

A. The virus becomes friendly

B. Chickenpox visits only children

C. The immune system remembers the pathogen and responds strongly on re-exposure

D. Skin becomes germ-proof

7. After floods, officials advise drinking only boiled or clean water mainly to prevent:

A. Arthritis

B. Diseases such as cholera and typhoid

C. Asthma attacks

D. Night blindness

8. A doctor refuses to give an antibiotic for a viral fever because:

A. Antibiotics act on bacteria, so they do not help against viruses

B. Antibiotics are always painful

C. Viral fevers need no rest

D. Antibiotics work only at night

9. Which habit most directly lowers the risk of lifestyle diseases like obesity and type 2 diabetes?

A. Skipping meals often

B. Long screen time

C. Daily sugary drinks

D. Regular physical activity with a balanced diet

10. Which is a healthy way to cope with exam stress?

A. Doubling screen time

B. Isolating yourself for weeks

C. Talking to someone you trust, playing, and sleeping well

D. Skipping food to study

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Section B · Written responses (12 marks)

Attempt all five. Use a separate sheet if you need more space. The marks for each question are shown.

11. An information card lists vitamin-A-deficiency night blindness and dengue. Explain why mosquito control can lower dengue risk but cannot prevent the vitamin deficiency. State one appropriate preventive measure for the deficiency. [2 marks]

12. A canteen worker at school handles food all day. Suggest two hygiene practices that protect students' health, and explain how each works. [2 marks]

13. A student wants to use a sibling's antibiotic tablets for a cold without medical advice. Explain why this is not a safe plan, referring to viruses and antibiotic resistance. [2 marks]

14. A neighbourhood checks for mosquito breeding before the monsoon. Suggest two practical actions to reduce dengue risk and explain how one action works. [3 marks]

15. Your cousin spends five hours a day on a phone, skips breakfast, and sleeps late. Pick three changes you would suggest and explain how each improves health. [3 marks]

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Answers & marking guidance

Use these after attempting the paper. Accept equivalent correct reasoning and sensible units. These are Evater model answers, not an official marking scheme.

Section A · 1 mark each

1. B — Health is complete physical, mental and social well-being, which is more than not falling sick.

2. C — Vitamin-A-deficiency night blindness is not infectious and does not pass between people; ringworm, conjunctivitis and dengue can have infectious causes.

3. D — Ringworm is a communicable skin infection that passes by contact; breaking the contact route prevents it.

4. B — Like malaria and dengue, chikungunya is carried by mosquitoes, so bite prevention and removing stagnant water are key.

5. D — A vaccine safely trains the immune system, so a later real infection is fought off faster and more strongly.

6. C — The first encounter builds immune memory, so the response to the same pathogen later is much stronger.

7. B — Floodwater can contaminate drinking sources with infectious excreta, spreading water-borne diseases like cholera and typhoid.

8. A — Using antibiotics for viral infections is ineffective, and such misuse promotes antibiotic resistance.

9. D — Non-communicable lifestyle diseases are strongly linked to diet and inactivity, so movement and balanced food protect against them.

10. C — Health includes mental and emotional well-being; supportive relationships, rest and activity are healthy coping strategies.

Section B · Model answers

11. Dengue is caused by an infectious virus transmitted by mosquitoes, so reducing bites and breeding can reduce transmission. A vitamin deficiency is not transmitted by mosquitoes; access to an adequate balanced diet with vitamin-A sources helps prevent it. Do not self-prescribe vitamin supplements.

Marking: 1 mark for the different infectious/nutritional causes; 1 mark for the relevant dietary prevention.

12. Any two: washing hands with soap before handling food and after using the toilet, which removes infectious agents from hands; keeping nails trimmed and hair covered, which keeps dirt and microbes out of food; not working while ill, which stops pathogens reaching the food. Each practice breaks a transmission route from the handler to the food.

Marking: 1 mark for each valid practice with a correct explanation, up to 2 marks.

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13. Many colds are caused by viruses, against which antibiotics do not work. Sharing or misusing antibiotics can cause harm and select for resistant bacteria. A qualified clinician should decide whether an antibiotic is needed and how it is used.

Marking: 1 mark for the viral-cold limitation; 1 mark for the misuse/resistance risk and need for qualified advice.

14. Empty or cover containers holding standing water, remove water-holding waste, maintain clean drains, use screens and suitable repellents, or another valid action. Dengue-transmitting mosquitoes can breed in standing water and often bite during the day, so daytime bite prevention matters as well as removing breeding sites.

Marking: 1 mark for each of two valid actions; 1 mark for explaining breeding reduction or bite prevention.

15. Any three: cut recreational screen time, which improves sleep and frees time for play; eat a balanced breakfast, which gives energy and protects against under- or over-nutrition; fix a regular sleep schedule, which supports rest, mood and concentration; add daily physical activity, which lowers the risk of obesity and diabetes. Each change links a habit to a health outcome.

Marking: 1 mark per change with a correct health explanation, up to 3 marks.

Topic references

NCERT Class 8 Science, Curiosity, Chapter 3: Health: The Ultimate Treasure.

https://ncert.nic.in/textbook/pdf/hecu103.pdf

Concept reference only. Questions and model answers are original Evater practice material, not an official NCERT paper.

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