

# St. Andrews Scots Sr. Sec. School

9th Avenue, I.P. Extension, Patparganj, Delhi – 110092

Session: 2026-2027 – Answer Key

**Class: VIII**

**Subject: Science**

**Chapter** Health: The Ultimate Treasure

## **Big Question: Page No. 30**

Good health depends on simple daily habits like eating balanced meals, drinking clean water, exercising regularly, getting enough sleep and maintaining cleanliness. Washing hands before eating, covering food and keeping our surroundings clean protect us from harmful microbes. When we follow healthy habits, we not only stay fit but also prevent the spread of diseases. This keeps our families safe and encourages others in our community to practise good hygiene. Together, these small habits help create a healthier and happier society.

## **Self-Assessment: Page No. 32**

### **A. Multiple Choice Questions: Tick (✓) the correct options:**

1. (b) staying fit and active, thinking positively and building friendships
2. (c) It keeps our minds cheerful and supports emotional well-being.

### **B. Give a reason for the following:**

1. Health is more than just being free from disease because it includes physical, mental and emotional well-being.
2. Good friendships and relationships improve health as they reduce stress, bring happiness and give emotional support.

## **Self-Assessment: Page No. 40**

### **State whether True or False. If false, write the false statements correctly:**

1. True
2. False – Vaccines prevent diseases before a person falls sick.
3. True
4. False – Diabetes is a non-communicable disease that does not spread from one person to another.
5. True

**Think Beyond: Page No. 41**

1. I would suggest encouraging everyone to do regular physical exercise, such as playing outdoor games, walking or doing yoga daily. This is important because non-communicable diseases like diabetes, obesity, heart disease and high blood pressure are often caused by lack of physical activity and unhealthy habits. Regular exercise keeps our bodies fit, controls weight, improves heart health and reduces stress. If students and adults stay active every day, many diseases can be prevented.

2. Parents and teachers remind children to wash fruits before eating them to remove dirt, germs, pesticides and chemicals present on their surface. Unwashed fruits may carry harmful bacteria and viruses that can cause diseases like food poisoning, stomach ache, vomiting and diarrhoea. Washing fruits properly makes them safe to eat and helps protect us from infections.

**Self-Assessment: Page No. 43**

Fill in the blanks:

1. prevention
2. community-led
3. Bindeshwar
4. Edward Jenner, smallpox
5. vaidya

**Look Around: Page No. 45**

Some traditional healing practices still used today include:

- Drinking turmeric milk to relieve cough and cold.
- Applying aloe vera gel on burns and skin rashes.
- Using tulsi (holy basil) leaves and honey for sore throat.
- Inhaling steam with eucalyptus oil for blocked nose.
- Having ginger tea to ease digestion and reduce nausea.

**Look Beyond: Page No. 45**

If scientists do not discover new antibiotics, many bacterial infections will become difficult or impossible to treat. Common illnesses and minor injuries could again become life-threatening. Surgeries and treatments like organ transplants may become risky due to untreatable infections, leading to higher illness and death rates worldwide.

## **EXERCISE SECTION-A**

### **A. Oral Questions:**

1. The World Health Organisation (WHO) defines health as a state of complete physical, mental and social well-being, not merely the absence of disease.
2. Health is called our greatest treasure because a healthy body and mind allow us to live happily and do our best in everything.
3. A healthy habit – eating fresh fruits and vegetables; an unhealthy habit – eating junk food often.

### **B. Multiple Choice Questions: Tick (✓) the correct options:**

1. (b) 2. (c) 3. (b) 4. (c) 5. (a)

### **C. Assertion-Reason Based Questions:**

1. (c) Explanation: The assertion is true because health includes physical, mental and social well-being, not just the absence of disease.

The reason is false because it gives an incomplete definition — health is not only about being disease-free but about overall well-being.

2. (a)

### **D. Case-Based Questions:**

#### **Case 1:**

1. Arjun's lifestyle affected his health negatively because he became inactive, spent too much time on screens and lacked physical exercise and social interaction.
2. Outdoor play improved his well-being by increasing physical activity, boosting energy and helping him make friends, which improved his mood and confidence.
3. His physical, mental and social health were restored.

#### **Case 2:**

1. COVID-19 is a communicable disease caused by a virus.
2. Isolation was important to prevent the infected person from spreading the virus to others.
3. Washing hands regularly and wearing masks in public can prevent such diseases.

## **SECTION-B**

### **A. Very Short Answer Questions:**

1. Ayurveda says that health is a balance between the body, mind and spirit, achieved through proper diet, lifestyle and harmony with nature.

2. Typhoid and malaria.

3. A symptom is a change in the body that indicates illness, such as headache or fever.

### B. Short Answer Questions:

1. Signs are visible changes that others can observe (e.g., rash, cough), while symptoms are felt by the patient (e.g., pain, nausea).

2. Prevention is better than a cure because it stops the disease from occurring, saving time, money and health.

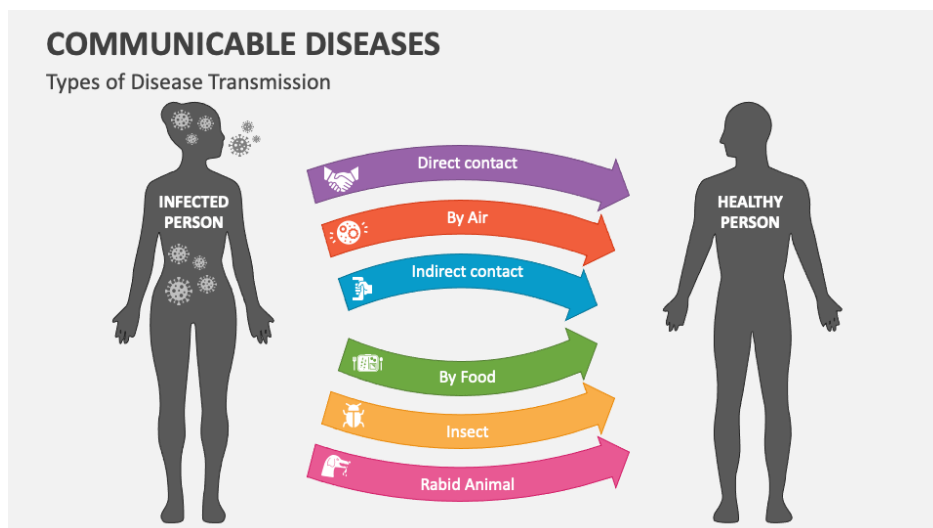
3. Social bonding improves mental health, reduces stress and makes people feel supported and happier.

### C. Long Answer Questions:

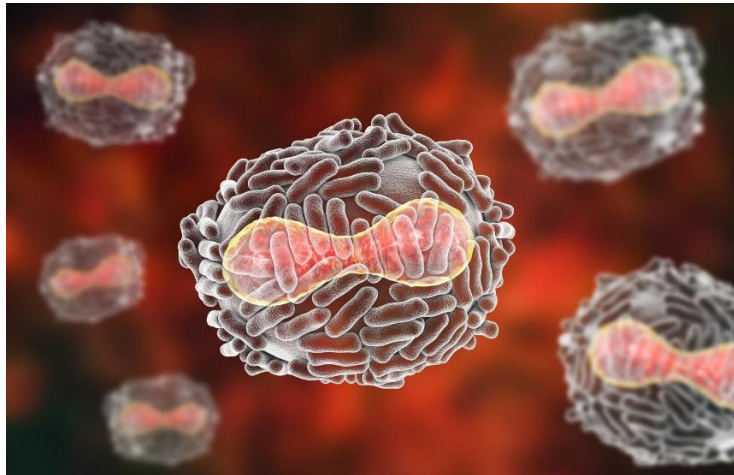
1. Lifestyle and environment together influence health because healthy habits like eating nutritious food, exercising and sleeping well, along with clean surroundings, fresh air and safe water, keep the body strong and prevent diseases. Poor lifestyle or pollution can lead to illness.

2. Three simple ways to prevent the spread of communicable diseases are:

- Washing hands regularly with soap.
- Covering mouth and nose while coughing or sneezing.
- Keeping surroundings clean and avoiding stagnant water.



3. Edward Jenner discovered the world's first vaccine in 1796. He used material from cowpox sores to protect people from smallpox. His work laid the foundation for modern vaccination and disease prevention.



Smallpox Virus

**D. Application-Based Questions:**

1. Sneha should check her mental and emotional health, as stress or lack of rest can also make a person feel tired even with good physical habits.
2. Aman's infection worsened because he stopped antibiotics early. Some bacteria survived and became resistant, allowing the infection to return and become harder to treat.

**E. Picture-Based Questions:**

1. The clean river (b) supports better health because it provides safe water, prevents water-borne diseases and keeps the environment healthy.
2. (a) The image shows a doctor giving a vaccine to a child.  
(b) Vaccination protects the child from infectious diseases and prevents their spread in the community by building immunity

**F. Life Skills:**

1. We should avoid too much screen time because it strains our eyes, reduces physical activity and affects sleep and concentration.
2. We can encourage our family to follow healthy habits by eating balanced meals together, exercising and reminding each other to maintain cleanliness and positivity.