

# St. Andrews Scots Sr. Sec. School

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Class VIII (Session: 2026-2027)

Worksheet-3

**Subject: Science**

**Chapter: Health: The Ultimate Treasure**

## Q.1. Define these terms:

- a) Health
- b) Disease
- c) Antibiotics
- d) Stress
- e) Immunity

## Q.2. Multiple Choice Questions:

- a) What is the primary definition of health according to the World Health Organization (WHO)?
  - (i) Absence of disease
  - (ii) Complete physical, mental, and social well-being
  - (iii) Regular exercise and diet
  - (iv) Freedom from stress
- b) Which activity can help prevent dengue?
  - (i) Eating junk food
  - (ii) Removing standing water
  - (iii) Increasing screen time
  - (iv) Skipping meals
- c) What is the main cause of antibiotic resistance?
  - (i) Overuse of vaccines
  - (ii) Indiscriminate use of antibiotics
  - (iii) Lack of exercise
  - (iv) Poor diet
- d) Who discovered the first antibiotic, penicillin?
  - (i) Edward Jenner
  - (ii) Alexander Fleming
  - (iii) Dr. Kamal Ranadive
  - (iv) Dr. Maharaj Kishan Bhan
- e) Which of the following is a communicable disease?
  - (i) Diabetes
  - (ii) Asthma
  - (iii) Chickenpox
  - (iv) Cancer

**Q.3. Fill in the blanks:**

- a) Eating a balanced diet, doing \_\_\_\_\_ and getting enough sleep are examples of \_\_\_\_\_ habits.
- b) Organisms that cause \_\_\_\_\_, such as bacteria, viruses, fungi, worms, or protozoa, are called \_\_\_\_\_.
- c) \_\_\_\_\_ discovered that people infected with \_\_\_\_\_ did not catch smallpox.
- d) \_\_\_\_\_ system helps the body to fight against disease-causing germs.
- e) A \_\_\_\_\_ is any condition that affects the normal working of the body or mind.

**Q.4. State whether the following statements are True (T) or False (F).**

- a) Person's health depends only on their diet and exercise habits.
- b) Typhoid spreads mainly through contaminated food and water rather than direct contact.
- c) Edward Jenner's work on smallpox was one of the first examples of using a vaccine to protect against disease.
- d) Antibiotics can cure infections caused by viruses like the flu and common cold.
- e) Clean surroundings and proper waste disposal can lower the risk of many illnesses.

**Q.5. Answer the following questions:**

- a) Name one non-communicable disease linked to lifestyle.
- b) What is the WHO definition of health?
- c) How does a vaccine work?
- d) Explain the diseases transmitted by insects. (Any two)
- e) What are vectors?
- f) What role does stress play in health?