

Section A: MCQs (1 mark each)

1. Which factor helps prevent waterborne diseases?
 - a) Air conditioning
 - b) Clean drinking water
 - c) Deep sleep
 - d) Lifting weights
2. Typhoid is caused by:
 - a) Virus
 - b) Bacteria
 - c) Fungi
 - d) Protozoa
3. Exercise helps:
 - a) Create stress
 - b) Build laziness
 - c) Keep body fit
 - d) Spread diseases

Section B: Assertion-Reason (1 mark each)

4. **A:** We should isolate sick people.
R: It helps prevent the spread of communicable diseases.
5. **A:** Sleeping less helps the body grow.
R: Sleep gives the body time to rest and recover.

Section C: Case Study (4 marks)

6. Karan goes to school daily, exercises in the evening, drinks filtered water, and eats home-cooked meals.
 - a) What kind of food does Karan eat?
 - b) Why is filtered water good for health?
 - c) How does exercise benefit him?
 - d) Is this lifestyle healthy? Why?

Section D: Short Answer Questions**2-Mark Questions**

7. What is meant by clean surroundings?
8. Name any two personal hygiene habits.

9. What is the importance of a balanced diet?

3-Mark Questions

10. Why is vaccination important for children?
11. How does air pollution affect health?

4-Mark Question

12. Explain 4 ways to maintain good physical and mental health.

