

**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.

