

- 1.** Health means:
 - a) No disease
 - b) Physical strength only
 - c) Complete well-being
 - d) Eating food regularly

- 2.** Which of these is not a component of good health?
 - a) Physical well-being
 - b) Mental well-being
 - c) Emotional stress
 - d) Social well-being

- 3.** A balanced diet provides:
 - a) Sleep
 - b) Germs
 - c) Energy and nutrients
 - d) Dirt

- 4.** Which factor helps prevent breathing problems?
 - a) Dirty water
 - b) Clean air
 - c) Oily food
 - d) No exercise

- 5.** Regular exercise helps:
 - a) Make us sleepy
 - b) Spread diseases
 - c) Keep body and mind fit
 - d) Cause injury

- 6.** Which hygiene habit prevents tooth decay?
 - a) Skipping meals
 - b) Wearing perfume
 - c) Brushing teeth twice
 - d) Cutting hair

- 7.** Which disease spreads through air?
 - a) Typhoid
 - b) Cold/Flu
 - c) Malaria
 - d) Diarrhea

8. What causes malaria?

- a) Virus
- b) Bacteria
- c) Protozoa
- d) Fungi

9. Typhoid spreads through:

- a) Air
- b) Insect bite
- c) Contaminated water/food
- d) Physical contact

10. Which of the following prevents mosquito breeding?

- a) Keeping food uncovered
- b) Allowing stagnant water
- c) Covering water tanks
- d) Littering waste

11. Why is vaccination important?

- a) Cures disease instantly
- b) Prevents future illnesses
- c) Makes people sleepy
- d) Cleans water

12. Which is a communicable disease?

- a) Diabetes
- b) Cold
- c) Cancer
- d) Asthma

13. Which is not a way to prevent communicable diseases?

- a) Covering nose when sneezing
- b) Washing hands
- c) Isolating sick people
- d) Ignoring symptoms

14. How often should we trim our nails?

- a) Once a year
- b) Never
- c) Regularly
- d) Every hour

15. What is one effect of poor mental health?

- a) Happiness
- b) Better concentration
- c) Stress and sadness
- d) Muscle gain

16. Mental health can be improved by:

- a) Overthinking
- b) Isolating yourself
- c) Deep breathing and positivity
- d) Skipping meals

17. Which of the following is a personal hygiene practice?

- a) Sleeping late
- b) Wearing dirty clothes
- c) Bathing daily
- d) Skipping hand wash

18. Drinking clean water helps prevent:

- a) Sleep
- b) Infections
- c) Typhoid
- d) Both b and c

19. What causes communicable diseases?

- a) Dust
- b) Germs like bacteria and viruses
- c) Lack of sunlight
- d) Excess sleep

20. Why is it said “health is wealth”?

- a) Because medicine is expensive
- b) A healthy person lives a happy and active life
- c) Hospitals give money
- d) Health cannot be lost

Assertion-Reason Questions (1 mark each)

Options:

- A. Both A and R are true, and R explains A
- B. Both A and R are true, but R does not explain A

C. A is true, R is false
D. A is false, R is true

21. A: Brushing teeth is important for good health.
R: It prevents infections and maintains oral hygiene.

22. A: Cold is a non-communicable disease.
R: It spreads through the air.

23. A: Malaria is caused by mosquitoes.
R: It is a waterborne disease.

24. A: Clean surroundings prevent diseases.
R: Mosquitoes and germs grow in dirty environments.

25. A: Mental health is not important for students.
R: Positive thinking and fun activities improve mental health.

Case Study Questions (4 sub-questions each)

Case Study 1: Sneha's Routine

Sneha wakes up early, brushes her teeth, takes a bath, and eats a healthy breakfast. She plays outside and drinks clean water.

1. Name two hygiene practices Sneha follows.
2. Why is breakfast important for health?
3. What does clean water prevent?
4. What benefit does outdoor play have?

Case Study 2: Rohan's Illness

Rohan drank water from a roadside stall and got sick with typhoid. The doctor explained it was caused by bacteria due to contaminated water.

1. Which disease did Rohan get?
2. How is typhoid spread?
3. Name the microorganism that caused his illness.
4. Write one way to prevent such diseases.