Practice Paper

CBSE Class 8 Science (Curiosity) — Chapter 3: Health: The Ultimate Treasure

Time: 1½ hours	**Maximum Marks:** 40	**Session:** 2026–27
Name: _____	Roll No.: _____	Date: _____

General Instructions: (1) All questions are compulsory. (2) Questions marked **[Fig. N]** are figure-based (Fig. 1 to Fig. 7); study the figure carefully. (3) Write answers in the answer sheet; draw neat labelled diagrams wherever needed. (4) Marks for each question are shown in square brackets.

SECTION A — Multiple Choice Questions (1 mark each)

1. According to the World Health Organization (WHO), health is **[1]**

(a) the absence of disease

(b) a state of complete physical, mental and social well-being, and not merely the absence of disease

(c) the ability to run and play without getting tired

(d) having a strong body and a good appetite

2. [Fig. 1] Fig. 1 shows three aspects of health, P, Q and R. Aarav is cheerful, copes well with exam stress, eats a balanced diet and is never ill. However, he has no friends in his new school and avoids his classmates. Which aspect of his health needs attention? **[1]**

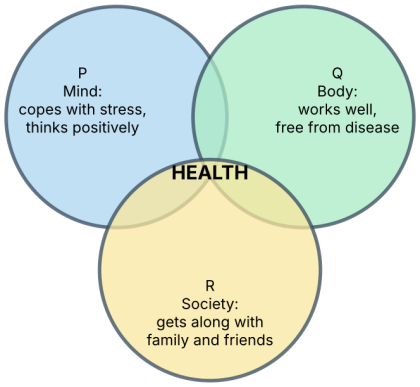


Fig. 1: Aspects of health

(a) P only

(b) Q only

(c) R only

(d) P and Q

3. [Fig. 2] Fig. 2 shows the number of dengue cases reported each month in a town. The number of cases rises sharply from June to July. Which of the following is the most likely reason? **[1]**

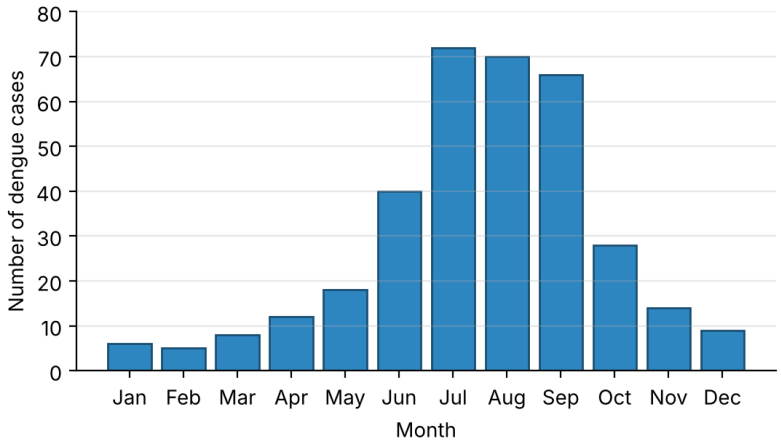


Fig. 2: Dengue cases reported in a town in one year

(a) People eat more fruits and vegetables in these months.

(b) Rain leaves stagnant water in which mosquitoes breed.

(c) Cold weather helps the virus spread through the air.

(d) Fewer people are vaccinated against dengue in these months.

4. Which of the following groups contains only non-communicable diseases? **[1]**

(a) Typhoid and asthma

(b) Diabetes and goitre

(c) Measles and anaemia

(d) Cholera and cancer

5. Which of the following diseases can be treated with an antibiotic? **[1]**

(a) Common cold

(b) Cholera

(c) Dengue

(d) Malaria

6. Which of the following pairs of a disease and its causal agent is correct? **[1]**

(a) Malaria – virus

(b) Tuberculosis – bacteria

(c) Chickenpox – bacteria

(d) Cholera – protozoa

Questions 7 and 8 consist of two statements – Assertion (A) and Reason (R). Answer these questions by selecting the appropriate option given below:

7. Assertion (A): Antibiotics should not be taken for a viral infection like a cold or flu.
Reason (R): Antibiotics work only against bacteria; they do not work against viruses. **[1]**

(A) Both A and R are true, and R is the correct explanation of A.

(B) Both A and R are true, and R is not the correct explanation of A.

(C) A is true but R is false.

(D) A is false but R is true.

8. Assertion (A): A vaccine can cure a person who is already suffering from a disease.
Reason (R): A vaccine trains the immune system to recognise and fight a germ. **[1]**

(A) Both A and R are true, and R is the correct explanation of A.

(B) Both A and R are true, and R is not the correct explanation of A.

(C) A is true but R is false.

(D) A is false but R is true.

SECTION B — Short Answer Questions (2 marks each)

9. [Fig. 3] Fig. 3 shows four ways, P, Q, R and S, in which diseases can spread from one person to another. **[2]**

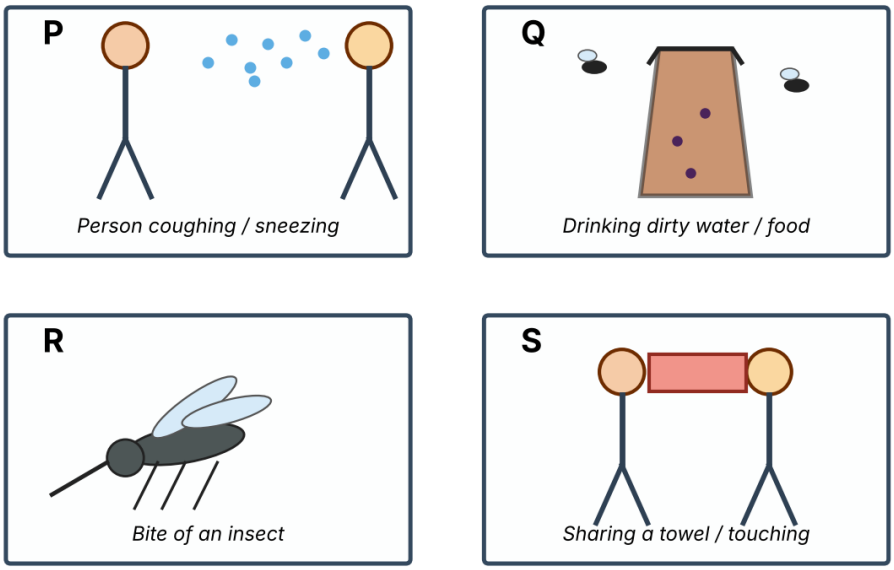


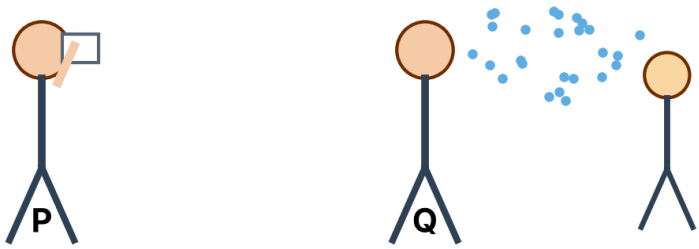
Fig. 3: Some ways in which diseases spread

(a) Name one disease that spreads by route Q and one disease that spreads by route R.

(b) What name is given to insects like the one in R that carry pathogens from one person to another?

10. [Fig. 4] Fig. 4 shows two children, P and Q, who are sneezing. **[2]**

Fig. 4: Two children sneezing



(a) Which child is following the correct practice? Give a reason.

(b) Write two other measures that help to prevent diseases which spread through the air.

11. Differentiate between a **symptom** and a **sign** of a disease. Give one example of each. **[2]**

SECTION C — Long Answer Questions (4 marks each)

12. [Fig. 5] Fig. 5 shows how the body of a person responds when the same pathogen enters it twice, 30 days apart. **[4]**

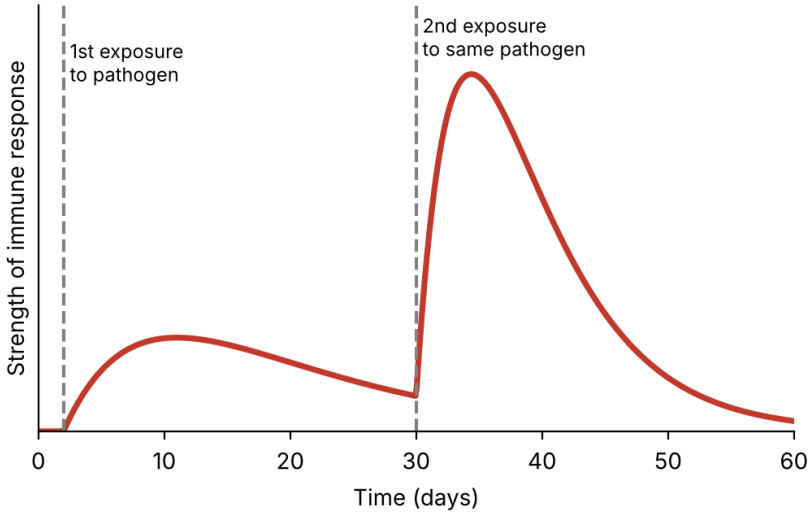


Fig. 5: Response of the body to a pathogen

(i) During which exposure is the immune response weaker and slower? [1]

(ii) Give a reason why the response to the second exposure is stronger and faster. [1]

(iii) How does a vaccine make use of this ability of the body? [1]

(iv) Why are vaccines called preventive and not curative? [1]

13. [Fig. 6] Fig. 6 shows two playgrounds, A and B, in a locality. **[4]**

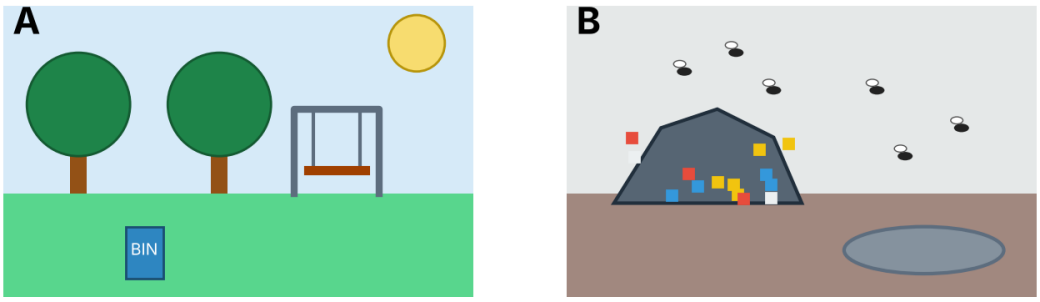


Fig. 6: Two playgrounds, A and B

(i) In which playground are children more likely to stay healthy? Give a reason. [1]

(ii) Write two features of playground B that could harm health. [1]

(iii) Name two types of diseases that may spread among people living near playground B and the way each spreads. [1]

(iv) Suggest two steps the community can take to improve playground B. [1]

14. (a) Write any **three** differences between communicable and non-communicable diseases. [3]
(b) Give one example of each type. [1] **[4]**

15. Ravi, a Class 8 student, spends about six hours a day on his phone, eats fast food almost every day, sleeps very late and often skips breakfast. He feels tired all the time and has put on a lot of weight. **[4]**

(i) Identify any two habits of Ravi that are harmful to his health. [1]

(ii) Name one non-communicable disease he may develop if he continues like this. [1]

(iii) Besides his physical health, which other aspect of his health may be affected by too much screen time? Give a reason. [1]

(iv) Suggest two lifestyle changes that would help him. [1]

SECTION D — Case-Based / Practical Questions (5 marks each)

16. [Fig. 7] Case: Smallpox was once a deadly disease that caused blisters and killed millions of people. In the late 1700s, the English doctor Edward Jenner noticed that milkmaids who had suffered from cowpox did not catch smallpox. Fig. 7 shows how the number of countries reporting smallpox changed over the years. **[5]**

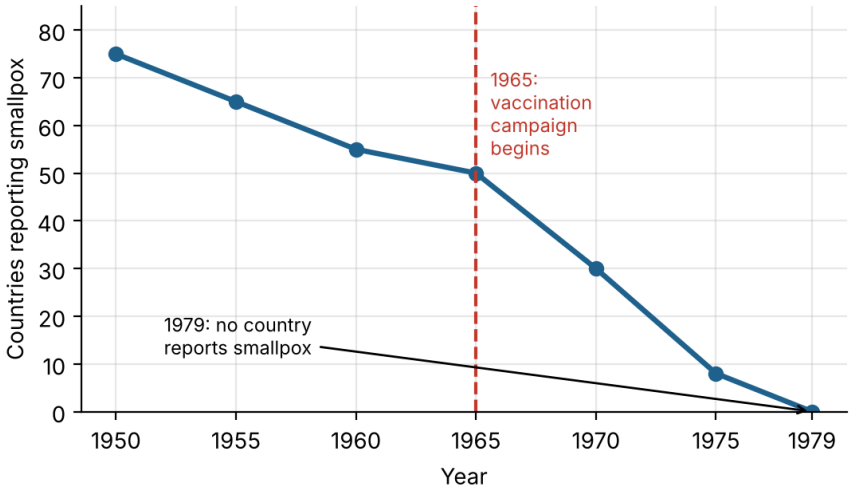


Fig. 7: Countries reporting smallpox (illustrative values)

(i) What happened to the number of countries reporting smallpox after the vaccination campaign began in 1965? [1]

(ii) What did Jenner observe about people who had cowpox? [1]

(iii) Why was the first vaccine an important discovery? [1]

(iv) Name the traditional Indian method that was used to protect people from smallpox before modern vaccines, and the people who performed it. [1]

(v) Why must a vaccine be taken **before** a person falls ill? [1]

17. Case: In 1928, Alexander Fleming noticed that a mould growing on a discarded petri dish had stopped the bacteria around it from growing. This chance discovery led to penicillin, the first antibiotic. Meena had a sore throat and fever. Without visiting a doctor, she took some leftover antibiotic tablets from an earlier illness, and stopped taking them after two days when she felt a little better. **[5]**

(i) What did Fleming conclude about the mould? [1]

(ii) Why would an antibiotic not work if Meena's sore throat was caused by a virus? [1]

(iii) What is meant by antibiotic resistance? [1]

(iv) Explain how Meena's way of taking the antibiotic can lead to antibiotic resistance. [1]

(v) State two rules for using antibiotics wisely. [1]

— End of Question Paper —