Multiple Choice Questions

1. **Health, according to WHO, is defined as**
   (a) Only physical fitness
   (b) Absence of diseases
   (c) Complete physical, mental, and social well-being
   (d) Ability to fight infections

2. **A symptom is**
   (a) Something that can be measured
   (b) What a patient feels
   (c) A laboratory test
   (d) An X-ray finding

3. **Which of the following is a non-communicable disease?**
   (a) Measles
   (b) Cholera
   (c) Dengue
   (d) Diabetes

4. **Diseases that spread through air, food, water, or contact are called**
   (a) Metabolic diseases
   (b) Communicable diseases
   (c) Chronic diseases
   (d) Hereditary diseases

5. **Houseflies spread diseases mainly by**
   (a) Biting humans
   (b) Laying eggs in food
   (c) Carrying pathogens on their legs
   (d) Spreading pollen

6. **A vaccine protects us by**
   (a) Killing all germs
   (b) Developing immunity
   (c) Lowering body temperature
   (d) Increasing appetite

7. **Antibiotics are effective only against**
   (a) Viruses
   (b) Worms
   (c) Bacteria
   (d) Allergies

8. **Malaria is caused by**
   (a) Virus
   (b) Protozoa
   (c) Bacteria
   (d) Fungus

9. **Which factor does not directly affect our health?**
   (a) Lifestyle
   (b) Environment
   (c) Heredity
   (d) Colour of clothes

10. **Excessive use of antibiotics leads to**
(a) Faster recovery
(b) Antibiotic resistance
(c) Better immunity
(d) Stronger bacteria-killing power

Fill in the blanks :

11. Disease-causing organisms are called _____.

12. A disease that lasts for a long duration is called a _____ disease.

True / False

13. Symptoms are what we feel, and signs are what can be observed or measured.

14. Communicable diseases spread only by air.

Very Short Type Questions

15. What are pathogens?

16. What is meant by immunity?

Short Type Questions

17. Why are hygiene and clean surroundings important for good health?

18. How do vaccines protect us from diseases?

Essay Type Questions

19. Explain in detail the difference between communicable and non-communicable diseases. Give causes, examples, effects, and preventive measures for each type.

20. What is vaccination? Explain how vaccines work inside the body and discuss why immunization programmes are essential for preventing major diseases.

HOTS

21. **Assertion (A):** Antibiotics should not be taken without a doctor's prescription.
Reason (R): Overuse of antibiotics can lead to antibiotic-resistant bacteria.
Choose the correct option:
a) Both A and R are true and R is the correct explanation of A
b) Both A and R are true but R is not the correct explanation
c) A is true but R is false
d) A is false but R is true

1. **(c)** Complete physical, mental, and social well-being
2. **(d)** An X-ray finding
3. **(b)** Cholera
4. **(d)** Hereditary diseases
5. **(c)** Carrying pathogens on their legs
6. **(b)** Developing immunity
7. **(c)** Bacteria
8. **(b)** Protozoa
9. **(d)** Colour of clothes
10. **(b)** Antibiotic resistance
11. Pathogens
12. Chronic
13. True
14. False
15. Pathogens are microorganisms such as bacteria, viruses, fungi, protozoa, or worms that cause diseases when they enter the human body.
16. Immunity is the body's natural ability to recognize, fight, and resist infections caused by harmful microorganisms.
17. Hygiene and clean surroundings prevent germs from multiplying and reduce exposure to contaminated air, food, and water. Cleanliness lowers the risk of infections like diarrhoea, cholera, flu, and dengue, helping individuals maintain better physical and mental health.
18. Vaccines train the immune system by exposing it to a harmless, weakened, or inactive form of a pathogen. This prepares the body to quickly recognize and destroy the real germ in the future, preventing severe infection and helping control the spread of diseases in the community.
19. Diseases disturb the normal working of our body. They are mainly of two types: communicable and non-communicable diseases.
Communicable diseases spread from one person to another through air, water, food, direct contact, insects, or contaminated objects. They are caused by microorganisms like bacteria, viruses, fungi, and protozoa. Examples include tuberculosis, cholera, malaria, and measles. These diseases cause fever, weakness, and can spread quickly in a community. They can be prevented by cleanliness, safe drinking water, proper sanitation, wearing masks, avoiding contact with infected people, preventing mosquito breeding, and vaccination.
Non-communicable diseases do not spread from person to person. They develop due to unhealthy lifestyle, poor diet, stress, lack of exercise, smoking, alcohol, or sometimes genetic factors. Examples are diabetes and heart disease. These diseases are long-lasting, may damage important organs, and require long-term treatment. They can be prevented by eating a balanced diet, regular exercise, avoiding junk food and smoking, managing stress, and regular health check-ups.

20. Vaccination is the process of giving a vaccine to a person to protect them from a particular disease. A vaccine contains dead or weakened microbes that cannot cause the disease but help the body learn to fight it.

When a vaccine enters the body, the immune system recognizes these weak microbes as germs and begins to produce antibodies against them. These antibodies remain in the body for a long time. Later, if the real disease-causing microbe enters the body, the antibodies quickly destroy it. This prevents the person from falling ill. This is how vaccines make us immune to diseases.

Immunization programmes are extremely important because they protect large groups of people, especially children, from dangerous diseases like polio, measles, tetanus, diphtheria, and many others. When most people in a community are vaccinated, diseases cannot spread easily. Immunization programmes help reduce deaths, stop major outbreaks, and keep the population healthy.

21. Correct Answer: (A)

Explanation:

Both statements are true, and antibiotic misuse leads to resistant bacteria, which is why antibiotics must only be taken under medical supervision.