Health: The Ultimate Treasure

Standard difficulty · 20 questions · 40 marks · Time: 36 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. According to the WHO, health means:
(a) being strong only
(b) eating a lot
(c) not having a fever
(d) physical, mental and social well-being, not just the absence of disease

2. Measles is caused by a:
(a) fungus **(b)** roundworm **(c)** virus **(d)** protozoa

3. Which of these is a COMMUNICABLE disease?
(a) goitre **(b)** asthma **(c)** diabetes **(d)** measles

4. Which of these is a NON-COMMUNICABLE disease?
(a) goitre **(b)** chickenpox **(c)** cholera **(d)** dengue

5. Common cold spreads mainly through:
(a) cold weather **(b)** air and direct contact
(c) sunlight **(d)** air (coughs and sneezes)

6. Which of these is a SIGN (seen or measured), not a symptom?
(a) a stomach ache **(b)** feeling dizzy
(c) a fever of 39 °C **(d)** tiredness

7. A doctor prescribes an antibiotic: 2 tablets a day for 8 days. How many tablets should be taken in all?
(a) 16 tablets **(b)** 8 tablets **(c)** 10 tablets **(d)** 14 tablets

8. A vaccination camp gives 25 doses an hour for 6 hours. How many doses are given?
(a) 175 doses **(b)** 31 doses **(c)** 150 doses **(d)** 125 doses

Section B — Short answer — 8 × 2 = 16 marks

9. What is the difference between a symptom and a sign?

10. What causes each — a virus, bacteria, protozoa or a roundworm? (a) typhoid (b) malaria

11. Write "communicable" or "non-communicable": (a) diabetes (b) typhoid

12. Is it a "symptom" or a "sign"? (a) a swollen ankle (b) feeling dizzy

13. How does each spread, and how can it be prevented? (a) tuberculosis (b) hepatitis A

14. A town recorded these dengue cases: June 71, July 75, August 76, September 13. How many cases in all? In which month were there most?

15. In a class of 43, 6 children caught flu in a week. How many did not? Give one way the others can avoid it.

16. Penicillin was discovered in 1928 and smallpox was eradicated in 1979. How many years apart are these? How many years after 1979 is 2034?

Section C — Word problems — 4 × 4 = 16 marks

17. Explain how a vaccine protects us.

18. For chickenpox, common cold, typhoid: name the cause, one way it spreads, and one way to prevent it.

19. Ravi was prescribed 2 antibiotic tablets a day for 7 days. He felt better after 6 days and stopped. (a) How many tablets should he have taken? (b) How many did he take? (c) Why is stopping early harmful?

20. Sort into communicable and non-communicable: cancer, heart disease, chickenpox, typhoid. For one non-communicable disease, suggest two lifestyle habits that lower the risk.

Want another sheet on this chapter? In the Ambiful Worksheets app every sheet is new, with its answer key, and your child never gets the same question twice.
Scan the code to get the free app, or open **worksheets.ambiful.com/get**

Answer key

Health: The Ultimate Treasure · AW-8S-HLT-2026-V1 · For parents — fold back or tear off before handing the sheet to your child.

Q	Answer	Working
1	(d) physical, mental and social well-being, not just the absence of disease	—
2	(c) virus	—
3	(d) measles	—
4	(a) goitre	—
5	(d) air (coughs and sneezes)	—
6	(c) a fever of 39 °C	—
7	(a) 16 tablets	2 × 8 = 16
8	(c) 150 doses	25 × 6 = 150
9	A symptom is felt by the patient (pain); a sign can be seen or measured (fever, rash).	—
10	(a) bacteria (b) protozoa	—
11	(a) non-communicable (b) communicable	—
12	(a) sign (b) symptom	—
13	(a) air (coughs and sneezes) (b) contaminated food and water	—
14	235 cases; August	71 + 75 + 76 + 13
15	37; for example wash hands often and cover coughs	43 − 6
16	51 years; 55 years	1979 − 1928; 2034 − 1979
17	A vaccine contains a weakened or dead germ or a harmless part of it. It trains the body's defence system to recognise the germ, so if the real germ enters later, the body fights it quickly. Vaccines prevent disease; they do not cure it.	—
18	chickenpox: virus; common cold: virus; typhoid: bacteria. Spread and prevention, for example: mosquitoes (no standing water, nets); food and water (boiled water, clean food, handwashing); air (cover coughs, keep rooms airy, vaccination where available).	—

Q	Answer	Working
19	**(a) 14 (b) 12 (c) Some bacteria survive and may become resistant, so the illness can return and the antibiotic may stop working.**	—
20	**Communicable: chickenpox, typhoid. Non-communicable: cancer, heart disease. Habits, for example: balanced diet, regular exercise, no tobacco.**	—