

PART A: 1-MARK QUESTIONS (Total Marks: 10)

Instructions: Answer in one word, choose the correct option, or state True/False.

Section 1: Fill in the Blanks & Multiple Choice

Q1. Nutrient-dense foods like pulses, milk, and eggs are rich in _____, which our body needs for growth and muscle repair.

Q2. Which of the following is considered a healthy lifestyle habit?

- (a) Sleeping for only 3 hours a day
- (b) Eating deep-fried snacks for every meal
- (c) Playing outdoor sports or exercising daily
- (d) Spending 6 hours watching television

Q3. The green, iron-rich vegetable that helps our body produce healthy blood and prevents weakness is _____.

Section 2: True or False

Q4. Drinking 8 to 10 glasses of clean water daily helps our body eliminate waste products effectively.

Answer: [True / False]

Q5. Eating packaged chips and drinking carbonated soft drinks daily provides all the essential vitamins our body needs.

Answer: [True / False]

Q6. Mental well-being means keeping our mind calm, happy, and capable of handling daily stress.

Answer: [True / False]

Section 3: Give One Word / Name the Following

Q7. What term is used for a meal that contains all the necessary nutrients like carbohydrates, proteins, fats, vitamins, and minerals in the right proportions?

Answer: _____

Q8. Name the local, government-run medical center found in villages that provides primary health check-ups and free vaccinations.

Answer: _____

Q9. Identify the odd one out from this list of food items: Spinach, Apple, Carrot, Milk Chocolate.

Answer: _____

Q10. What do we call the state of complete physical, mental, and social fitness, rather than just being free from diseases?

Answer: _____

PART B: 2-MARK QUESTIONS (Total Marks: 20)

Instructions: Answer each question in 1 or 2 short, direct sentences.

Q11. Why is roughage (dietary fiber) an important part of our daily diet even though it does not provide nutrients?

Answer: _____

Q12. State two major health problems that a child might face if they regularly eat junk food and avoid physical activities.

Answer: _____

Q13. What are the two main functions of a Primary Health Centre (PHC) in a rural community?

Answer: _____

Q14. Why do growing children require more protein-rich food items in their daily meals compared to inactive older adults?

Answer: _____

Q15. Write down any two benefits of practicing regular meditation, deep breathing, or yoga for a school student.

Answer: _____

Q16. How does maintaining personal hygiene, like washing hands before meals, protect us from falling sick?

Answer: _____

Q17. Distinguish between carbohydrates and vitamins based on what they provide to our body.

Answer: _____

Q18. What are two simple habits you can practice at home to ensure that the water you drink is safe and free from germs?

Answer: _____

Q19. Why is a good night's sleep of 8–9 hours considered essential for a child's overall well-being?

Answer: _____

Q20. Name two community health programs organized by the government to prevent the spread of diseases among young children.

Answer: _____