



Attempt questions first; check the separate key afterward. Show all working. Draw accurate figures where required.

A. Very short answers - 1 mark each

1. Does health mean only the absence of disease?
2. Explain physical, mental and social well-being.
3. Name the nutrient chiefly used to build and repair body tissues.
4. Explain why a balanced diet includes several nutrient groups.
5. Name the mineral needed to make haemoglobin.
6. Name the vitamin whose deficiency can cause scurvy.
7. Can a noncommunicable disease spread by ordinary contact?
8. Distinguish communicable and noncommunicable diseases with examples.

B. Short answers / practice - 2 marks each

9. What is a pathogen?
10. Explain three routes through which infections can spread.
11. Name the mosquito associated with malaria transmission.
12. Explain why removing stagnant water can reduce mosquito breeding.
13. Does vaccination prepare the immune system to recognise particular pathogens?
14. Distinguish vaccination from treatment after illness develops.
15. Why is clean drinking water important?
16. Suggest two ways a school can prevent contamination of drinking water.
17. Are sleep and physical activity relevant to health?
18. Explain how both support physical and mental well-being.
19. Name a deficiency disease linked to inadequate vitamin D.

20. Explain why "more of every supplement" is not a balanced-diet strategy.

C. Application / reasoning - 3 marks each

21. A class has 40 students and 30 bring fruit. Find the percentage.
22. If all 40 bring fruit the next day, how many more do so?
23. What is personal hygiene?
24. Explain the role of handwashing before eating and after toilet use.
25. Can polluted air affect respiratory health?
26. Identify two community measures that can reduce exposure.
27. Name the deficiency disease associated with too little iodine.
28. Explain why preventing infection requires community sanitation as well as personal cleanliness.
29. A school has 200 pupils; 150 participate in a sports activity. Find the percentage.
30. Does sharing a classroom necessarily transmit a noncommunicable condition such as diabetes?
31. Suggest two ways a school can support a student returning after a long illness.

D. Extended practice - 5 marks per pair

32. Why is emotional support important during stress?
33. Suggest three respectful ways classmates can support one another.
34. Does a healthy-looking person always lack an infection?
35. Prepare a school-health plan covering nutrition, water, sanitation, activity, sleep and prevention without blaming individuals.

ANSWER KEY - Numerical / closed questions

- 1) No. 3) Protein. 5) Iron. 6) Vitamin C. 7) No. 9) A disease-causing biological agent. 11) Female Anopheles. 13) Yes. 17) Yes. 19) Rickets in children. 21) 75%. 22) 10. 25) Yes. 27) Goitre. 29) 75%. 30) No. 34) No.