

BCM SCHOOL BASANT AVENUE DUGRI LUDHIANA

CLASS VIII – SCIENCE ASSIGNMENT

Chapters: Health and Wellness & Exploring Forces

General Instructions

- Attempt all questions.
- Read each question carefully and answer in complete sentences.
- Give suitable examples wherever required.
- Draw labelled diagrams wherever necessary.

Section A – Multiple Choice Questions

1. Which of the following is most important for maintaining good health and wellness?

- a) Skipping meals
- b) Balanced diet, exercise and adequate sleep
- c) Spending most of the time on screens
- d) Avoiding physical activity

2. Which activity is most helpful in managing stress in a healthy way?

- a) Keeping feelings to oneself
- b) Regular physical activity and talking to a trusted person
- c) Avoiding sleep
- d) Eating junk food frequently

3. A force can change the:

- a) Shape of an object only
- b) Motion of an object only
- c) Shape and/or state of motion of an object
- d) Mass of an object

Section B – Assertion and Reason

Choose the correct option:

- A. Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.
- B. Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.
- C. Assertion is true, but Reason is false.
- D. Assertion is false, but Reason is true
4. Assertion: A moving bicycle eventually slows down when the rider stops pedalling.

Reason: Friction acts between the tyres and the road and opposes motion.



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5. Assertion: Gravitational force acts even when two objects are not touching each other.

Reason: Gravity is a contact force that requires physical contact between objects.

Section C – very short answer questions

6. Riya often skips breakfast, sleeps late at night and spends several hours using her mobile phone. She feels tired during school hours. Identify two unhealthy habits in Riya's routine and suggest two changes that can improve her health and wellness.

7. Two students are preparing for an examination. One studies continuously for six hours without taking breaks, while the other follows a proper study schedule with short breaks, sufficient sleep and physical activity. Whose routine is healthier and why? Give two reasons.

8. A student feels nervous before giving a presentation in front of the class. Instead of avoiding the presentation, she takes deep breaths, prepares well and talks to her teacher. What does this situation tell you about emotional and mental wellness? Mention two healthy ways of managing stress.

8. A boy pushes a heavy box but it does not move. He pushes it harder and the box begins to move. Why did the box initially remain at rest? What does this example tell us about the effect of force?

9. A cyclist applies brakes while riding. The bicycle slows down and eventually stops. Which force is mainly responsible for slowing the bicycle? Is this force helpful, harmful or both? Explain with one example.

Section D – Case Study

10. Aarav is an 8th-grade student. He usually eats a variety of foods including fruits, vegetables, cereals and pulses. He drinks enough water and plays outdoor games every evening. He also tries to sleep at a regular time. During examinations, however, he becomes anxious and sometimes studies late into the night.

- a) Why is eating a variety of foods important for health?
- b) How does regular physical activity contribute to wellness?
- c) Why is adequate sleep important for a school student?
- d) Suggest one healthy strategy Aarav can use to manage examination stress.