

Sample Question Paper
(SSLC Examination 2024-25)

Health and Physical Education
(Old Course)

by

Meghalaya Board of School Education (MBOSE)

A. The Scheme of Examination

	Maximum Marks	Pass Marks
Theory Examination	80	24
Internal Assessment	20	6
Total	100	30

B. Scheme of Theory Examination

Section	Type of Questions	Marks for Each Question	No. of questions to be attempted/ no. of questions given	Total Marks
Section-A	MCQs	1	30/30	1x30=30
Section-B	Very Short Answer Questions	2	6/9	2x6=12
Section-C	Short Answer Questions	3	6/9	3x6=18
Section-D	Long Answer Questions	5	4/7	5x4=20
Total Marks				80

C. Scheme of Internal Assessment

The Internal Assessment can be done through anyone of the following:

1. Project Work
2. Written Tests
3. Assignments (Class work or Home Work)

D. Content Weightage in Theory Examination

The unit-wise weightage shown below is only indicative for the purpose of information of teachers while prioritising different chapters during teaching or assessment. Though the weightage in Theory Examination conducted by MBOSE would broadly follow the following pattern, there may still be some variation.

S. No.	Name of Unit	Chapters	Indicative Allocation of Marks
1	GROWTH AND DEVELOPMENT	<ol style="list-style-type: none">1. How Mature are you?2. You and your family.3. Marriage and family life	14
2	DISEASES	<ol style="list-style-type: none">1. Some defence measures against diseases. (Immunity and Immunization).2. National Health Programmes.3. Importance of Public's participation in the implementation of these programmes.4. Primary health care set up in urban and rural areas.	21
3	CONSUMER EDUCATION	<ol style="list-style-type: none">1. Consumer education, consumer rights, making correct choices while buying different items, food adulteration2. Systems of medicine and quackery3. Drugs, medicine and self-medication.	18
4	INTERNATIONAL HEALTH	<ol style="list-style-type: none">1. Importance of international health.	11
5	LIFE-SKILLS EDUCATION	<ol style="list-style-type: none">1. Teenage pregnancy2. Sexually transmitted diseases3. Basic facts about HIV/AIDS4. Prevention against HIV/AIDS	16

Sample Question Paper
Health & Physical Education
Class-X

Question Paper Code: XY

Time: 3 hours

Max Marks: 80 (Pass Marks: 24)

General Instructions:

1. Please check that this Question Paper contains 55 Questions.
2. Question Paper Code given above should be written on the Answer Book, in the space provided, by the Candidate.
3. For candidates without an Internal Assessment, their marks will be multiplied by 1.25 to adjust their total to a maximum of 100 marks.
4. 15 minutes time is given for the candidates to read the Question paper. The Question Paper will be distributed 15 minutes before the scheduled time of the examination. In these 15 minutes, the candidates should only read the instructions and questions carefully and should not write answers on the Answer Sheet.
5. The Question Paper contains 4 sections, Section A, B, C and D.
6. Section-A contains Multiple Choice Questions (MCQ). Choose the most appropriate answer from the given options. The answers to this Section must be provided in the boxes provided in the Answer Sheet. Answers provided anywhere else will not be counted for marking.
7. Section-B contains Very Short Answer Questions. Answer the questions briefly, in not more than 30 (thirty) words.
8. Section-C contains Short Answer Questions. Answer the questions in not more than 50 (fifty) words each.
9. Section-D contains Long Answer Questions. Answer the questions in not more than 80 (eighty) words each.

Section- A

Multiple Choice Questions: Attempt **ALL** Questions. (30 X 1 = 30 marks)

1. The aspect of maturity which helps you to have an attractive and charming personality.
(A) Physical maturity
(B) Intellectual maturity
(C) Emotional maturity
(D) Social maturity
2. Chronological maturity is important for which of the following?
(A) Getting the right to vote
(B) Inheriting property
(C) Obtaining a Driving License.
(D) All of the above
3. Striking changes take place in the body during
(A) Infancy
(B) Adulthood
(C) Adolescent
(D) Childhood
4. Husband and wife should share same _____
(A) Interests
(B) Religion
(C) Skills
(D) Language
5. Another name for white blood cell is
(A) Antigens
(B) Phagocytes
(C) Antibodies
(D) Leucocytes
6. A person is susceptible to diseases if he is
(A) In poor health
(B) Under nourished
(C) With severe physical and mental strain
(D) All of the above
7. Violent reactions like asthma, migraine, eczema and skin rashes are symptoms of
(A) Tuberculosis
(B) Malaria
(C) Leprosy
(D) An allergic reaction
8. Every year in India, Children who die of diseases that could be prevented with vaccine is
(A) 2 lakhs
(B) 3 lakhs

- (C) 4 lakhs
(D) 5 lakhs
9. Each block comprises of about
(A) 10 villages
(B) 100 villages
(C) 1000 villages
(D) 5000 villages
10. The Ministry of Health and Family Welfare consists of
(A) Two departments
(B) Three departments
(C) Four departments
(D) Five departments
11. Which is a non-communicable disease?
(A) Measles
(B) Diphtheria
(C) Cholera
(D) Diabetes
12. The first country in the world to launch Family Planning as an official programme is
(A) USA
(B) India
(C) China
(D) Russia
13. The market, the consumer needs to know how to choose products
(A) Rashly
(B) Intelligently
(C) Quickly
(D) None of the above
14. Early concepts of medicine and surgery was set out in the
(A) Atharvaveda
(B) Rigveda
(C) Yajurveda
(D) Ayurveda
15. The Government has enacted _____ to protect the consumer from cheats
(A) Customs
(B) Legislation
(C) Constitution
(D) Principles
16. Which is the most prevalent system of medicine all over the world?
(A) Allopathy
(B) Naturopathy
(C) Homeopathy
(D) Ayurveda

17. Penicillin was discovered by
- (A) Marie Curie
 - (B) Alexander Fleming
 - (C) Antonie van Leeuwenhoek
 - (D) Edward Jenner
18. Which of the following symptoms need immediate medical attention?
- (A) Chest pain
 - (B) Blackout
 - (C) Nausea
 - (D) All of the above
19. Name the drugs which are used only in medical research
- (A) Hallucinogens
 - (B) Narcotics
 - (C) Depressants
 - (D) Stimulants
20. Name the alcohol which deadly poisonous and causes blindness and even death
- (A) Ethanol alcohol
 - (B) Methyl alcohol
 - (C) Isopropyl alcohol
 - (D) None of the above
21. The headquarter of the World Health Organisation is in
- (A) Geneva
 - (B) New Delhi
 - (C) Rome
 - (D) New York
22. The main aim of the UNICEF is to provide humanitarian and development assistance to
- (A) children alone
 - (B) mothers alone
 - (C) children and mothers
 - (D) children and parents
23. One of the objectives of FAO is to improve production and distribution of all food and agricultural products from
- (A) Farms
 - (B) Forests
 - (C) Fisheries
 - (D) All of the above
24. World Health Day is celebrated on
- (A) 6th April
 - (B) 7th April
 - (C) 7th May
 - (D) 6th May
25. Genital warts can be treated by

- (A) Anti-biotics
 - (B) Liquid Hydrogen
 - (C) Cryotherapy
 - (D) None of the above
26. HIV can be transmitted from the mother to her baby
- (A) During pregnancy
 - (B) Labour and delivery
 - (C) Breastfeeding
 - (D) All of the above
27. The most common STI
- (A) Syphilis
 - (B) Chlamydia
 - (C) Genital Warts
 - (D) AIDS
28. Drug addicts who inject the drugs intravenously are a
- (A) High risk group
 - (B) Medium risk group
 - (C) Low risk group
 - (D) No risk group
29. Mosquitoes do not spread
- (A) Malaria
 - (B) Filariasis
 - (C) Dengue
 - (D) HIV
30. Cooling the area with ice or cold water or bathing in a salt bath can relieve symptoms of
- (A) Genital warts
 - (B) Gonorrhoea
 - (C) Genital herpes
 - (D) Syphilis.

Section - B

Very Short Answer Questions: Answer **any 6 (six)**. (6x2=12 marks)

- 31. What do you understand by human development?
- 32. Growth is controlled by many factors. Name them.
- 33. What are antigens? How do they function?
- 34. What is natural immunity?
- 35. What is self-medication?
- 36. What is quarantine?
- 37. What is the chief objective of international health organizations?
- 38. What is infection?
- 39. What is a caesarean section?

Section – C

Short Answer Questions: Answer **any 6 (six)**. (6x3=18 marks)

40. Why is chronological maturity important?
41. What must we know in order to prevent diseases?
42. What is meant by the term “Consumer Education”?
43. Define medical quackery.
44. What are the three objectives of the FAO?
45. Define life skills according to the World Health Organisation.
46. Write any three cultural practices that promote health.
47. Mention any three major achievements of the Directorate General of Health Services.
48. What are the three steps to be followed to ensure that HIV is not transmitted through sexual contact?

Section – D

Long Answer Questions: Answer **any 4 (four)** (4x5=20 marks)

49. How is intellectual maturity measured? (Any five points)
50. What are the goals of Mission Indradhanush?
51. Suggest any five guidelines for a consumer to select and utilize various products and services intelligently.
52. What are the social effects of teenage pregnancy in India?
53. State any five functions of the State Health Department.
54. Explain any five main functions of the World Health Organisation.
55. What prevention can a HIV positive mother take to ensure that the infection is not passed on to the child?

*** End of the Question Paper ***