



DELHI PUBLIC SCHOOL
SAIL TOWNSHIP, RANCHI
ASSIGNMENT 2018-19

CLASS- VIII

ENGLISH

Section A (Reading)

1. Read the following passage carefully :

IT'S A TIME BOMB

It's a time bomb waiting to explode, once these children become adults, making obesity one of the most serious public health challenges of the 21st century. In 2010, Dr Khadilkar and his researchers conducted studies at 11 affluent urban schools from five zones across India. They found 18.2 percent of all kids aged 2 to 17 to be overweight or obese as per international standards. Other studies too have come up with similar figures.

“During the past three decades, obesity rates have doubled for pre-school-age children and adolescents and tripled for school-going children aged 6 to 11 years,” maintains Dr Rekha Harish, professor and head of pediatrics at Government Medical College, Jammu, who is also national convener of the Indian Academy of Paediatrics’ task force for the prevention of childhood obesity. “Overweight children have 70 percent of being an overweight or obese adult, by which time it may be too late to intervene. Childhood obesity’s enormously-growing rate needs urgent attention if its potential toll on morbidity, morality, and the economy is to be avoided”.

Make children and adolescents participate in at least 60 minutes of physical activity every day.

For preschoolers, most physical activity will be unstructured; playing outdoors is particularly helpful. Encourage physical activity in this age group by just “prescribing” playground time.

For older children, encourage structured physical activity when possible (team or individual sports, or supervised exercise sessions).

Children are more likely to participate consistently when they are accountable to a coach or leader. The American Academy of Pediatrics (AAP) recommends at least 30 minutes of structured physical activity during the school day. Refrain from withholding recess as a punishment.

TV, computer and video games should be considered a privilege, not a right. There should be no TV in bedrooms. No eating while watching TV (Warning: a lot of commercials with children’s programs are related to food!). Television viewing is perhaps the best established environmental influence on the development of obesity during childhood. Limit screen time to less than two hours per day. (AAP recommends 14 hours per week).

Take physical activity breaks during commercials.

1.1 On the basis of your reading of the above passage, complete the following statements :

- (a) Child obesity is a time bomb because _____ .
(b) Child obesity needs urgent attention as _____ .

- (c) The best physical activity for preschoolers is _____ .
- (d) Physical activity for older children includes _____ .
- (e) To prevent overeating, reduce time on _____ .
- (f) Television viewing and obesity are linked because _____ .

2. Answer in detail. (50 – 60 words)

- (i) What would you do if your neighbour had a zoo ?
- (ii) Describe the Casuarina Tree.

PHYSICS

1. Why it is difficult to move on a wet marble floor ?
2. A child staying in a coastal region tests the drinking water and also the sea water with his conduction tester. He finds that the compass needle deflects more in sea water. Explain the reason .

CHEMISTRY

1. We should use fossil fuels only when absolutely necessary. Comment on this
2. Write the chemical equation for the corrosion of copper.

BIOLOGY

1. Why do plant cells have a large and permanent vacuole?
2. Can a cell survive without a nucleus? Give an example to support your answer.
13. Can plants also be infected by microbes? Give an example to prove your answer.

HISTORY

1. What was the dual system of government? How did it affect the people of Bengal?

CIVICS

1. Why do you think the introduction of PIL in the 1980's is a significant step in ensuring access to justice for all?
2. What do you understand by "Domestic violence". How can "Equal relationships be violence free". Explain.

GEOGRAPHY

1. "Power or energy plays a vital role in our lives" Explain the statement. Which nonmetallic mineral is called 'Black Gold'? Write an advantage and disadvantage of this mineral. Name two leading producers of this mineral in India?
2. What are the different reasons of water scarcity today? Describe three water conservational measures.

MATHEMATICS

1. Seven times a number is 12 less than thirteen times the same number. Find the number.
2. On a particular day, the sales (in rupees) of different items of a baker's shop are given below.
ordinary bread : 320
fruit bread : 80

cakes and pastries : 160

biscuits : 120

others : 40

Total : 720

Draw a pie chart for this data.

3. Simplify the following using a quicker method :

$$(a) \frac{4}{5} \times \frac{-3}{7} + \frac{4}{5} \times \frac{2}{21} \quad (b) \frac{7}{9} \times \frac{5}{11} - \frac{7}{9} \times \frac{3}{44}$$

4. If $24x$ is a multiple of 3, where x is a digit, what is the value of x ?

हिन्दी

प्रश्नों के उत्तर लिखें।

1. कबीर दास ने म्यान और तलवार के माध्यम से हमें क्या सीख देना चाहा है?

संस्कृत

1. वर्षा + अन्तः
2. राम + अयनम्
3. नदी+ईशः
4. लघूक्तिः.....+..... ।
5.विना विद्या न भवति । (परिश्रम)
6. यूयम् भोजनं । (खाद - लोट्)
7. शब्दरूपाणि लिखत
कवि - (पंचमी सप्तमी वि०)
राजन् - (चतुर्थी, षष्ठी वि०)
8. धातुरूपाणी लिखत
नम् - लोट् लकारः
मुद् - लोट् लकार