

YEAR 7 SCIENCE SELF ASSESSMENT TEST



“Test yourself or your child at home, and reach out to us only if you need extra help. Otherwise, give yourself or your child a pat on the back and best of luck for the future!”

Instructions: Answer all questions. All questions are multiple-choice. Some questions require calculations. Calculators may be used where appropriate.

Multiple Choice Questions (15)

1. Which characteristic is common to all living things?

- A. Ability to move from place to place
 - B. Ability to make their own food
 - C. Ability to reproduce
 - D. Ability to breathe oxygen
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2. In a food chain, which organism is always the producer?

- A. An animal that eats plants
 - B. A plant that uses sunlight to make food
 - C. A carnivore that eats other animals
 - D. A decomposer that breaks down waste
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3. Which change is an example of a physical change?

- A. Burning paper
 - B. Rusting iron
 - C. Melting chocolate
 - D. Cooking an egg
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4. Which tool would be most appropriate to measure the volume of a liquid accurately?

- A. Ruler
 - B. Thermometer
 - C. Measuring cylinder
 - D. Balance
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5. Why does the Moon appear to change shape during the month?

- A. Earth's shadow covers different parts of the Moon
 - B. The Moon produces different amounts of light
 - C. We see different portions of the Moon lit by the Sun
 - D. Clouds block parts of the Moon
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6. Which statement best describes heat?

- A. A type of matter
 - B. A form of energy that moves from hotter to cooler objects
 - C. The same as temperature
 - D. A force that pushes particles apart
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7. Which material would be the best electrical insulator?

- A. Copper wire
 - B. Aluminium foil
 - C. Plastic
 - D. Steel nail
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8. In an experiment, which variable is deliberately changed by the student?

- A. Dependent variable
 - B. Controlled variable
 - C. Independent variable
 - D. Responding variable
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9. Which mixture can be separated using a magnet?

- A. Sand and salt
 - B. Iron filings and sand
 - C. Sugar and water
 - D. Oil and water
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- A. Mars
 - B. Earth
 - C. Jupiter
 - D. Saturn
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10. Which adaptation helps fish survive in water?

- A. Lungs for breathing air
 - B. Feathers for insulation
 - C. Gills for absorbing oxygen from water
 - D. Thick fur to keep warm
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15. Which action would most improve the fairness of an experiment?

- A. Changing multiple variables at once
 - B. Repeating the experiment several times
 - C. Guessing results before starting
 - D. Recording results from memory
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11. Which statement about forces is correct?

- A. Forces only act on moving objects
 - B. Forces can change an object's shape or motion
 - C. Forces cannot act at a distance
 - D. Forces always slow objects down
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12. Which type of energy is stored in food?

- A. Kinetic energy
 - B. Thermal energy
 - C. Chemical energy
 - D. Electrical energy
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13. Why are models used in science?

- A. To make science less accurate
 - B. To replace real-world observations
 - C. To help explain ideas that are difficult to observe directly
 - D. To prove all scientific ideas are correct
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14. Which planet is known for having prominent rings?