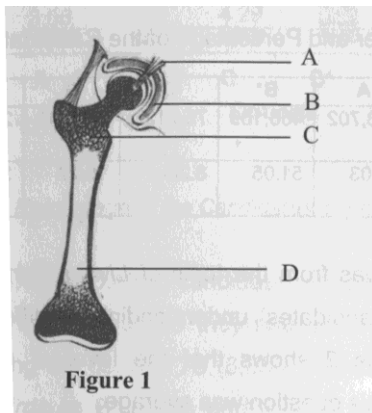


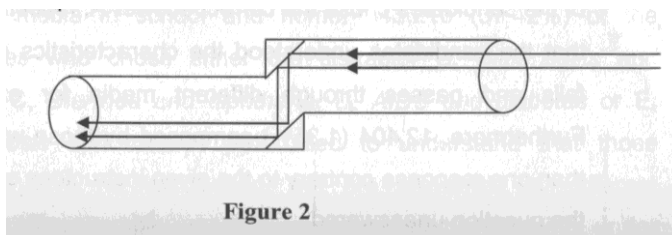
**MINISTRY OF EDUCATION, SCIENCE, TECHNOLOGY AND VOCATIONA TRAINING**  
**THEMI HILL PRE AND PRIMARY SCHOOL**  
**HOLIDAY ASSIGNMENT**  
**SCIENCE GRADE VII**

**NAME:.....STREAM..... DATE:.....**

1. Which of the following characteristics enable birds to fly in the air?
  - a) Soft bones with feathers
  - b) Slim bones with a hollow inside
  - c) Jointed bones
  - d) Have many bones
  - e) Wing bones are stronger
  
2. The main groups of living things are:-
  - a) Plants and birds
  - b) Plants and lizards
  - c) Animals and leaves
  - d) Plants and animals
  - e) Animals and bacteria
  
3. Which of the following are the types of seeds which are self- dispersing?
  - a) Coconut and cotton
  - b) Cowpea and pigeon pea
  - c) Cowpea and pawpaw
  - d) Mango and guava
  - e) Orange and pigeon pea
  
4. Observe Figure Number 1, and then choose the answer which has the correct arrangement of the indicated parts A-D



- a) Fibres, yellow bone marrow, red bone marrow, cartilage
- b) Red bone marrow, cartilage, yellow bone marrow, tendons
- c) Tendons, cartilage, red bone marrow, yellow bone marrow
- d) Cartilage, tendons, yellow bone marrow, red bone marrow
- e) Yellow bone marrow, cartilage, tendons, red bone marrow.



5. Observe Figure Number 2 and then answer the question which follows.

The device in Figure Na. 2 uses which characteristic of light?

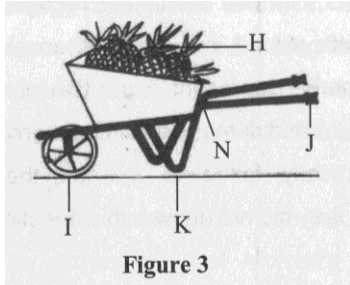
- a) Reflection
  - b) Penetration
  - c) Diversion
  - d) Converging
  - e) Dispersion
6. Which diseases are prevented by vaccination?
- a) Measles and whooping cough
  - b) Bilharziasis and malaria
  - c) Diarrhea and diphtheria
  - d) AIDS and diabetes
  - e) Tuberculosis and chicken pox
7. What is an important thing a pregnant woman should observe?
- a) Eat a lot of starch when she is approaching the expected day
  - b) Perform tough tasks in order to be strong
  - c) Attend clinic and eat balanced diet
  - d) Sleep frequently
  - e) Use perfumed soaps always
8. A disease which resulted from respiratory system problem is
- a) Asthma
  - b) Severe malaria
  - c) Fainting
  - d) Epilepsy
  - e) Diabetes
9. What will happen if the nervous system stops functioning?
- a) A person will start shivering
  - b) A person will feel weak
  - c) A person will feel severe body pains
  - d) There will be no communication within the body
  - e) A person will start losing weight
10. One of the symptoms of kwashiorkor is
- a) The face resembles that of an old man
  - b) White eyes and flue
  - c) Neck gland enlargement
  - d) Feeling cold and vomiting
  - e) Big stomach and swelling of legs
11. Family planning methods which are safer for the health of the mother are:-
- a) Loops and injection
  - b) Natural methods
  - c) Injection and pills
  - d) Pills and condom
  - e) Condom and injection
12. The best way to avoid malnutrition is
- a) To use preventive medicine frequently
  - b) To educate the society on the use of balanced diet
  - c) To eat green vegetables in plenty
  - d) To use drugs which increase nutrients in the body
  - e) To increase the number of meals per day

13. A person who suffered an electric shock can be assisted by the use of
- a) Legs
  - b) Iron bar
  - c) Dry wood
  - d) Hands
  - e) Wet wood.
14. Two clean pieces of wood wrapped on the part of broken bone help to
- a) Prevent bleeding
  - b) Give heat to the wound
  - c) Support the broken part
  - d) Cure the broken part
  - e) Join the broken part
15. The gas used to extinguish fire is
- a) Hydrogen
  - b) Carbon dioxide
  - c) Nitrogen
  - d) Carbon
  - e) Oxygen
16. HIV is not transmitted by
- a) Sexual intercourse
  - b) Sharing needle
  - c) Mosquito bite
  - d) Sharing razor blade
  - e) Blood transfusion
17. The relationship between sexually transmitted diseases and AIDS is that
- a) It is easy to get HIV infection if you have sexually transmitted diseases
  - b) Sexually transmitted diseases are the same as AIDS
  - c) Drugs that cure sexually transmitted diseases are also used to cure HIV
  - d) Sexually transmitted diseases and AIDS are transmitted through sexually intercourse only
  - e) Sexually transmitted diseases and AIDS can be cured.
18. Which of the following sentences has the correct meaning of AIDS?
- a) Loss of body immunity
  - b) High body immunity
  - c) Absence of body immunity
  - d) Deficiency of body immunity
  - e) Ability of body immunity
19. One of the methods of reducing HIV transmission is
- a) To reserve area for people living with HIV
  - b) To avoid sharing food utensils with people living with HIV
  - c) To eat balanced diet and drink safe water
  - d) To change behaviours and avoid unprotected sex
  - e) To perform physical exercises
20. Why things thrown in the air fall down?
- a) Because of weight
  - b) Because of force of friction
  - c) Because of force of air
  - d) Because of force of planets
  - e) Because of force of gravity

21. The relationship between magnet and electricity is

- a) The source of magnet is atomic energy
- b) Electricity resist magnetism
- c) Wherever there is magnet, there is electricity
- d) Wherever there is electricity, there is magnetism
- e) Magnetism resist electricity

22. Figure Number 3 shows an example of a simple machine



What is the position of the fulcrum when it is performing work?

- a) K
- b) I
- c) J
- d) H
- e) N

23. The unit measure of force is

- a) Metre
- b) Kilogramme
- c) Joule
- d) Kilometer
- e) Newton

24. Which instrument is used to measure a human body temperature?

- a) Thermometer
- b) Galvanometer
- c) Ammeter
- d) Balance
- e) Voltmeter

25. The following are sources of electricity except

- a) Battery
- b) Dry cell
- c) Bulb
- d) Generator
- e) Magnet

26. What is the meaning of friction?

- a) A force which produce motion
- b) A force which stops motion
- c) A force which accelerate motion
- d) A force opposite to motion
- e) An incident force


27. Which one of the following lists of materials are in the group of complex machines?

- a) Padlock, hammer and scissors

- b) Wheelbarrow, razorblade and hammer
  - c) A razor blade, padlock and a bicycle
  - d) A sewing machine, padlock and a bicycle
  - e) A razorblade, padlock and a wheelbarrow
28. Records of experiments are important because they are used to do the following except
- a) To compare results of one experiment and others
  - b) To give information of the experiment
  - c) To be used as reference by other experts
  - d) To enable other experiments to be conducted
  - e) To issue unconfirmed reports
29. Which of the following are the five components of a scientific report?
- a) Questionnaire, apparatus, method, aim and conclusion
  - b) Hypothesis, questionnaire, apparatus, results and conclusion
  - c) Questionnaire, apparatus, examples, results and conclusion.
  - d) Aim, example, apparatus, results and conclusion.
  - e) Aim, apparatus, methods, results and conclusion.
30. In order to come up with a hypothesis for a scientific experiment, there must be
- a) An experiment
  - b) Some data
  - c) A report
  - d) An apparatus
  - e) A problem
31. In a lever, a load of 50kg was put 3 meters from the fulcrum. What is the distance required from the fulcrum to put an effort of 20 kg in order to balance the lever?
- a) 1.6 m
  - b) 6.7 m
  - c) 7.5 m
  - d) 2.5 m
  - e) 3 m
32. Blood deficiency is caused by
- a) Decrease of white cells, iron and vitamin
  - b) Decrease of vitamin, protein and plasma
  - c) Increase of water in the body, decrease of iron and protein
  - d) Increase of platelets, iron and vitamin
  - e) Decrease of iron, vitamin and protein in the food
33. Light ray travelling in a straight line strike an object and land on a plane mirror. What will be the characteristics of the object which appear in the mirror?
- a) The image will be upright
  - b) The image will be coloured
  - c) The image will be inverted
  - d) The image will be the same as the object
  - e) The image will be bigger than the object

34. A person whose diet lacks iodine is likely to get the disease called
- |             |             |
|-------------|-------------|
| a) Beriberi | d) Trachoma |
| b) Goitre   | e) Rickets  |
| c) Anaemia  |             |
35. Elements found in table salt are:-
- |                           |                          |
|---------------------------|--------------------------|
| a) Potassium and chlorine | d) Sodium and sulphur    |
| b) Sodium and chlorine    | e) Calcium and magnesium |
| c) Potassium and sodium   |                          |
36. Zuzu dipped a stone in a bucket full of water. About 5000 cm<sup>3</sup> of water spilled out. Which principle is correct about this scientific action?
- Water which spilled out is the same as that which remained in the bucket
  - The volume of the stone is the same as the volume of water which is spilled out.
  - Water which spilled is heavier than the stone
  - The stone is heavier than the water which spilled out
  - Water spilled out and stone have the same mass.
37. Night blindness is a defect caused by the lack of
- |              |              |              |
|--------------|--------------|--------------|
| a) Vitamin K | c) Vitamin E | e) Vitamin B |
| b) Vitamin A | d) Vitamin C |              |
38. Matter is made up of small particles known as
- |             |            |             |
|-------------|------------|-------------|
| a) Valency  | c) Element | e) Molecule |
| b) Compound | d) Atom    |             |
39. The amount of vapour in the air is measured by
- |               |                |
|---------------|----------------|
| a) Barometer  | d) Ammeter     |
| b) Hygrometer | e) Thermometer |
| c) Anemometer |                |
40. In order for iron to get rust, it requires humidity and
- |             |             |
|-------------|-------------|
| a) Hydrogen | d) Oxygen   |
| b) Carbon   | e) Nitrogen |
| c) Neon     |             |
41. What are the results of oxidation of glucose in the blood?
- |                                     |                                 |
|-------------------------------------|---------------------------------|
| a) Water, oxygen and heat           | d) Dew, heat and carbon dioxide |
| b) Water, heat and carbon monoxide  | e) Oxygen, energy and sweat     |
| c) Energy, water and carbon dioxide |                                 |
42. In order to crystallize salt from water, the water must be
- |               |           |
|---------------|-----------|
| a) Frozen     | d) Boiled |
| b) Vapourized | e) Poured |
| c) Cooled     |           |

43. The Scientific Experiment carried in order to verify the truth of the results of another ongoing scientific experiment is known as
- a) Special experiment
  - b) Reference experiment
  - c) Control experiment
  - d) Model experiment
  - e) Concluding experiment
44. The function of the bile in the digestive system is
- a) To kill germs
  - b) To dissolve proteins
  - c) To break down fats
  - d) To dissolve starch
  - e) To absorb water
45. Which of the following food is mostly rich in starch?
- a) Mango
  - b) Potatoes
  - c) Soya bean
  - d) Groundnut
  - e) Fish
46. Which organs are strengthened by calcium mineral and vitamin D?
- a) Tongue and nose
  - b) Skin and stomach
  - c) Bones and teeth
  - d) Lungs and liver
  - e) Kidney and bladder
47. Which of the following is **not** part of blood?
- a) Salts
  - b) White cells
  - c) Platelets
  - d) Red cells
  - e) Plasma
48. When carbon dioxide combines chemically in a plant with water in the presence of light energy it gives
- a) Carbohydrate and water
  - b) Carbohydrate and oxygen
  - c) Carbohydrate and heat energy
  - d) Carbohydrate and chlorophyll
  - e) Carbohydrate and carbon hydroxide
49. The type of worms which spread elephantiasis is known as
- a) Ascaris
  - b) Tape worm
  - c) Filarial
  - d) Millipede
  - e) Bacteria
50. The part of plant which absorb water is called:-
- a) Stem
  - b) Branch
  - c) Root
  - d) Flower
  - e) Leaf
51. The smallest and basic unit in terms of structure and functions of any organism is \_
- (a) Tissue (b) blood (c) cell (d) plasma

52. A pair of scissors is a simple machine, which class of lever is it?  
 (a) First class (b) second class (c) middle class (d) third class
53.  This symbol represents \_\_\_\_\_ in the electric circuit  
 (a) Bulb (b) switch (c) resistance (d) wire
54. What type of mirror is used in car' head lamps?  
 (a) Concave mirror (b) convex mirror (c) plane mirror (d) round mirror
55. The voltage of electricity in the circuit is measured by an instrument called  
 (a) Galvanometer (b) voltmeter (c) ammeter (d) ohms
56. Magnets are used in many ways. Which of the following is not the use of magnets in our daily life?  
 (a) In loud speakers (b) in an electric bell  
 (c) in solar heaters (d) in dynamos
57. In which part along the alimentary canal, is water from the digested food absorbed?  
 (a) Stomach (b) pancreas (c) oesophagus (d) colon
58. The part of the tooth that contains nerves and blood vessels is  
 (a) Enamel (b) dentine (c) gum (d) pulp cavity
59. Which one among the following colours is the best reflector of heat? \_\_\_\_  
 (a) Black (b) blue (c) red (d) silver
60. HIV can be transmitted from one person to another through the following ways except \_\_\_\_\_  
 (a) Sexual intercourse (b) blood transfusion  
 (c) Sharing food in a plate (d) sharing sharp objects
61. Plant and animal cells can only be seen clearly by the instrument known as  
 (a) Telescope (b) microscope (c) periscope (d) cell-scope
62. The largest artery in the human body is known as  
 (a) Superior artery (b) Aorta (c) renal artery (d) subclavian artery
63. Which food among the following is the best for a person who does manual work?  
 (a) Proteins (b) carbohydrates (c) vitamins (d) fats
64. A natural place where living organisms grow and reproduce is known as \_\_\_\_  
 (a) Habitat (b) home (c) forest (d) adaptation
65. A picture or copy of a body which is formed by light rays in the mirror is called  
 (a) Focus (b) inversion (c) object (d) image



66. An axe is a simple machine which falls under the  
 (a) Screws (b) pulleys (c) wedges (d) wheel and axle
67. Work done can best be defined as \_\_\_\_\_  
 (a) Work x distance (b) energy x distance (c) effort x distance (d) force x distance
68. The blood cells that are responsible for blood clotting are known as  
 (a) Red blood cells (b) platelets (c) white blood cells (d) blood plasma
69. The following formula is used to find \_\_\_\_\_ of a machine
- $$X = \frac{\text{Distance effort moves}}{\text{Distance load moves}}$$
- (a) Efficiency (b) velocity ratio (c) mechanical advantage (d) work done
70. Blood flows from the pulmonary veins into the  
 (a) Right atrium (b) lungs (c) left atrium (d) left ventricle
71. A human being has \_\_\_\_\_ sensory organs.  
 (a) Six (b) five (c) three (d) four
72. The help given to a patient or victim before taking him or her to hospital is called  
 (a) First care (b) first Aid (c) first help (d) second help
73. Heat is transferred in liquids and gases through \_\_\_\_\_  
 (a) Radication (b) conduction (c) diffusion (d) convection
74. \_\_\_\_\_ is anything which simplifies work  
 (a) An atom (b) a machine (c) matter (d) photosynthesis
75. The process of changing liquid water directly into gas is known as \_\_\_\_\_  
 (a) Evaporation (b) sublimation (c) cooling (d) freezing
76. \_\_\_\_\_ is the continuous change in the position of a body  
 (a) Magnitude (b) motion (c) aim (d) plan
77. A magnetic field is  
 (a) An area near the north pole of a magnet  
 (b) An area at the middle of a magnet (c) an area near the south pole of a magnet (d)  
 any region where the lines of force act
78. Mechanical digestion of food occurs in the  
 (a) Stomach (b) small intestine (c) large intestine (d) mouth
79. \_\_\_\_\_ are sores that can occur at any point of the alimentary canal  
 (a) Appendicitis (b) tooth ache (c) ulcers (d) heart burn

80. White blood cells are also known as \_\_\_\_\_  
 (a) Erythrocytes (b) leucocytes (c) thrombocytes (d) oxy hemoglobin

**SECTION B:**

**Match the items in list A with those in list B by the writing the letter of the correct answer in the answer sheet provided.**

LIST A	LIST B
81. The strength of the moving object	A. Velocity
82. The best conductors of heat	B. Insulators
83. The only kind of veins which transport oxygenated blood	C. Convex mirrors
84. The area around the magnet where magnetic power is felt	D. Plane mirror
85. Poor conductors of Heat	E. Magnitude
	F. Pulmonary veins
	G. Magnetic field
	H. Copper and aluminum
	I. Renal vein
	J. Distillation
	K. 3 <sup>rd</sup> class levers

**SECTION C:**

**Write TRUE for the correct statement or FALSE for the incorrect statement.**

86. A light source can either be natural or artificial \_\_\_\_\_  
 87. Like poles of two bar magnets attract each other when brought closer \_\_\_\_\_  
 88. White colour absorbs heat quicker than black colour \_\_\_\_\_  
 89. Many diseases in our environment are caused by witchcraft \_\_\_\_\_  
 90. A continuous change in position of a body is called motion \_\_\_\_\_

**SECTION D:**

**Provide correct answers for the following questions.**

91. A force of 50N is used to raise a load through a distance of 10M. what is the work done? \_\_\_\_\_  
 92. An effort of 200N is applied to overcome the load of 400N what will be the mechanical advantage of the machine? \_\_\_\_\_  
 93. Why in warm regions some houses are painted white? \_\_\_\_\_  
 94. State the law of a lever \_\_\_\_\_  
 95. Draw the electric symbols to represent the following  
 (a) Switch  
 (b) Socket

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