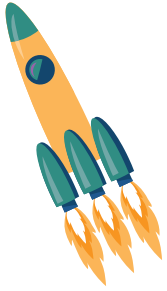


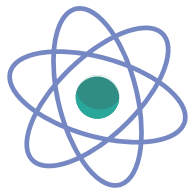
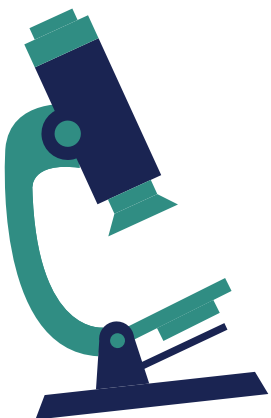


QUIZ SCIENCE

2026-27



7 - 8
GROUP



Group 7-8

- 1 Which organelle is known as the 'powerhouse of the cell'?
 a. Mitochondria b. Nucleus
 c. Ribosome d. Vacuole
- 2 Which organelle controls all the activities of the cell?
 a. Membrane b. Nucleus
 c. Cytoplasm d. Cell wall
- 3 Proteins are made in the cell at the _____.
 a. vacuole b. cell wall
 c. ribosomes d. membrane
- 4 In a plant cell, photosynthesis takes place in the _____.
 a. nucleus b. ribosome
 c. vacuole d. chloroplast
- 5 The large, fluid-filled sac that stores cell sap in a plant cell is the _____.
 a. vacuole b. nucleus
 c. ribosome d. mitochondrion
- 6 The cell membrane controls what _____.
 a. colour the cell is b. enters and leaves the cell
 c. temperature the cell has d. shape the room is
- 7 Which structure is present in plant cells but absent in animal cells?
 a. Nucleus b. Cell membrane
 c. Cell wall d. Cytoplasm
- 8 The jelly-like fluid in which cell reactions occur is the _____.
 a. nucleus b. cell wall
 c. vacuole d. cytoplasm
- 9 The instrument used to study cells in detail is the _____.
 a. microscope b. telescope
 c. barometer d. stethoscope
- 10 The correct order of organisation is cell → tissue → organ → organ system → _____.
 a. atom b. organism
 c. molecule d. element
- 11 A group of similar cells carrying out the same function is a _____.
 a. organ b. system
 c. tissue d. organism
- 12 Which specialised cell is adapted to carry messages around the body?
 a. Red blood cell b. Root hair cell
 c. Skin cell d. Nerve cell
- 13 Red blood cells are specially adapted to carry _____.
 a. oxygen b. messages
 c. waste urine d. sunlight
- 14 The genetic material that carries instructions in a cell is _____.
 a. starch b. DNA
 c. salt d. water
- 15 Living things grow and repair themselves by _____.
 a. evaporation b. melting
 c. cell division d. condensation
- 16 Which of these is a single-celled organism?
 a. Frog b. Fern
 c. Oak tree d. Amoeba
- 17 Bacteria belong to the kingdom _____.
 a. Fungi b. Monera
 c. Plantae d. Animalia
- 18 Living things are grouped into five large groups called _____.
 a. kingdoms b. families
 c. orders d. species
- 19 The five classes of vertebrates are fish, amphibians, reptiles, birds and _____.
 a. insects b. molluscs
 c. worms d. mammals
- 20 Mushrooms, which absorb food from dead matter, belong to the kingdom _____.
 a. Plantae b. Protista
 c. Fungi d. Monera
- 21 Which of these animals is warm-blooded?
 a. Fish b. Eagle
 c. Frog d. Lizard
- 22 Which is a feature of all mammals?
 a. They feed their young on milk b. They lay eggs
 c. They have gills d. They are cold-blooded
- 23 A virus differs from other microbes because it can only reproduce _____.
 a. in dry soil b. by making its own food
 c. inside a living cell d. in sunlight alone
- 24 Which disease is caused by bacteria?
 a. Measles b. Influenza
 c. Chickenpox d. Tuberculosis
- 25 Helpful bacteria are used in the making of _____.
 a. plastic b. yogurt
 c. glass d. steel
- 26 Which disease is caused by a virus?
 a. Measles b. Tuberculosis
 c. Cholera d. Tetanus

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- 27** The fungus *Penicillium* is used to make the medicine _____.
 a. petrol b. cement
 c. penicillin d. paint
- 29** Vaccination protects the body by helping it make _____.
 a. antibodies b. fat
 c. sugar d. bones
- 31** In photosynthesis: carbon dioxide + water → glucose + _____.
 a. nitrogen b. smoke
 c. oxygen d. salt
- 33** The gas released by plants during photosynthesis is _____.
 a. oxygen b. carbon dioxide
 c. nitrogen d. hydrogen
- 35** In respiration: glucose + oxygen → carbon dioxide + water + _____.
 a. sunlight b. chlorophyll
 c. energy d. starch
- 37** Food made in the leaves is carried to the rest of the plant through the _____.
 a. phloem b. xylem
 c. roots only d. stomata
- 39** Tiny pores on a leaf that allow gas exchange are called _____.
 a. veins b. roots
 c. stomata d. petals
- 41** Chlorophyll needed for photosynthesis is found in the _____.
 a. chloroplasts b. vacuole
 c. nucleus d. cell wall
- 43** Pollination is followed by _____, which leads to seed formation.
 a. respiration b. evaporation
 c. fertilisation d. transpiration
- 45** Digestion of starch begins in the mouth with the enzyme _____.
 a. amylase b. lipase
 c. protease d. bile
- 47** Fats are digested by the enzyme _____.
 a. amylase b. protease
 c. lipase d. insulin
- 49** Most of the absorption of digested food occurs in the _____.
 a. small intestine b. large intestine
 c. stomach d. mouth
- 51** The windpipe (trachea) carries air to the _____.
 a. stomach b. heart
 c. lungs d. liver
- 28** A disease that spreads from one person to another is called a _____ disease.
 a. hereditary b. chemical
 c. non-living d. communicable
- 30** Decomposers are important because they _____.
 a. make their own light b. break down dead matter and recycle nutrients
 c. hunt large animals d. produce electricity
- 32** Sunlight needed for photosynthesis is absorbed by the green pigment _____.
 a. starch b. glucose
 c. xylem d. chlorophyll
- 34** Respiration in living cells mainly releases _____.
 a. oxygen b. energy
 c. chlorophyll d. soil
- 36** Water and minerals are carried up the plant through the _____.
 a. phloem b. stomata
 c. petals d. xylem
- 38** The loss of water vapour from the leaves of a plant is called _____.
 a. respiration b. transpiration
 c. germination d. pollination
- 40** Water and minerals enter the plant mainly through the _____.
 a. flowers b. leaves
 c. fruit d. root hairs
- 42** Which chemical is used to test a leaf for the presence of starch?
 a. Salt water b. iodine
 c. Sugar d. Vinegar
- 44** Plants help the environment by taking in carbon dioxide and giving out _____.
 a. methane b. smoke
 c. nitrogen d. oxygen
- 46** Proteins are digested by enzymes called _____.
 a. amylases b. proteases
 c. lipases d. bile salts
- 48** Bile, which breaks fat into small droplets, is made by the _____.
 a. pancreas b. stomach
 c. kidney d. liver
- 50** The small intestine has tiny finger-like projections for absorption called _____.
 a. alveoli b. villi
 c. nephrons d. neurons
- 52** Gas exchange in the lungs takes place in tiny air sacs called _____.
 a. villi b. nephrons
 c. neurons d. alveoli

Group 7-8

- 53** When we breathe in, the diaphragm moves _____.
 a. down and flattens b. up and curves
 c. sideways d. not at all
- 55** Blood vessels that carry blood away from the heart are _____.
 a. veins b. capillaries
 c. arteries d. nerves
- 57** The liquid part of blood is called _____.
 a. plasma b. platelets
 c. red cells d. white cells
- 59** White blood cells protect the body against _____.
 a. oxygen b. food
 c. germs and infection d. bones
- 61** The basic filtering unit of the kidney is the _____.
 a. nephron b. neuron
 c. alveolus d. villus
- 63** Messages travel to and from the brain along _____.
 a. veins b. bones
 c. nerves d. tendons
- 65** The shoulder is an example of a _____ joint.
 a. ball-and-socket b. hinge
 c. fixed d. gliding
- 67** Which nutrient provides the most energy per gram?
 a. Proteins b. Vitamins
 c. Fats d. Water
- 69** A lack of iron in the diet causes _____.
 a. anaemia b. rickets
 c. scurvy d. night blindness
- 71** A lack of iodine in the diet causes _____.
 a. scurvy b. rickets
 c. goitre d. anaemia
- 73** Carbohydrates are mainly found in _____.
 a. bread, rice and potatoes b. meat only
 c. oil only d. water
- 75** The energy value of food is commonly measured in _____.
 a. litres b. metres
 c. calories d. grams
- 77** A food chain always begins with a _____.
 a. producer b. carnivore
 c. decomposer d. predator
- 54** The human heart has _____ chambers.
 a. two b. four
 c. three d. five
- 56** Blood vessels that carry blood back to the heart are _____.
 a. arteries b. nerves
 c. bones d. veins
- 58** Oxygen is carried around the body by the _____.
 a. white blood cells b. red blood cells
 c. platelets d. plasma only
- 60** The kidneys remove waste and extra water as _____.
 a. bile b. saliva
 c. sweat only d. urine
- 62** The brain and the spinal cord together form the _____.
 a. digestive system b. central nervous system
 c. skeletal system d. excretory system
- 64** The elbow is an example of a _____ joint.
 a. ball-and-socket b. fixed
 c. pivot d. hinge
- 66** Muscles work in pairs: when one contracts, the other _____.
 a. also contracts b. relaxes
 c. disappears d. grows
- 68** Roughage (fibre) in our diet mainly helps in _____.
 a. making bones b. carrying oxygen
 c. giving colour d. digestion and preventing constipation
- 70** A lack of Vitamin A causes _____.
 a. scurvy b. night blindness
 c. rickets d. goitre
- 72** Which food is a good source of protein?
 a. Sugar b. Butter
 c. Plain rice d. Eggs
- 74** Scurvy is caused by a lack of Vitamin _____.
 a. A b. C
 c. D d. K
- 76** Besides nutrients, a balanced diet must also include plenty of _____.
 a. plastic b. smoke
 c. sand d. water
- 78** In the food chain grass → goat → lion, the goat is a _____.
 a. producer b. herbivore (primary consumer)
 c. decomposer d. top carnivore

Group 7-8

105 A typical property of metals is that they are good _____.

- | | |
|--|---------------|
| a. conductors of heat and electricity | b. insulators |
| c. gases | d. liquids |

107 Non-metals are generally _____ of heat and electricity.

- | | |
|---------------------------|--------------------|
| a. good conductors | b. always magnetic |
| c. poor conductors | d. always shiny |

109 Acids turn blue litmus paper _____.

- | | |
|---------------|-----------|
| a. red | b. blue |
| c. green | d. yellow |

111 A substance with a pH less than 7 is _____.

- | | |
|------------------|------------|
| a. basic | b. neutral |
| c. acidic | d. salty |

113 Pure water has a pH of about _____.

- | | |
|-------------|-------|
| a. 7 | b. 0 |
| c. 14 | d. 10 |

115 Which of these is a base?

- | | |
|----------------|-----------------|
| a. Vinegar | b. Lemon juice |
| c. Soap | d. Orange juice |

117 Which of these is a chemical change?

- | | |
|---------------------------|------------------|
| a. Rusting of iron | b. Melting ice |
| c. Boiling water | d. Cutting paper |

119 In a solution, the substance that dissolves is called the _____.

- | | |
|------------------|-------------|
| a. solvent | b. solution |
| c. solute | d. residue |

121 To get salt back from a salt solution, we use _____.

- | | |
|-----------------------|---------------|
| a. evaporation | b. filtration |
| c. a magnet | d. sieving |

123 To obtain pure water from salt water, we use _____.

- | | |
|------------------------|--------------|
| a. filtration | b. decanting |
| c. distillation | d. a magnet |

125 Which gas turns limewater milky?

- | | |
|--------------------------|-------------|
| a. Carbon dioxide | b. Oxygen |
| c. Hydrogen | d. Nitrogen |

127 Which gas burns with a squeaky 'pop' sound?

- | | |
|--------------------|-------------------|
| a. Oxygen | b. Carbon dioxide |
| c. Hydrogen | d. Nitrogen |

129 Speed is calculated as _____.

- | | |
|------------------------------------|-----------------------------|
| a. distance divided by time | b. time divided by distance |
| c. distance times time | d. mass times speed |

106 Which of these is a metal?

- | | |
|------------|----------------|
| a. Oxygen | b. Iron |
| c. Sulphur | d. Hydrogen |

108 A substance that cannot be broken down into simpler substances by chemical means is an _____.

- | | |
|-------------|-------------------|
| a. compound | b. mixture |
| c. solution | d. element |

110 Bases (alkalis) turn red litmus paper _____.

- | | |
|----------|----------------|
| a. red | b. blue |
| c. black | d. white |

112 A substance with a pH greater than 7 is _____.

- | | |
|-----------|-----------------|
| a. acidic | b. neutral |
| c. pure | d. basic |

114 Which of these is an acid?

- | | |
|----------------|-----------------------|
| a. Soap | b. Lemon juice |
| c. Baking soda | d. Toothpaste |

116 A chemical change always produces a _____.

- | | |
|-------------------------|-------------------------|
| a. change in shape only | b. change in size only |
| c. nothing new | d. new substance |

118 Which of these is a physical change?

- | | |
|-----------------|-----------------------|
| a. Burning wood | b. Melting ice |
| c. Rusting iron | d. Digesting food |

120 In a solution, the liquid that does the dissolving is the _____.

- | | |
|-------------|-------------------|
| a. solute | b. residue |
| c. filtrate | d. solvent |

122 To separate sand from water, we use _____.

- | | |
|-----------------|----------------------|
| a. evaporation | b. filtration |
| c. distillation | d. a magnet |

124 To separate the different coloured dyes in ink, we use _____.

- | | |
|-----------------|--------------------------|
| a. filtration | b. a magnet |
| c. distillation | d. chromatography |

126 Which gas relights a glowing wooden splint?

- | | |
|-------------------|------------------|
| a. Carbon dioxide | b. Oxygen |
| c. Hydrogen | d. Nitrogen |

128 About 78% of the air is made up of the gas _____.

- | | |
|-----------|--------------------|
| a. oxygen | b. carbon dioxide |
| c. argon | d. nitrogen |

130 The SI unit of distance is the _____.

- | | |
|-------------|-----------------|
| a. kilogram | b. metre |
| c. second | d. newton |

Group 7-8

- 131** The SI unit of time is the _____.
 a. metre
c. second
 b. newton
 d. joule
- 133** Speed in a given direction is called _____.
a. velocity
 c. distance
 b. speed
 d. force
- 135** Force is measured in _____.
 a. metres
c. newtons
 b. joules
 d. watts
- 137** The force of gravity acting on an object is its _____.
a. weight
 c. volume
 b. mass
 d. density
- 139** When the forces on an object are balanced, its motion _____.
 a. always increases
c. does not change
 b. stops instantly
 d. reverses
- 141** Pressure is calculated as _____.
a. force divided by area
 c. area divided by force
 b. force times area
 d. mass times area
- 143** A sharp knife cuts easily because its thin edge gives a _____.
 a. low pressure
c. high pressure
 b. no pressure
 d. smaller force
- 145** Atmospheric pressure is measured using a _____.
a. barometer
 c. ammeter
 b. thermometer
 d. voltmeter
- 147** Which has greater inertia: a loaded truck or a bicycle?
 a. The bicycle
b. The loaded truck
 c. Both equal
 d. Neither
- 149** If a body covers equal distances in equal intervals of time, its motion is _____.
 a. non-uniform
 c. zero
 b. circular
d. uniform
- 151** Work done is calculated as force multiplied by _____.
 a. time
c. distance moved
 b. mass
 d. area
- 153** The energy of a moving object is called _____.
a. kinetic
 c. sound
 b. potential
 d. light
- 155** According to the law of conservation of energy, energy can only be _____.
 a. created
c. changed from one form to another
 b. destroyed
 d. stored once
- 132** Distance measured in a particular direction is called _____.
 a. speed
 c. time
 b. mass
d. displacement
- 134** The rate of change of velocity is called _____.
 a. speed
 c. distance
 b. acceleration
 d. pressure
- 136** The force that opposes motion between two surfaces in contact is _____.
 a. gravity
 c. tension
 b. magnetism
d. friction
- 138** The amount of matter in an object is its _____.
 a. weight
 c. force
 b. mass
 d. pressure
- 140** An unbalanced force can change an object's _____.
 a. colour
 c. temperature
 b. mass
d. speed or direction
- 142** The SI unit of pressure is the _____.
 a. newton
 c. joule
 b. pascal
 d. watt
- 144** Liquids and gases exert pressure in _____.
 a. only downward
 c. only sideways
 b. only upward
d. all directions
- 146** The tendency of an object to resist a change in its motion is called _____.
 a. pressure
 c. density
 b. inertia
 d. friction
- 148** The force that keeps the planets moving around the Sun is _____.
 a. friction
c. gravity
 b. magnetism
 d. tension
- 150** The slope (steepness) of a distance–time graph represents the _____.
a. speed
 c. force
 b. mass
 d. weight
- 152** The SI unit of work and energy is the _____.
 a. newton
 c. pascal
 b. watt
d. joule
- 154** Energy stored in an object because of its height or position is _____ energy.
 a. kinetic
 c. sound
 b. potential
 d. electrical
- 156** A stretched rubber band stores _____ energy.
 a. heat
 c. sound
 b. light
d. elastic potential

Group 7-8

- 157** The rate at which work is done is called _____.
 a. power b. force
 c. pressure d. speed
- 158** The SI unit of power is the _____.
 a. joule b. watt
 c. newton d. pascal
- 159** Heat always flows from a region of _____.
 a. lower to higher temperature b. equal temperatures
 c. higher temperature to lower temperature d. it does not flow
- 160** Heat travels through a solid metal rod mainly by _____.
 a. convection b. radiation
 c. diffusion d. conduction
- 161** Heat moves through liquids and gases by the movement of the fluid; this is _____.
 a. convection b. conduction
 c. radiation d. reflection
- 162** Heat from the Sun reaches the Earth through empty space by _____.
 a. conduction b. radiation
 c. convection d. diffusion
- 163** Most substances _____ when they are heated.
 a. shrink b. vanish
 c. expand d. freeze
- 164** Which surface is the best absorber of heat?
 a. A white surface b. A shiny surface
 c. A mirror d. A dull black surface
- 165** Light travels in _____.
 a. straight lines b. curves
 c. circles d. zigzags
- 166** The bouncing back of light from a surface is called _____.
 a. refraction b. reflection
 c. dispersion d. absorption
- 167** The bending of light as it passes from one medium into another is called _____.
 a. reflection b. diffraction
 c. refraction d. absorption
- 168** A plane mirror forms an image that is _____.
 a. always larger b. always upside down
 c. always smaller d. the same size and laterally inverted
- 169** White light can be split into seven colours by passing it through a _____.
 a. prism b. mirror
 c. wire d. magnet
- 170** The splitting of white light into its colours is called _____.
 a. reflection b. dispersion
 c. conduction d. absorption
- 171** We are able to see an object because light from it _____.
 a. leaves our eyes b. stops moving
 c. enters our eyes d. turns to sound
- 172** Sound is produced by _____.
 a. light b. gravity
 c. heat d. vibrations
- 173** Sound cannot travel through a _____.
 a. vacuum b. solid
 c. liquid d. gas
- 174** The highness or lowness of a sound is called its _____.
 a. loudness b. pitch
 c. echo d. speed
- 175** The loudness of a sound depends on the _____ of the vibration.
 a. pitch b. colour
 c. amplitude d. medium
- 176** Sound travels fastest through _____.
 a. liquids b. gases
 c. a vacuum d. solids
- 177** A sound heard again after reflecting off a surface is an _____.
 a. echo b. pitch
 c. beat d. note
- 178** Compared with sound, the speed of light is _____.
 a. much smaller b. much greater
 c. equal d. zero
- 179** The flow of electric charge is called an electric _____.
 a. shadow b. field
 c. current d. force
- 180** Electric current is measured in _____.
 a. volts b. watts
 c. ohms d. amperes
- 181** The push that drives current around a circuit, measured in volts, is the _____.
 a. voltage b. current
 c. resistance d. power
- 182** A complete, unbroken path through which current flows is a _____.
 a. open circuit b. closed circuit
 c. broken wire d. switch only

Group 7-8



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