

Mid Term Practice Worksheet - 1

Class 7th

Science

Time: 1hr 30 min

Maximum Marks: 48

Name: _____ Section: _____ Roll No.: _____

Date: 23 August 2026

General Instructions: (i) This worksheet has four sections — A, B, C and D. (ii) All questions are compulsory; Sections C and D have internal choice. (iii) Read each question carefully before answering.

SECTION A

Q1: Choose the correct option.

(10 × 1 = 10)

I) How does scientific knowledge change over time?

- (A) It stays the same once a scientist says it. (B) It keeps changing as we find new facts. (C) It depends only on old textbooks. (D) It can never be questioned once taught in school.

II) Riya dips red and blue litmus paper into a fruit juice. The red litmus stays red, and the blue litmus turns red. What kind of juice is it?

- (A) Basic (B) Neutral (C) Acidic (D) A salt solution

III). In a circuit diagram, a zig-zag line usually shows a:

- (A) Switch (B) Cell (C) resistance (D) Wire joint

IV). A torch does not glow even though its switch is closed. The bulb is loose in its holder. What is the reason? [1]

- (A) The cell is fully charged (B) The circuit is not complete (C) The switch symbol is wrong (D) Light cannot pass through glass

V). Which property is usually seen in metals but not in non-metals?

- (A) Malleability (B) Dull look (C) Poor heat conduction (D) Brittleness

VI). A student wants to make electric wires at home. Which material should be used?

- (A) Sulphur, because it is a non-metal (B) Copper, because it conducts electricity well (C) Carbon, because it does not react (D) Rubber, because it bends easily

VII) . Which of these is a chemical change?

- (A) Ice melting (B) Sugar dissolving in water (C) Rusting of an iron nail (D) Cutting paper

VIII) Aman burns one piece of paper and tears another piece into small bits. What is true about these two changes?

- (A) Both are physical changes (B) Both are chemical changes (C) Burning is chemical; tearing is physical (D) Burning is physical; tearing is chemical

IX) Which organ pumps blood around the body in animals?

- (A) Lungs (B) Heart (C) Stomach (D) Kidney

X) After running fast, a person breathes faster. Why does this happen?

- (A) The body needs more oxygen to make energy faster (B) Running damages the lungs (C) The heart stops working while running (D) Muscles stop needing oxygen while running

SECTION B

Q2. Match Column A with the correct item in Column B.

(1×5=5)

Column A	Column B
1. Litmus paper	(a) Rusting of iron
2. Malleability	(b) Used to test if a substance is acidic or basic
3. Chemical change	(c) Gives electrical energy in a circuit
4. Cell (battery)	(d) Property of metals — can be beaten into sheets
5. Digestion	(e) Breaking down food into simple, usable parts

Q3 . Read the story below. Fill in the blanks.

(1×7=7)

Meera and her brother Arjun were helping their grandmother in the kitchen one Sunday morning. Meera saw that the iron tawa (griddle) left near the sink overnight had turned reddish-brown. Grandmother said this happens because of a slow _____ (i) _____ change called rusting, which is hard to reverse. While cooking, Arjun squeezed a lemon into the dal,

and its sour taste showed that lemon is _____ (ii) _____ in nature, unlike the baking soda in the shelf, which is _____ (iii) _____ in nature. Later, the lights flickered, and their father checked the switchboard. He found a loose _____ (iv) _____ in the circuit was stopping the current from flowing. He fixed it with copper wire because copper is a good _____ (v) _____ of electricity. After lunch, Arjun's stomach rumbled, and grandmother said food breaks down into simple parts during _____ (vi) _____ so the body can use it for energy. That evening, the family talked about how, just like their kitchen, science itself keeps _____ (vii) _____ as people observe and ask questions about the world.

Word bank (use each word once): chemical • acidic • basic • wire/connection • conductor • digestion • changing

SECTION C

Q4. Answer any ONE part for each question.

(4x4= 16)

- I) Give two examples of scientific ideas that changed later because of new evidence. What does this tell us about science? [4]

OR

Why do scientists keep testing and checking old ideas again and again? Explain with one example.

- II) You have three unlabelled solutions — one acidic, one basic, one neutral. Explain step by step how you would use litmus paper to find out which is which. [4]

OR

What is litmus paper, and how does its colour change help us know if a substance is acidic or basic? Give one example of each.

- III) A shopkeeper wants a material for cooking pots and another for electric switches. Suggest a metal and a non-metal for these uses and give reasons. [4]

OR

List three differences between metals and non-metals. Give one everyday example of each.

- IV) Explain in simple words how respiration helps an animal get energy from food. Why does a person breathe faster after running? [4]

OR

Name two organs used in respiration in animals and explain what each one does.

SECTION D

Q5. Answer any ONE part for each question.

(5x2=10)

- I) Aastha was trying to light a bulb using a cell, connecting wires and a switch. At first, the bulb did not glow because the switch was open. When she closed the switch, the bulb started glowing. Later, one connecting wire became loose and the bulb stopped glowing.

Answer the following questions:

(a) Draw a simple circuit diagram showing a cell, switch and bulb connected in series. [2]

(b) What happens when Aastha closes the switch? Why? [1]

(c) Why did the bulb stop glowing when one connecting wire became loose? Explain using the idea of a complete circuit. [2]

OR

Aarav ate a meal containing chapati, vegetables and milk. The food entered his mouth, where it was chewed and mixed with saliva. It then travelled through the food pipe to the stomach. After digestion, the nutrients were absorbed into the blood through the walls of the small intestine.

Answer the following questions:

(a) Name the process of breaking down complex food into simpler substances. [1]

- (b)** Why is chewing food properly important for digestion? [1]
- (c)** Name the organ where most nutrients are absorbed. [1]
- (d)** Explain the role of the small intestine in the process of digestion and absorption. [2]

II). During a science activity, students observed different changes in their daily life. One student boiled water to make tea, another melted wax while making a candle, and during a celebration, a candle was burned. They also noticed that milk kept outside for a long time turned sour.

Answer the following questions:

- (a)** Identify any two physical changes from the case study and give one reason for each. [2]
- (b)** Identify any two chemical changes from the case study and give one reason for each. [2]
- (c)** What is the main difference between a physical change and a chemical change? [1]

OR

A farmer found that the soil in his field had become too acidic. He added a suitable substance to the soil to reduce its acidity. Similarly, when an ant bites a person, a mild basic substance may be used to provide relief because the ant bite contains an acidic substance.

Answer the following questions:

- (a)** What type of substance should the farmer add to acidic soil? [1]
- (b)** Name the process in which an acid reacts with a base. [1]
- (c)** Why can a basic substance provide relief from an ant bite? [1]
- (d)** Explain neutralisation with the help of one daily-life example. [2]