

DESTINY CHRISTIAN SCHOOL

END OF TERM ONE (1) TEST 2019

INTERGRATED SCIENCE GRADE SEVEN

NAME.....

1.We can protect dehydration by ?

- A. running B. sitting C. drinking D. drinking a lot of water

2.Which disease is air borne ?

- A. Tb B. Malaria C. Measles D. Cholera

3.What is the liquid part of the blood called ?

- A. Platelets B. White C. White blood cell D. Plasma

4.What do we call the alter layer of the skin?

- A. Dermis B. epidermis C. Nerve ending D. Alter most

5.What food nutrients do we mainly get from fruits and vegetables?

- A. carbohydrates B. fruits C . Vitamins D. Proteins

6. We should always eat clean food to.....

- A. Avoid getting choiced B. Avoid getting diseases
C. Help digestion of food D. Prevent constipation

7.Having a sexual act without a condom is known as.....

- A. Safe sex B. Protected sex C. Unprotected sex D. Sour sex

8.Aids is caused by

- A. Bacteria B. Virus C. Germs D. Mosquito

9.What is the difference between a virus and bacteria In terms of size?

- A. A virus is small while a bacteria is bigger than a virus B. Virus is 2cm while a bacteria is 4cm

C.A bacteria is small and a virus is bigger

10.Mention one function of the skin

- A.IT has hair B . It has a nerve ending C .It excretes sweat

11.Carbohytrade are foods that are.....?

- A. Gives us energy B. Help us to grow C. Protect us from diseases D . Help us to look health

12.All plants get their heat from.....?

- A. Stars B. Sun C. Moon D. Universal

13.Which of the following is best way to protecting HIV?

- A. Having unprotected sex B. Abstaining from sex
- C. Using a condom when having sex D. Using unfertilized needles
- 14.Name the parts of the skin.....
- A. epidermis and Nerve B. Epidermis and Dermis C. Outermost and Dermis
- 15.What is personal hygiene?.....
- A. Keeping of the body clean B. Wash after touching anything dirt C. Observe personal hygiene
- 16.A person with tooth decay develops a hole in a tooth called a?
- A. Dental cavity B. Tooth decay C. Dentist D. Tooth
- 17.Mention the effects of lightening creams on the skin?.....
- A. Lightening cream damages the skin B. people looking beautiful C. Helps the body look nice
- 18.Name two health effects of substance abuse ?
- A. Dropping out of school B. Loss of respect C. Intense sleepiness
- 19.Mention one behaviour that can cause one to lose respect in society
- A. Insomnia B. Fighting between husband and wife C. Substance abuse
- 20.The heart in the human body acts
- A. Pump B. Machine C. Transport D. Bridge
- 21.State any two skin disease.....?
- A. ring worms B. athlete's foot and HIV C. Bed sore and tooth cavity
- 22.Why are medicated soap important?
- A. It helps to kill germs and treat skin infection B. It is used for bathing
- C. It is clean the hair D. Makes us look nice
- 23.The process of replacing water in the body is known as.....?
- A. Dehydration B. Rehydration C. Fluids D. Filtration
- 24.Name the five main groups in foods.
- A. Carbohydrate, Proteins, Fats, Minerals and Vitamins B. Fish, Beans, Salt, Nuts and Butter
- C. Animals, Plants, Minerals and Vitamins D. Fruits, Sugar cane, Sweet potatoes and Vegetables
- 25.What is bad feeding called...?
- A. Proteins deficiency B. Kwashiorkor C. Malnutrition D. Deficiency diseases
- 26.What is the function of the skin?
- A. It causes cancer B. It regulates body temperature
- C. Supply the dermis with the food and oxygen D. It supply the body with blood

27.What is the function of the blood ?

- A. All cells need blood
- B. It carries nutrients around the body
- C. Receives oxygen
- D. Is made red and white blood cells

28.Which of the these cannot dissolve in water?

- A. Salt
- B. Sugar
- C. Soda
- D. Charcoal

29.Free movement of air in the room is called

- A. Ventilation
- B. Movement
- C. suffocation
- D. Drug

30.Air that we breath contain more that carbon dioxide.

- A. Oxygen
- B. Carbon dioxides
- C. Nitrogen

31.Failure to sleep especially at night is known as.....?

- A. Insomnia
- B. Sleeping sickness
- C. Malaria
- D. Cholera

32.Playing with live wire can cause

- A. Death
- B. Sickness
- C. Diseases
- D. Dream

33.Malaria can be prevented by?

- A. Washing cloths everyday
- B. sweeping everyday
- C. Sleeping under a mosquito net
- D .Bathing everyday

34.The HIV VIRUS attacks system

- A. Circulation
- B. Immune
- C. Nervous
- D. Respiratory

35.Identify the layers on the skin on the diagram

OIL GRAND	SWEAT GLAND	BLOOD CAPILARY	HAIR FOLICLE
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