7th Grade Science Exam - Health & Biology

Section A: Multiple Choice (Choose the correct answer)

1. What is the health triangle? a) Types of diseases b) Balance of physical, mental, social health c) Nutrition plan d) Exercise routine

2. Which factor affects health? a) Genetics b) Color c) Shape d) Size

3. What is an endemic disease? a) Global spread b) Constant in a region c) Sudden increase d) None

4. What is respiration? a) Digestion b) Movement c) Gas exchange d) Thinking

5. What are macronutrients? a) Needed in small amounts b) Needed in large amounts c) Only vitamins d) Only minerals

6. Which is an STI? a) Malaria b) Dengue c) Gonorrhea d) Chagas

Section B: Short Answer

7. Define nutrition.

8. What is the immune system?

9. Name two examples of STIs.

10. What is an epidemic disease?

Section C: Matching

Column A	Column B
11. Genetics	a. Protection system
12. Immune System	b. Hereditary traits
13. Micronutrients	c. Needed in small amounts
14. Macronutrients	d. Needed in large amounts

Section D: Critical Thinking

15. Explain the difference between epidemic and pandemic diseases.

16. How do lifestyle choices affect your health? Give examples.

LIVEWORKSHEETS

17. Explain how the body defends itself against diseases.

Answer Key (Teacher)

1-b, 2-a, 3-b, 4-c, 5-b, 6-c

7. Nutrients needed for body function.

8. System that defends the body.

9. Example: Gonorrhea, Herpes

10. Sudden increase in cases

11-b, 12-a, 13-c, 14-d

15-17: Answers may vary (concept-based)

LIVEWORKSHEETS