



LIGHTS

ENGLISH SERIES

GRADE 7

Quizzes

Part 1

Second Term 2025 / 2026

ANSWER KEY

ملف الإجابة

PREPARED BY

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Name:

Class: 7

QUIZ 1

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. Eating healthy food and drinking enough water gives you more			
a) crop	b) strength	c) region	d) flood
2. If you want to win the race, you must every day.			
a) train	b) occur	c) release	d) disturb
3. My grandfather is a very person. He never gets angry.			
a) coastal	b) native	c) calm	d) chemical
4. Please hold the baby so he does not fall.			
a) securely	b) mainly	c) deeply	d) mentally

B. Read the following passage and answer the questions: (4 marks)

Read the following passage then answer the questions:

Healthy habits are daily choices that greatly impact our well-being. Eating a balanced diet provides essential fuel for our bodies. Regular physical activity strengthens our heart and reduces stress. Getting enough sleep allows our bodies to repair and our minds to rest. When we make these positive choices, we build a strong foundation for a vibrant life.

The effects go beyond physical health. Active people often report more mental clarity and a positive outlook. A healthy body supports a healthy mind, making it easier to face daily challenges and **academic** pressures. This boosts our confidence and performance at school or work. Investing in healthy habits leads to a longer, happier, and more fulfilling life.

**Choose the correct answer:****1. What is the best title for this passage?**

- a) The Importance of Sleep Only
- b) How to Build Muscle Fast
- c) How Healthy Habits Improve Our Lives**
- d) Different Types of Diets

2. The underlined word "academic" in the second paragraph is closest in meaning to:

- a) Physical
- b) Social
- c) Financial
- d) Educational**

Answer the following questions:**3. According to the passage, what does regular physical activity do for the body?**

According to the passage, regular physical activity **strengthens our heart and reduces stress.**

4. Why does the author say healthy habits are "daily choices"?

The author says healthy habits are "daily choices" because **they are actions we decide to take every day that greatly impact our well-being.**



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QUIZ 2

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. A good helps his team work together and win games.			
a) flood	b) creature	c) leadership	d) nutrient
2. Plants cannot well if they do not get enough sunlight.			
a) dry up	b) disappear	c) grow	d) store
3. The water in this river looks dirty and smells bad. It is			
a) polluted	b) expensive	c) harsh	d) global
4. The teacher asked if I had answered all the questions			
a) further	b) correctly	c) strategically	d) physically

B. Read the following passage and answer the questions: (4 marks)

Read the following passage then answer the questions:

Technology has become an essential part of our daily lives. Smartphones keep us connected to people around the world. The internet gives us instant access to information and entertainment. In schools, students use tablets and laptops to learn in new and exciting ways. At home, smart devices can control lights, music, and even order groceries for us. These tools make life more convenient and efficient than ever before.

Looking ahead, the future of technology holds even more amazing possibilities. Self-driving cars will soon be common on our roads. Doctors may use tiny robots to perform **complex** surgeries inside the body. Artificial intelligence will help solve big problems like climate change. However, we must also be careful. As technology advances, we need to use it wisely and responsibly to ensure it benefits everyone equally.

**Choose the correct answer:**

1. What is the best title for this passage?

- a) How Smartphones Are Made
- b) The Dangers of Artificial Intelligence
- c) Technology: Our Present and Our Future**
- d) The History of the Internet

2. The underlined word "complex" in the second paragraph is closest in meaning to:

- a) Simple
- b) Dangerous
- c) Complicated**
- d) Quick

Answer the following questions:

3. According to the passage, how do students use technology in schools today?

According to the passage, students use technology in schools today **by using tablets and laptops to learn in new and exciting ways.**

4. Why does the author say we must be careful as technology advances?

The author says we must be careful as technology advances because **we need to use it wisely and responsibly to ensure it benefits everyone equally.**



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QUIZ 3

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. Too much before an exam can make it hard to sleep.			
a) victory	b) distance	c) habitat	d) stress
2. Farmers work hard to food for everyone to eat.			
a) repair	b) depend on	c) produce	d) suffer
3. My phone was very It cost me my whole month's salary.			
a) main	b) steady	c) sharp	d) expensive
4. After the long hike, she was exhausted and went straight to bed.			
a) completely	b) mainly	c) strategically	d) securely

B. Read the following passage and answer the questions: (4 marks)

Read the following passage then answer the questions:

Artificial Intelligence, or AI, is becoming a big part of our world. Simply put, AI allows machines to think and learn like humans. You use it every day without even realizing it. When Netflix suggests a show you might like, or when your phone corrects your typing, that is AI at work. Virtual assistants like Siri and Alexa also use AI to answer questions and follow commands. It makes technology smarter and more helpful.

In the future, AI will change many parts of our lives. Doctors will use it to find diseases earlier and save more lives. In factories, AI-powered robots will handle dangerous tasks, keeping people safe. Self-driving cars will use AI to navigate roads without human help. However, AI also raises important questions about jobs and privacy. We must learn to use this powerful tool **responsibly** to create a better future for everyone.



Choose the correct answer:

1. What is the best title for this passage?

a) How to Program a Computer

b) The History of Netflix

c) AI: How We Use It Now and Later

d) Different Types of Robots

2. The underlined word "responsibly" in the second paragraph means:

a) In a careful way

b) In a fast way

c) In a loud way

d) In an expensive way

Answer the following questions:

3. According to the passage, what are two examples of how people use AI today?

According to the passage, two examples of how people use AI today are **Netflix suggesting a show they might like** and **virtual assistants like Siri answering questions**.

4. Why does the author say AI raises important questions about jobs?

The author says AI raises important questions about jobs because **AI-powered robots may handle tasks currently done by humans, which could affect employment opportunities**.



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QUIZ 4

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. The in this desert is very high during the day and very low at night.			
a) crop	b) temperature	c) teammate	d) growth
2. It takes time to from a serious illness.			
a) adapt	b) recover	c) store	d) control
3. The conditions in the mountains make it hard for plants to grow.			
a) steady	b) dynamic	c) harsh	d) chemical
4. I agree with you Your idea is 100% right.			
a) physically	b) deeply	c) completely	d) severely

B. Read the following passage and answer the questions: (4 marks)

Read the following passage then answer the questions:

Helping others is one of the most valuable things a person can do. When we assist someone in need, whether by holding the door or listening to a friend, we create positive connections. These small acts of kindness cost nothing but mean everything. They build trust and friendship between people. For the individual, helping feels good. It gives us a sense of purpose and happiness that money cannot buy.

For the community, the effects are even greater. When people work together to help each other, neighborhoods become stronger and safer. A community that supports its members is a place where everyone can **prosper**. Local food banks, volunteer groups, and charity events all depend on people who care. These efforts reduce loneliness and ensure no one is left behind. Ultimately, a helping hand makes both the giver and the receiver better, creating a world we all want to live in.

**Choose the correct answer:**

1. What is the best title for this passage?

a) How to Start a Food Bank

b) Why Helping Others Helps Everyone

c) The Best Ways to Make Money

d) Living Alone in the City

2. The underlined word "prosper" in the second paragraph means:

a) Struggle

b) Succeed

c) Leave

d) Sleep

Answer the following questions:

3. According to the passage, how does helping others make the individual feel?

According to the passage, helping others makes the individual feel **a sense of purpose and happiness that money cannot buy.**

4. Why does the author say a helping hand makes "both the giver and the receiver better"?

The author says a helping hand makes "both the giver and the receiver better" because **it creates a world we all want to live in.**



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QUIZ 5

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. The doctor said that getting enough sleep is essential for maintaining mental			
a) failure	b) well-being	c) drought	d) crop
2. The high of vehicles in the city center causes major traffic jams			
a) concentration	b) emotion	c) victory	d) courage
3. The coastal city is preparing for the storm that is predicted to arrive tonight.			
a) native	b) steady	c) harsh	d) unfair
4. The old man was injured in the accident and was taken to the hospital.			
a) correctly	b) severely	c) strategically	d) completely

B. Read the following passage and answer the questions: (4 marks)

Read the following passage then answer the questions:

A true friend is one of life's greatest treasures. First, a good friend is honest. They tell you the truth even when it is hard to hear. Second, they are loyal and stand by your side during difficult times. When you make mistakes, they do not judge you. Instead, they offer support and encouragement. A true friend also knows how to listen. They care about your feelings and celebrate your successes as if they were their own.

Another important quality is trust. With a true friend, you can share your secrets without fear. They will never use your words against you. True friends also bring out the best in you. They inspire you to grow and become a better person. In a world that can sometimes feel lonely, having someone who truly understands you is **invaluable**. These friendships last a lifetime and make every day brighter.



Choose the correct answer:

1. What is the best title for this passage?

a) How to Make Money Fast

b) What Makes a Good Friend

c) The History of Friendship

d) Why People Argue

2. The underlined word "invaluable" in the second paragraph means:

a) Not useful

b) Extremely useful

c) Very cheap

d) Always late

Answer the following questions:

3. According to the passage, what are two qualities of a true friend?

According to the passage, two qualities of a true friend are **honesty and loyalty**.

4. Why does the author say true friends "bring out the best in you"?

The author says true friends "bring out the best in you" because **they inspire you to grow and become a better person**.



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QUIZ 6

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. Regular exercise and a balanced diet can significantly increase your physical			
a) stress	b) strength	c) drought	d) failure
2. The government wants to slow down rapid population in cities			
a) flood	b) courage	c) growth	d) distance
3. The weather is so that we never know if it will rain or shine.			
a) expensive	b) unpredictable	c) individual	d) chemical
4. After a long day at work, I slept and woke up feeling great.			
a) deeply	b) mainly	c) further	d) mentally

B. Read the following passage and answer the questions: (4 marks)

Read the following passage then answer the questions:

The giant panda is one of the most beloved animals in the world. With its distinctive black and white fur, it is easily recognized. Pandas live in the mountain forests of China, where they spend most of their time eating bamboo. An adult panda can consume up to 40 pounds of bamboo each day! Despite their large size, they are gentle creatures who rarely harm others. They are shy and prefer to live alone in the wild.

Sadly, giant pandas are also very rare. Their natural habitat has been reduced by human activity, making it hard for them to find food and raise their young. For many years, they were considered an endangered species. However, thanks to strong conservation efforts in China, their numbers are slowly increasing. Protecting these gentle animals and their forests is **crucial** for future generations. The giant panda remains a powerful symbol of wildlife preservation worldwide.



Choose the correct answer:

1. What is the best title for this passage?

- a) The History of China
- b) All About the Giant Panda**
- c) How to Cook Bamboo
- d) Different Types of Bears

2. The underlined word "crucial" in the second paragraph means:

- a) Minor
- b) Important**
- c) easy
- d) Funny

Answer the following questions:

3. According to the passage, what do giant pandas spend most of their time doing?

According to the passage, giant pandas spend most of their time **eating bamboo**.

4. Why does the author say pandas were considered an endangered species for many years?

The author says pandas were considered an endangered species for many years because **their natural habitat was reduced by human activity, making it hard for them to find food and raise their young**.



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MINI QUIZ 7

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. A good leader must have the to make difficult decisions during a crisis.			
a) courage	b) habitat	c) temperature	d) teammate
2. The between my house and the nearest school is about two kilometers.			
a) region	b) condition	c) distance	d) crop
3. In a team, every player has a different role to play.			
a) expensive	b) polluted	c) individual	d) coastal
4. Please write your name on the test paper.			
a) securely	b) correctly	c) physically	d) unfairly

MINI QUIZ 8

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. The of many bird species is threatened by the destruction of forests.			
a) victory	b) habitat	c) emotion	d) decision
2. Plants need sunlight, water, and a steady supply of from the soil to grow.			
a) nutrients	b) creatures	c) movements	d) temperatures
3. The library is a place to read and study.			
a) calm	b) harsh	c) expensive	d) unfair
4. After the flood, the region was damaged, and many people lost their homes.			
a) mentally	b) further	c) severely	d) securely



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MINI QUIZ 9

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. Lack of rain for many months has led to a severe _____ that is destroying the crops.			
a) flood	b) drought	c) stress	d) victory
2. The coach praised the team for their excellent _____ on the field during the final match.			
a) area	b) tiredness	c) drought	d) movement
3. It is _____ to judge someone's abilities without giving them a chance to perform.			
a) expensive	b) proper	c) unfair	d) dynamic
4. The two countries are working on plans that benefit both sides			
a) strategically	b) completely	c) further	d) mentally

MINI QUIZ 10

A. Choose the correct answer from a, b, c, or d: (2 marks)

1. Making the right _____ at the right time is a key skill for any business leader.			
a) zone	b) failure	c) temperature	d) decision
2. The _____ of the ocean affects the weather in coastal regions.			
a) temperature	b) teammate	c) emotion	d) area
3. The company is looking for a _____ person who can adapt quickly to new challenges.			
a) expensive	b) polluted	c) dynamic	d) chemical
4. He was _____ exhausted after training for the marathon for six months.			
a) securely	b) physically	c) further	d) correctly