This is a Class 1 exam

Lebanon Evangelical School for Boys and Girls

Lebanon Evangelical School
for Boys and Girls
Loueizeh - Baabda

Stage Exam 01

17FEB2025

Do NOT write in this box. Your MARK will be placed here.

Subject :	Life Science
Class :	7A, 7B, 7C and 7E
Teacher :	Hazar Al Gharib
Duration :	1 hour

Please write your answers on a separate sheet of paper NOT on the question sheet.

You are to answer the questions to this exam on : Lined paper

Your name :		*Time taken to complete exam*
Your Class :		
Exam Room :		
How many sheets, including cover sheet :		

- Do not open this paper until the teacher in charge instructs you to do so.
- The most important thing to remember in taking an exam is NEVER PANIC.
- If you are caught cheating in this exam, you will be awarded zero for ALL exams that are taken on this day.

I- Identify the letter of the choice that best completes or answers the statement. (1pt. each)

1. Hormones help your body by:

A. telling your cells what to do.
B. helping you breathe.
C. sending nerve messages.
D. digesting food.

2. Organ of the endocrine system which produces and releases hormones.

A. Hormones
B. Homeostasis
C. Targeted organ
D. Endocrine gland

3. All choices apply for the endocrine system except for:

A. Send chemical signals to target organs
B. Chemical signals travel slower than nerve signals
C. Chemical signals travel in blood
D. Processes information about the body's internal and external environments

4. The process by which an organism's internal environment is kept stable in spite of changes in the external environment is defined by _____.

A. Endocrine glands
B. Targeted organs
C. Homeostasis
D. Hormones

5. What hormone does the pancreas make?

A. Adrenaline
B. Insulin
C. Growth hormones
D. Sugar

6. Which of the following is not part of the endocrine system?

A. Thyroid
B. Appendix
C. Pancreas
D. Pituitary

7. Which gland makes hormones that help you grow and stay full of energy?

A. Thyroid
B. Adrenal
C. Muscle
D. Pituitary

8. What is your largest endocrine gland? Hint: It's found in your belly!

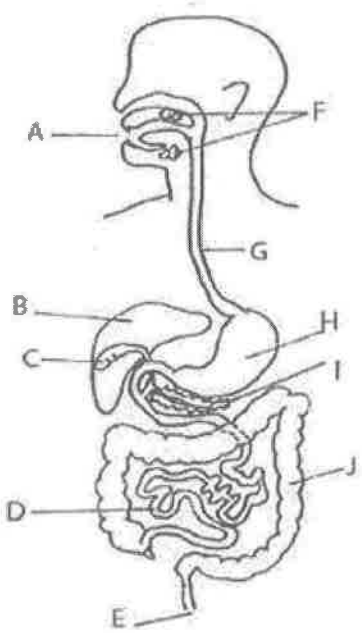
A. Adrenal
B. Tummy
C. Pituitary
D. Pancreas

9. What is the function of the endocrine system?

A. Growing and developing
B. Maintaining homeostasis
C. Responding to stress
D. All of the choices

II- Digestive System. (1pt. each)

The figure aside shows the human digestive system.



1. Label each letter in the figure with the name of the part of the digestive system that it represents. (from letter A to letter J).

2. List, in the correct order, the parts of the digestive system that make up the digestive tube.

3. Explain why the organ labelled with letter B is described as an accessory organ of the digestive system and not as a part of the digestive tube.

4. Fill in each blank with the suitable word. Note that some blanks may be filled with **more than one** word.

Digestion is the process where __a.__ food particles are broken down into smaller water-soluble molecules that can be absorbed by __b.__ and delivered to all the body parts.

Bile is made in the __c.__, stored in the __d.__, and released into the __e.__.
Its job is to break down __f__.

Solid waste (poop) is stored in the __g.__.

The __h.__ changes swallowed food into fluids.

Digesting food begins in the __i.__.

Chemical digestion happens in the __j.__.

Nutrients are absorbed by the body through the __k.__, while excess water from the waste material is absorbed by the body through the __l.__.

5. Explain the role of the digestive system in excretion.

III- High Calorie-Low Nutrition Meals (1pt. each)

1. Define 1 Calorie.

The boxes below represent two lunch meals, and the table represents the number of Calories each meal item will provide your body with.

First Lunch Meal

Chicken nuggets

Onion rings

Soda

Second Lunch Meal

Cheese burger

Fries

Soda

Food	Calories
Fries	100
Soda	320
Chicken nuggets	208
Cheeseburger	310
Onion rings	320

2. Add up to see the total number of Calories provided by first lunch meal. (Show your work).

3. Add up to see the total number of Calories provided by second lunch meal. (Show your work).

4. Indicate whether the first or second lunch meal will provide your body with more energy. Explain your answer.

5. Explain why the above two lunch meals are low in nutritional values.

6. Do the above meals provide your body with insoluble fibers? Explain your answer.

7. If you have constipation, do the above lunch meals treat it? Explain your answer.

IV- Nutrients and Nutrition Labels (1pt. each)

1. Define nutrients.

2. What are the types of nutrients?

3. Read and compare the nutritional information from the following two snack items to answer by true or false. If false, correct the underlined word(s).

Item A- Fruit & Nut Trail Mix

Nutrition Facts
Serving Size 1/3 cup (44g)
Servings Per Container about 21

Amount Per Serving	
Calories 170	Calories from Fat 40
	% Daily Value*
Total Fat 4.5 g	**7%**
Saturated Fat 2 g	11%
Trans Fat 0 g	**0%**
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Total Carbohydrate 31 g	10%
Dietary Fiber 2 g	8%
Sugars 22 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

Item B – Pretzel Twists

Nutrition Facts
Serving Size 1 oz. (About 8 pretzels)
Servings Per Container about 10

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1 g	**1%**
Saturated Fat 0 g	0%
Trans Fat 0 g	**0%**
Cholesterol 0 mg	0%
Sodium 230 mg	10%
Total Carbohydrate 23 g	8%
Dietary Fiber 1 g	4%
Sugars 3 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

a. Nutritional labels on food packages show the amount of <u>water</u> in that food.

b. Item A has <u>less</u> sugars per serving.

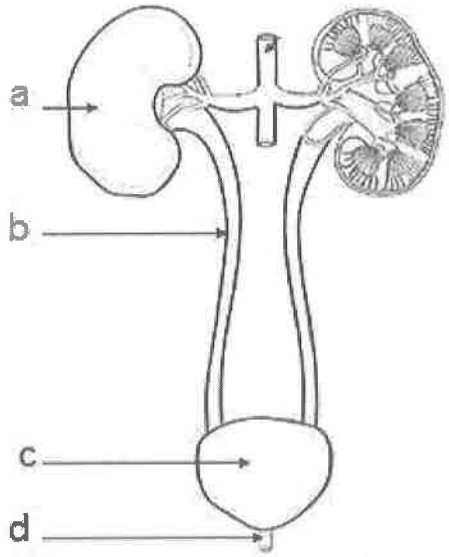
c. Item B has the <u>more</u> sodium per serving.

d. The percentage of the recommended daily allowance of total fat in a serving of <u>item B</u> is 7%.

e. Items A and B provide <u>unequal</u> amounts of protein per serving.

V- Excretory System. (1pt. each)

1. Name the system represented in the diagram aside.



2. Label the diagram of the system (from a to d).

3. Put the right term for each given definition.

a. The system that expels wastes outside the body.

b. The organ that filters the blood and separates the waste and water.

c. The combinate of urea, inorganic salts and water.

d. The two tubes through which liquid waste goes down.

e. The organ that stores liquid waste in the body until full.

f. The tube that releases liquid waste outside the body.

4. State two ways to keep your kidneys healthy.

5. Fill in the table with the missing information.

Name of the organ	**The waste it releases**
a.	Carbon dioxide and water vapor
Skin	b.
c.	Urea and excess water and salts
d.	Feces (solid waste)

SE01/20242025/LifeScience/7ABCE /73

(9)

Ex.I 1. A 2. D 3. D 4. C
5. B 6. B 7. D 8. D
9. D

Ex.II 1. A. mouth B. Liver C. gall bladder
D. small intestine E. rectum
F. salivary glands G. Esophagus
H. Stomach I. Pancreas
J. Large intestine (10)

2. mouth_esophagus_stomach_small intestine_Large intestine_rectum (6)

3. It is not part of the digestive tube because food doesn't pass through it, but it helps in digesting food by producing enzymes and that is why it is described by an accessory organ of the digestive system. (1)

4. a. large / insoluble
b. blood
c. liver
d. gall bladder
e. small intestine
f. fats
g. rectum
h. stomach
i. mouth
j. mouth, stomach, small intestine
k. small intestine
l. Large intestine. (14)

5. Some foods travel through the entire digestive tube without being digested or absorbed. These foods leave the body

as solid wastes through the rectum, a part of the digestive system. (1)

Ex. III 1. 1 Calorie is the amount of energy it takes to raise the temperature of 1 kg of water by 1°C. (1)

2. . 208 + 320 + 320 = 848 Calories (1)
3. . 310 + 100 + 320 = 730 Calories. (1)

4. First lunch meal, because it has more Calories. (1)

5. Because they don't provide us with all the nutrients that our body requires to grow healthy. (1)

6. No, because they don't contain fruits, vegetables, or seeds. (1)

7. No, because they lack insoluble fibers that soften the stool. (1)

Ex. IV 1. Nutrients are the parts of food used by the body to grow and survive. (1)

2. Proteins, fats, carbohydrates, vitamins, and minerals are all nutrients. (2.5)

3. a. False, nutrients
b. False, more

c. True
d. False, item A
e. False, equal (4.5)

II 1. Urinary system (1)

2. a. kidney b. ureter
c. urinary bladder d. urethra (4)

3. a. Excretory system
b. kidney
c. urine
d. ureters
e. urinary bladder
f. urethra (6)

4. Drink water and stay hydrated
Follow a balanced diet. (2)

5. a. Lungs b. sweat
c. kidneys d. rectum (4)