

FREE PRACTICE PACK · EDITION 1

# Class 3 Science Olympiad practice

**16 original questions + explained answers**

For students preparing for SOF ISO.

## Inside this pack

Eight topic-practice questions and an eight-question, 15-minute mini-mock.

## Topics selected for practice

- Plants and animals
- Body and health
- Materials and forces
- Light, sound and environment

## How to use it

Try the practice first. Complete the mini-mock in one sitting. Check the explanations, mark mistakes, and retry them the next day.

This pack covers selected topics. It is original BodhiScore material, independent of SOF, and is not an official paper or a full-length exam. Check the official syllabus for the complete scope.

## Topic practice

Work through these eight questions without a timer. Explain your choice before checking the solutions.

### 1. Plants and animals

A plant's leaves are covered with dust. Why might wiping them help?

- |                                           |                                          |
|-------------------------------------------|------------------------------------------|
| <b>A.</b> It creates rain                 | <b>B.</b> It changes leaves into flowers |
| <b>C.</b> More light can reach the leaves | <b>D.</b> The roots grow in the air      |
- 

### 2. Body and health

After running, your breathing becomes faster. Why?

- |                                   |                                            |
|-----------------------------------|--------------------------------------------|
| <b>A.</b> Your ears need air      | <b>B.</b> Working muscles need more oxygen |
| <b>C.</b> Your bones need to melt | <b>D.</b> Your body stops using energy     |
- 

### 3. Materials and forces

Which change is easiest to reverse?

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| <b>A.</b> Wood being cut into sawdust | <b>B.</b> Ice melting into water |
| <b>C.</b> Paper burning to ash        | <b>D.</b> An egg cooking         |
-

## Topic practice (continued)

### 4. Light, sound and environment

A book blocks sunlight from a wall. What forms behind it?

- |                     |                    |
|---------------------|--------------------|
| <b>A.</b> A sound   | <b>B.</b> A magnet |
| <b>C.</b> A rainbow | <b>D.</b> A shadow |
- 

### 5. Plants and animals

A cactus has thick stems and small spines. How can these help in a dry place?

- |                                             |                        |
|---------------------------------------------|------------------------|
| <b>A.</b> Store water and reduce water loss | <b>B.</b> Catch fish   |
| <b>C.</b> Make snow                         | <b>D.</b> Absorb sound |
- 

### 6. Body and health

Which food choice supplies the body with useful energy for play?

- |                           |                           |
|---------------------------|---------------------------|
| <b>A.</b> A balanced meal | <b>B.</b> Only sweets     |
| <b>C.</b> Only salt       | <b>D.</b> No food all day |
-

## Topic practice (continued)

### 7. Materials and forces

A toy car rolls farther on smooth tile than on rough carpet. What best explains this?

- |                                        |                                            |
|----------------------------------------|--------------------------------------------|
| <b>A.</b> Carpet creates more friction | <b>B.</b> Tile pulls the car with a magnet |
| <b>C.</b> Carpet has no gravity        | <b>D.</b> Tile makes the car lighter       |
- 

### 8. Light, sound and environment

You see lightning before hearing thunder. Why?

- |                                           |                                                  |
|-------------------------------------------|--------------------------------------------------|
| <b>A.</b> Sound cannot travel outdoors    | <b>B.</b> Lightning makes no light               |
| <b>C.</b> Light travels faster than sound | <b>D.</b> Thunder happens first but is invisible |
-

## Timed mini-mock

Set a 15-minute timer for these eight questions. Score 1 point per correct answer; there is no penalty for an incorrect answer. This is BodhiScore's practice scoring.

### 9. Plants and animals

A young plant is watered but kept in a sealed dark box. Which resource is missing for healthy growth?

- |                 |                   |
|-----------------|-------------------|
| <b>A.</b> Light | <b>B.</b> Gravity |
| <b>C.</b> Sound | <b>D.</b> Metal   |
- 

### 10. Body and health

Which body part protects the brain?

- |                 |                   |
|-----------------|-------------------|
| <b>A.</b> Knee  | <b>B.</b> Fingers |
| <b>C.</b> Skull | <b>D.</b> Ribs    |
- 

### 11. Materials and forces

A magnet is brought near an iron paper clip. What is likely to happen?

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| <b>A.</b> Nothing can ever happen | <b>B.</b> The clip is attracted  |
| <b>C.</b> The clip dissolves      | <b>D.</b> The clip turns to wood |
-

## Timed mini-mock (continued)

### 12. Light, sound and environment

Which action reduces waste most directly?

- A.** Leave litter outside
  - B.** Reuse a clean jar
  - C.** Throw every jar away
  - D.** Use a new bag for each item
- 

### 13. Plants and animals

A bird has a hooked beak and sharp claws. Which food is it especially adapted to catch?

- A.** Seeds only
  - B.** Grass roots
  - C.** Small animals
  - D.** Nectar from deep flowers
- 

### 14. Body and health

A child feels thirsty after a hot game. What should they do?

- A.** Avoid all fluids
  - B.** Wear more layers
  - C.** Run harder
  - D.** Drink safe water and rest
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## Timed mini-mock (continued)

### 15. Materials and forces

You push a heavy box but it does not move. What can you infer?

- |                               |                                                       |
|-------------------------------|-------------------------------------------------------|
| <b>A.</b> There is no gravity | <b>B.</b> The box has no mass                         |
| <b>C.</b> The floor is liquid | <b>D.</b> Your push is not overcoming opposing forces |
- 

### 16. Light, sound and environment

A loud speaker is moved farther away. How does its sound usually seem?

- |                   |                          |
|-------------------|--------------------------|
| <b>A.</b> Louder  | <b>B.</b> More colourful |
| <b>C.</b> Heavier | <b>D.</b> Quieter        |
-

# Answers and explanations

Check why the answer works, then retry any question you missed.

## 1. C - More light can reach the leaves

Clean leaves can receive more light for making food.

## 2. B - Working muscles need more oxygen

Active muscles use more oxygen, so breathing rate increases.

## 3. B - Ice melting into water

Water can be cooled to freeze back into ice.

## 4. D - A shadow

An opaque book blocks light and creates a shadow.

## 5. A - Store water and reduce water loss

Thick stems store water; spines reduce exposed leaf area.

## 6. A - A balanced meal

A balanced meal provides nutrients and energy the body needs.

## 7. A - Carpet creates more friction

Rough carpet produces more friction opposing the car's motion.

## 8. C - Light travels faster than sound

Light reaches you much faster than the sound from the same storm.

## Answers and explanations (continued)

### 9. A - Light

Plants need light to make food, as well as water and air.

### 10. C - Skull

The skull is a hard bone structure surrounding the brain.

### 11. B - The clip is attracted

Iron is a magnetic material and is attracted to a magnet.

### 12. B - Reuse a clean jar

Reusing an item extends its life and reduces waste.

### 13. C - Small animals

Hooked beaks and sharp claws help birds of prey catch animals.

### 14. D - Drink safe water and rest

Water replaces fluid lost during activity, and rest helps the body recover.

### 15. D - Your push is not overcoming opposing forces

Static friction and the box's resistance balance the push until sufficient force is applied.

### 16. D - Quieter

Sound generally becomes quieter as you move farther from its source.

Topic scope checked against SOF syllabus: [SOF ISO Class 3 syllabus](#)