

FREE PRACTICE PACK · EDITION 1

Class 4 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, 20-minute mini-mock.

Topics selected for practice

- Plants and ecosystems
- Human body and health
- Matter and energy
- Forces, Earth 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 ecosystems

A plant is kept in sunlight but not watered for many days. What is most likely?

- | | |
|--------------------------------|----------------------------------|
| A. It wilts | B. It grows without limit |
| C. It becomes an animal | D. It makes its own water |
-

2. Human body and health

Food travels from the mouth toward the stomach through which tube?

- | | |
|----------------------|--------------------|
| A. Oesophagus | B. Vein |
| C. Nerve | D. Windpipe |
-

3. Matter and energy

A metal spoon left in hot soup becomes warm. How did heat reach its handle?

- | | |
|--------------------------|--|
| A. Magnetism | B. Conduction through the metal |
| C. Photosynthesis | D. Evaporation only |
-

Topic practice (continued)

4. Forces, Earth and environment

A ball slows down as it rolls across grass. Which force mainly opposes its motion?

- | | |
|--------------------|--------------------|
| A. Light | B. Sound |
| C. Buoyancy | D. Friction |
-

5. Plants and ecosystems

Bees visit flowers and carry pollen between them. What can this help plants do?

- | | |
|--------------------------|------------------------|
| A. Avoid sunlight | B. Stop growing |
| C. Make seeds | D. Absorb rocks |
-

6. Human body and health

Which habit best helps prevent tooth decay?

- | | |
|-------------------------------------|---|
| A. Eat sweets before sleep | B. Never rinse the mouth |
| C. Use teeth to open bottles | D. Brush regularly and limit sugary snacks |
-

Topic practice (continued)

7. Matter and energy

A wet shirt dries on a sunny clothesline. Which process removes the liquid water?

- | | |
|------------------------|--------------------|
| A. Evaporation | B. Freezing |
| C. Condensation | D. Melting |
-

8. Forces, Earth and environment

Why do shadows change length during the day?

- | | |
|--|---|
| A. Objects change their mass | B. Light stops travelling |
| C. The ground turns transparent | D. The Sun's apparent position changes |
-

Timed mini-mock

Set a 20-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 ecosystems

In a food chain grass → rabbit → fox, which organism makes its own food?

- A.** All three
 - B.** Grass
 - C.** Rabbit
 - D.** Fox
-

10. Human body and health

Why does the heart beat faster during exercise?

- A.** To stop breathing
 - B.** To deliver more oxygen-rich blood to active muscles
 - C.** To digest food in the mouth
 - D.** To make bones shorter
-

11. Matter and energy

Which change is caused by cooling water vapour?

- A.** It burns into ash
 - B.** It turns directly into soil
 - C.** It condenses into liquid droplets
 - D.** It becomes a magnet
-

Timed mini-mock (continued)

12. Forces, Earth and environment

A compass needle turns near a magnet. What does this show?

- A.** The magnet is hot
 - B.** Gravity has vanished
 - C.** Magnets can exert a force at a distance
 - D.** The compass produces food
-

13. Plants and ecosystems

A pond loses many insects after pesticide runs off nearby fields. What may happen next to fish that eat them?

- A.** They will need no oxygen
 - B.** The water becomes solid
 - C.** Their food supply may fall
 - D.** They will become plants
-

14. Human body and health

A person breathes out onto a cool mirror and it fogs. What formed the tiny droplets?

- A.** Water vapour condensed
 - B.** Oxygen froze
 - C.** The mirror melted
 - D.** Dust became liquid
-

Timed mini-mock (continued)

15. Matter and energy

Which material is a good electrical conductor for a simple wire?

- A.** Rubber
 - B.** Dry wood
 - C.** Glass
 - D.** Copper
-

16. Forces, Earth and environment

Two identical toy cars roll down the same ramp; one has rough wheels. What is the best prediction?

- A.** The ramp pushes only one car
 - B.** The rough-wheeled car may travel a shorter distance due to friction
 - C.** It must travel farther because it is rough
 - D.** Both lose gravity
-

Answers and explanations

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

1. A - It wilts

Plants need water for healthy growth; without it they wilt.

2. A - Oesophagus

The oesophagus carries swallowed food to the stomach.

3. B - Conduction through the metal

Heat travels through the solid spoon by conduction.

4. D - Friction

Friction between the ball and grass acts against its motion.

5. C - Make seeds

Pollination helps flowering plants form seeds.

6. D - Brush regularly and limit sugary snacks

Brushing removes plaque and limiting sugar reduces decay risk.

7. A - Evaporation

Liquid water changes to water vapour by evaporation.

8. D - The Sun's apparent position changes

The changing direction of sunlight changes a shadow's length and direction.

Answers and explanations (continued)

9. B - Grass

Grass is a plant and produces food using sunlight.

10. B - To deliver more oxygen-rich blood to active muscles

Working muscles need more oxygen, so the heart pumps faster.

11. C - It condenses into liquid droplets

Cooling water vapour can cause condensation into liquid water.

12. C - Magnets can exert a force at a distance

A magnetic force can act without direct contact.

13. C - Their food supply may fall

Fewer insects can mean less prey for insect-eating fish.

14. A - Water vapour condensed

Warm moist breath cools at the mirror, causing water vapour to condense.

15. D - Copper

Copper allows electric current to flow readily.

16. B - The rough-wheeled car may travel a shorter distance due to friction

Greater friction can remove more motion energy and shorten the travel distance.

Topic scope checked against SOF syllabus: [SOF ISO Class 4 syllabus](#)