

FREE PRACTICE PACK · EDITION 1

Class 5 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

- Living systems and health
- Matter and materials
- Energy and 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. Living systems and health

A plant's roots are damaged. Which function is most directly affected?

- | | |
|---|-----------------------------------|
| A. Taking up water from soil | B. Making seeds in flowers |
| C. Catching sunlight with leaves | D. Producing wind |
-

2. Matter and materials

Which method can separate sand from water?

- | | |
|-------------------------------|-----------------------------|
| A. Magnetism | B. Freezing the sand |
| C. Dissolving the sand | D. Filtration |
-

3. Energy and forces

A stretched rubber band is released. What energy mainly makes it move?

- | | |
|-------------------------------|---------------------------------|
| A. Sound energy only | B. Nuclear energy |
| C. Light from the room | D. Stored elastic energy |
-

Topic practice (continued)

4. Earth and environment

Which action helps conserve fresh water at home?

- A.** Pour clean water into the drain
 - B.** Leave leaks unrepaired
 - C.** Turn off the tap while brushing
 - D.** Wash one spoon under a running tap for an hour
-

5. Living systems and health

Why do people need a varied diet?

- A.** Variety stops all illness
 - B.** Different foods provide different nutrients
 - C.** One food contains everything in equal amounts
 - D.** Food replaces the need for air
-

6. Matter and materials

A steel nail attracts to a magnet but a wooden stick does not. What property differs?

- | | |
|-----------------------|-----------------------------|
| A. Length | B. Magnetic response |
| C. Colour only | D. State of matter |
-

Topic practice (continued)

7. Energy and forces

A heavier box needs a stronger push to start moving across the same floor. Which idea best explains this?

- A.** The heavier box has no gravity
 - B.** The floor is pulling upward only
 - C.** Weight creates light
 - D.** More force is needed to overcome friction and start motion
-

8. Earth and environment

Why are trees useful in a town?

- A.** They make soil disappear
 - B.** They prevent every storm
 - C.** They absorb carbon dioxide and provide habitat
 - D.** They remove all oxygen
-

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. Living systems and health

A plant is watered regularly but its leaves are covered from light. Which process is most affected?

- A.** Holding itself upright
 - B.** Making food by photosynthesis
 - C.** Absorbing water through roots
 - D.** Taking in minerals
-

10. Matter and materials

A wet towel dries faster in moving air than in still air. Why?

- A.** Moving air carries water vapour away
 - B.** Wind freezes the towel
 - C.** Air turns water into salt
 - D.** The towel becomes heavier
-

11. Energy and forces

A ball is lifted to a shelf and then released. Before falling, it has more of which energy?

- A.** Gravitational potential energy
 - B.** Sound energy
 - C.** Chemical energy in the shelf
 - D.** Magnetic energy
-

Timed mini-mock (continued)

12. Earth and environment

Rainwater flows over bare soil and carries it away. What can reduce this erosion?

- A.** Making the slope steeper
 - B.** Pouring more water
 - C.** Planting ground cover
 - D.** Removing all roots
-

13. Living systems and health

A food chain is grass -> grasshopper -> frog. If grasshoppers become scarce, what is a likely effect on frogs?

- A.** They may have less food
 - B.** They make more grass
 - C.** They stop needing energy
 - D.** They turn into grasshoppers
-

14. Matter and materials

A cold glass develops water droplets on its outside. Where did the water come from?

- A.** The glass made water atoms
 - B.** The drink passed through the glass
 - C.** Water vapour in the air condensed
 - D.** Water leaked through solid glass
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Timed mini-mock (continued)

15. Energy and forces

Two students push a cart in the same direction with 20 N and 15 N. Ignoring friction, what is the total push?

- | | |
|-----------------|----------------|
| A. 20 N | B. 35 N |
| C. 300 N | D. 5 N |
-

16. Earth and environment

A town separates paper for recycling. What resource does this help save?

- | | |
|--------------------|-----------------------------------|
| A. Sunlight | B. Gravity |
| C. Sound | D. Trees and raw materials |
-

Answers and explanations

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

1. A - Taking up water from soil

Roots absorb water and minerals from soil.

2. D - Filtration

A filter traps insoluble sand while water passes through.

3. D - Stored elastic energy

Stretching stores elastic potential energy, which becomes motion when released.

4. C - Turn off the tap while brushing

Closing the tap avoids wasting water when it is not needed.

5. B - Different foods provide different nutrients

A varied diet can provide the different nutrients needed for health.

6. B - Magnetic response

Steel is attracted to magnets; wood is not a magnetic material.

7. D - More force is needed to overcome friction and start motion

A larger normal force can create greater friction resisting the start of motion.

8. C - They absorb carbon dioxide and provide habitat

Trees take in carbon dioxide and provide food and shelter for organisms.

9. B - Making food by photosynthesis

Photosynthesis requires light, so covering leaves limits food production.

Answers and explanations (continued)

10. A - Moving air carries water vapour away

Removing moist air near the towel allows more water to evaporate.

11. A - Gravitational potential energy

Raising the ball increases its stored gravitational potential energy.

12. C - Planting ground cover

Roots help hold soil together and plants slow runoff.

13. A - They may have less food

Frogs that eat grasshoppers may have less prey available.

14. C - Water vapour in the air condensed

Airborne water vapour cools on the glass and condenses into droplets.

15. B - 35 N

Forces in the same direction add: $20 + 15 = 35$ N.

16. D - Trees and raw materials

Recycling paper reduces demand for fresh wood and other materials.

Topic scope checked against SOF syllabus: [SOF ISO Class 5 syllabus](#)