MeerkatSkool

PRACTICE TEST

Practice test · Term 1
Version 1.6 · 21 October 2026

Natural Sciences and Technology · Grade 6

Life and Living

Term 1 | 7 questions | CAPS-aligned

TOTAL 51 MARKS

NAME AND SURNAME _____ CLASS _____ DATE _____

Instructions

1. This question paper consists of SEVEN questions. Answer all the questions.
2. Answer all the questions on the question paper itself, in the spaces provided.
3. Read each question carefully before you begin writing.
4. Write neatly and legibly. Work that cannot be read cannot be marked.
5. You may use a pencil and a ruler for drawings and diagrams.

Question	Content of the question	Marks	Obtained
1	Multiple choice	4	
2	Matching	4	
3	Short questions	2	
4	Photosynthesis and food webs	10	
5	Ecosystems and adaptations	9	
6	Nutrition and health	6	
7	Nutrition, food processing and the starch test	16	
	Total	51	
	Percentage		%

Free sample · feel free to print and share

This test is a free sample from MeerkatSkool. Print it for your child and feel free to share it with other parents and teachers. Ask us about the full booklet with all the tests and memos: meerkatskool.co.za or WhatsApp 066 462 7629. This sample may not be sold.

1 Multiple choice

4 marks

Choose the correct answer and circle its letter.

PRACTICE EXAMPLE · DO THIS ONE TOGETHER FIRST

Which one is a living thing?

a A stone b A tree c A chair

A tree grows, feeds and breathes, so the answer is b. Circle the b.

This example does not count for marks. It only shows you how to answer.

1.1 Which gas do plants use during photosynthesis? **(1)**

(a) Carbon dioxide (b) Oxygen (c) Nitrogen

1.2 In a food chain a plant is called a _____. **(1)**

(a) Consumer (b) Producer (c) Decomposer

1.3 Fungi and bacteria that break down dead plants are known as: **(1)**

(a) Producers (b) Predators (c) Decomposers

1.4 Which nutrient is the body's MAIN source of energy? **(1)**

(a) Carbohydrates (b) Proteins (c) Vitamins

2 Matching

4 marks

Match the description in COLUMN A with the correct word in COLUMN B. Write only the LETTER. One word is left over.

2.1 **(4)**

COLUMN A	COLUMN B	Answer
1. The process by which plants make food	A. Insulator	1 = _____
2. An animal that eats only plants	B. Ecosystem	2 = _____
3. All the living and non-living things in an area	C. Protein	3 = _____
4. A nutrient that helps the body grow and repair	D. Herbivore	4 = _____
	E. Photosynthesis	

3 Short questions

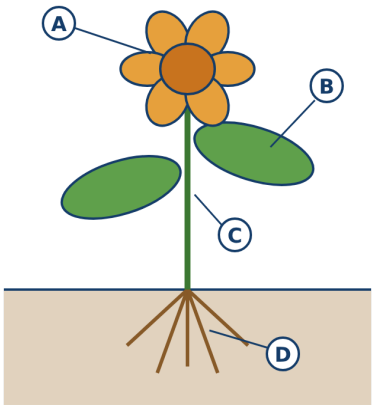
2 marks

3.1 Name TWO non-living things that are part of an ecosystem. **(2)**

4 Photosynthesis and food webs

10 marks

4.1 Study the plant below and name the parts A to D. **(4)**



A: _____ B: _____

C: _____ D: _____

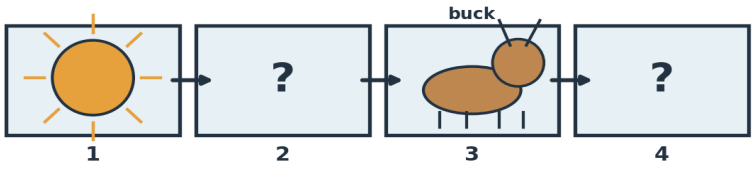
4.2 Write down the word equation for photosynthesis. Show what goes in and what comes out. **(3)**

4.3 Explain why a food web would not work without decomposers. **(3)**

5 Ecosystems and adaptations

9 marks

5.1 Study the food chain below. Block 1 shows the Sun, which gives the energy for the food chain. Write a suitable organism in each empty block. **(2)**



Block 2: _____ Block 4: _____

5.2 A farmer sprays poison to kill locusts in his fields. Explain how this can affect the birds in the area. **(3)**

5.3 Name FOUR adaptations that help a plant survive in a very dry area, and say each time how it helps. **(4)**

6 Nutrition and health

6 marks

6.1 Write an example of a food next to each nutrient. **(3)**

Nutrient	Example of a food
Carbohydrates	
Proteins	
Fat	

6.2 Explain why a person needs fibre in their diet, and name ONE food that contains a lot of fibre. **(3)**

7 Nutrition, food processing and the starch test

16 marks

7.1 What is CHLOROPHYLL, and what does it do? **(2)**

7.2 Two learners keep a food diary for one day. Look at it and answer the questions. **(3)**

Meal	Thandi	Ruan
Breakfast	Porridge with milk and a banana	White bread with jam
Lunch	Brown bread with cheese and an apple	Chips and a cool drink
Supper	Rice, beans and chicken	Two-minute noodles
Snack	Yoghurt	Sweets

a. Whose day is the better balanced? _____

b. Which nutrients is the other learner short of? _____

c. Name ONE swap that would make the other learner's day better. _____

7.3 Name an example of PROCESSED food, and give ONE reason why people process food. **(2)**

7.4 Name TWO ways to make food last longer, and give an example of a food for each. **(4)**

7.5 Write the disease next to the nutrient that is missing. **(3)**

Nutrient that is missing	Disease
Vitamin C	
Vitamin D or calcium	
Iron	

7.6 You drop iodine on a piece of bread and it turns blue-black. What does that show, and why? **(2)**

Total **51 marks**



Free quizzes

Finished this test? Keep practising online!

More than 12 000 free questions for Grades 4 to 7, in every subject and aligned to CAPS. After every answer your child gets a short explanation. No registration needed, and it works on a phone.

meerkatskool.co.za

Scan with your phone to start right away

A small request from us

Thank you for supporting MeerkatSkool! We are a small South African business, and every paper is put together with great care.

This test and memo are a free sample: feel free to share them with other parents and teachers. Ask us about the full booklet: meerkatskool.co.za or WhatsApp 066 462 7629.

Thank you!
The MeerkatSkool team

Free quizzes
meerkatskool.co.za

Email
info@meerkatskool.co.za

WhatsApp and calls
066 462 7629

Help us improve

Found a mistake in this test? WhatsApp us straight away. We fix it within 24 hours and send you the new version.

Scan to WhatsApp us · 066 462 7629