# P4 General Studies Practice Paper: Health and Living, People and the Environment, Science and Technology in Daily Life, Community and Citizenship, Chinese Culture and Hong Kong, Earth and Space

P4 | General Studies | Time: 45 minutes | Total: 100 marks | 24 questions

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## Part 1: Health and Living (18 marks)

**Answer all questions in complete sentences.**

**1. Which meal of the day is the most important? Give two reasons.** [5]

**Answer:** Breakfast (1 mark). It supplies glucose to the brain after the overnight fast, so attention in the morning is maintained (2 marks); it also prevents overeating at lunch caused by extreme hunger, which helps keep body weight stable (2 marks).

**2. Name two foods rich in protein and state one function of protein in the body.** [5]

**Answer:** Any two of fish, eggs, tofu, lean meat, milk (1 mark each = 2 marks). Protein builds muscles, skin and organs, supports growth and repairs damaged tissues (3 marks for any sound function).

**3. Why should we drink water after exercise?** [4]

**Answer:** Exercise makes the body sweat, losing water and electrolytes (2 marks). Without replacement the body cannot cool down well and may suffer thirst, tiredness, cramps or even heat stroke (2 marks).

**4. What is the first thing to do after a scald from hot water?** [4]

**Answer:** Cool the burn under running cool water for at least ten minutes (3 marks). Do not put toothpaste, soy sauce or oil on the wound, as this can harm the skin and confuse medical assessment (1 mark).

## Part 2: People and the Environment (17 marks)

**Answer all questions in complete sentences.**

**5. Name three main processes in the water cycle.** [5]

**Answer:** Evaporation (water turns into vapour under heat), condensation (vapour cools high in the air into droplets forming clouds) and precipitation (rain or snow falling back to the ground). 1 mark each, plus 2 marks for a brief explanation.

**6. Why does land usually heat up faster than the sea in summer?** [4]

**Answer:** Land such as soil and rock has a smaller specific heat capacity than water (2 marks), so for the same solar energy the land temperature rises faster while the sea warms slowly (2 marks).

**7. List two ways to reduce household waste.** [4]

**Answer:** Examples: bring your own bags and containers to cut single-use plastic; sort paper, plastic bottles and cans for recycling; choose products with less packaging; pass on old clothes and toys. Any two, 2 marks each.

**8. What are the two main sources of water supply in Hong Kong?** [4]

**Answer:** Water imported from the Dongjiang in Guangdong Province (2 marks) and rainwater collected in local reservoirs (2 marks).

## Part 3: Science and Technology in Daily Life (17 marks)

**Answer all questions in complete sentences.**

**9. Using simple machines, explain why pushing a load up a ramp is easier than lifting it.** [5]

**Answer:** A ramp is an inclined plane, a type of simple machine (1 mark). It changes a vertical lift into a longer slanted path (2 marks), so a smaller force is needed although the distance moved is greater (2 marks): less force, but the same work overall.

**10. Two bulbs are connected in series. If one bulb breaks, what happens to the other? How is this different in a parallel circuit?** [4]

**Answer:** A series circuit has only one path, so breaking one bulb stops the current and the other bulb goes out (2 marks). In a parallel circuit each branch has its own path, so the other bulb stays lit (2 marks).

**11. State two ways to save electricity at home.** [4]

**Answer:** Examples: switch off lights and appliances when leaving a room; use LED bulbs; buy appliances with Grade 1 energy labels; set the air conditioner near 25.5 degrees Celsius and use a fan. Any two, 2 marks each.

**12. Why does the handle of a metal spoon become hot when the spoon is put in hot water?** [4]

**Answer:** Heat is transferred by conduction from the hot water along the spoon to the handle (2 marks). Metals are good conductors, so heat travels quickly and the handle soon becomes hot (2 marks).

## Part 4: Community and Citizenship (16 marks)

**Answer all questions in complete sentences.**

**13. Name two public community facilities that residents can use.** [4]

**Answer:** Examples: public library, public swimming pool, park, sports centre, community hall. Any two, 2 marks each.

**14. One person, one vote, with every vote equal: which principle of elections is this and why does it matter?** [4]

**Answer:** It is the principle of equal voting rights (2 marks). It ensures every eligible voter has the same weight, so results fairly reflect the majority choice and public trust in the system is maintained (2 marks).

**15. Name two rules to follow when using public transport.** [4]

**Answer:** Examples: queue and let passengers get off first; give up seats to the elderly, pregnant women and those in need; do not eat or make loud noise inside the vehicle. Any two, 2 marks each.

**16. Why must citizens obey the law?** [4]

**Answer:** Laws protect public order and other people safety and property (2 marks). Obeying them reduces conflict, and offenders face legal liability, so society can run in a stable way (2 marks).

## Part 5: Chinese Culture and Hong Kong (16 marks)

**Answer all questions in complete sentences.**

**17. Name two traditional customs of the Tuen Ng Festival.** [4]

**Answer:** Examples: dragon boat racing, eating glutinous rice dumplings, hanging mugwort, wearing scented sachets. Any two, 2 marks each.

**18. In which year did Hong Kong return to China, and what is that day officially called?** [4]

**Answer:** In 1997 (2 marks). The day is 1 July, the anniversary of the establishment of the Hong Kong Special Administrative Region (2 marks).

**19. Name two virtues traditionally valued in Chinese culture.** [4]

**Answer:** Examples: filial piety, honesty and trustworthiness, respect for teachers, courtesy, diligence and thrift. Any two, 2 marks each.

**20. Why should historic buildings be conserved? Give two reasons.** [4]

**Answer:** They record a city history and way of life and anchor collective memory and cultural identity (2 marks). They also have architectural and artistic value and can serve education, tourism and community activities (2 marks).

## Part 6: Earth and Space (16 marks)

**Answer all questions in complete sentences.**

**21. How many planets are there in the solar system, and which one is the Earth?** [4]

**Answer:** There are eight planets (2 marks). Counting outwards from the Sun, the Earth is the third (2 marks).

**22. Why does the Earth have day and night?** [4]

**Answer:** The Earth spins on its axis (2 marks). The side facing the Sun is in daylight and the side facing away is in darkness, one full turn taking about twenty-four hours (2 marks).

**23. What causes the phases of the Moon?** [4]

**Answer:** The Moon orbits the Earth (2 marks), so the proportion of its sunlit half that we see keeps changing, producing the phases (2 marks).

**24. What should you do when a stranger sends you an unknown link online? Give two actions.** [4]

**Answer:** Do not click or forward the link (2 marks). Tell a parent or teacher, check the source, and report it to the platform if needed (2 marks).

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