

# 7 Florida FAST Grade 7 Math Practice Tests

*Comprehensive Test Prep with Detailed Answers*

**Dr. A. Nazari**

Copyright © 2026 Dr. A. Nazari

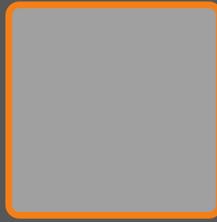
Published by View Math Education

ViewMath.com

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law, including Section 107 or 108 of the 1976 United States Copyright Act.

The information in this book is distributed on an “as is” basis, without warranty. While every precaution has been taken in the preparation of this work, neither the author nor the publisher shall have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this book.

*Copyright © 2026*



THE FORGE

# 7 Practice Tests

 Grade 7 Math — Forged in Practice 

Welcome to *The Forge*.

Seven tests. Seven chances to hammer your skills into something unbreakable. Each test is a piece of raw material — and you are the blacksmith.

 *Heat 1–2: Warm the metal — learn the form*

 *Heat 3–5: Shape with precision — build power*

 *Heat 6–7: Temper and finish — prove your craft*

*Great skill isn't found. It's forged.*

“ A sword isn't made with one strike. Seven rounds of hammering — that's how you forge something strong. ”



# The Blueprint

Your 3-heat forging plan for Grade 7 mastery

## What's in The Forge

- **7 Full-Length Practice Tests** — every test spans all 9 Grade 7 domains: proportional reasoning, percents, rational numbers, algebraic expressions, equations, geometry, measurement, statistics, and probability.
- **Complete Answer Explanations** — learn the craft behind every solution, not just the result.
- **Forge Record** — track your progress heat by heat and see your skills harden into mastery.

## Heat I: Warm the Metal (Tests 1–2)

No timer. No pressure. Feel the material — discover the question types, learn the format, and identify which topics are solid and which need shaping.

## Heat II: Shape with Precision (Tests 3–5)

Add a timer (60–75 min). Show every step of your work. After each test, study the problems you missed and practice those topics before the next heat.

## Heat III: Temper & Finish (Tests 6–7)

Full test conditions: timed, quiet, independent. These final two heats prove your craft. Compare your scores with Heat I — see how far you've come.

## Materials in Every Test

- **Multiple Choice** — select the best answer
- **Multi-Select** — choose ALL that apply
- **Short Answer** — show your work
- **Open Response** — explain your reasoning

# Master Techniques

The techniques every skilled crafter needs at the anvil

## The S.T.R.I.K.E. Method

- S Scan** Read the whole problem. What is given? What is asked?
- T Tag** Underline key values. Circle the operation clue words.
- R Reason** Choose a strategy: proportion, equation, diagram, or estimation.
- I Implement** Solve step by step. Write every calculation. Label units.
- K Know** Check: does the answer make sense in context?
- E Evaluate** Re-read the question. Did you answer what was actually asked?

## Forging Techniques

**Technique 1:** Convert between fractions, decimals, and percents freely. Many Grade 7 problems become easier in a different form.

**Technique 2:** When solving proportions, cross-multiply carefully. Keep track of which quantity is in the numerator and which is in the denominator.

**Technique 3:** For integer operations, use the number line mentally. Subtracting a negative? That's adding. Don't let sign rules trip you up.

**Technique 4:** On geometry questions, draw a diagram if one isn't given. Label all known measurements before computing.

**Technique 5:** Estimation is your ally. Before computing an exact answer, estimate. If your answer is far from the estimate, recheck your work.

**Technique 6:** Never leave a blank. On constructed response, even writing the equation you'd use can earn partial credit.

 **Night Before Practice:** Sleep 8+ hours. Eat a solid meal. Gather your tools (pencils, eraser, scratch paper). Tell yourself: "Every strike makes me stronger."



**The Forgemaster says:** "The greatest crafters don't avoid the hardest pieces — they lean into them. Review every mistake. That's where the real tempering happens."

PREVIEW



Get Online



Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)





# Math Reference Sheet

You may use this page during your practice tests!

Symbol	Name	What It Means
$( )$	Parentheses	Do this part first. $(3 + 4) \times 2 = 14$
$10^3$	Exponent	Multiply the base by itself that many times. $10^3 = 1,000$
$\frac{a}{b}$	Fraction	$a$ parts out of $b$ equal parts; also means $a \div b$ .
$\frac{7}{3}$	Improper Fraction	Numerator $\geq$ denominator. $\frac{7}{3} = 2\frac{1}{3}$
0.45	Decimal	A number with a decimal point. $0.45 = \frac{45}{100}$
$> < =$	Comparison	Greater than, less than, equal to. $0.5 > 0.35$
$(3,5)$	Ordered Pair	A point on the coordinate plane: $(x, y)$ .

## Key Formulas

- **Volume of a rectangular prism:**

$$V = l \times w \times h$$

- **Order of operations:**

Parentheses  $\rightarrow$  Exponents  $\rightarrow$  Multiply/Divide

$\rightarrow$  Add/Subtract

- **Powers of 10:**

$$10^1 = 10 \quad 10^2 = 100$$

$$10^3 = 1,000 \quad 10^4 = 10,000$$

- **Fraction as division:**

$$\frac{a}{b} = a \div b$$

### Place Value Chart

Millions	1,000,000
Hundred-Thousands	100,000
Ten-Thousands	10,000
Thousands	1,000
Hundreds	100
Tens	10
Ones	1

### Decimals

Tenths	0.1
Hundredths	0.01
Thousandths	0.001

Each place is  $10\times$  the place to its right, and  $\frac{1}{10}$  of the place to its left.

### Key Math Vocabulary

- **Sum** — the result of addition
- **Difference** — the result of subtraction
- **Product** — the result of multiplication
- **Quotient** — the result of division
- **Remainder** — what's left over after dividing
- **Factor** — a number you multiply
- **Expression** — numbers and operations without =
- **Equation** — a math sentence with =
- **Numerator** — the top number of a fraction
- **Denominator** — the bottom number of a fraction
- **Mixed number** — a whole number + a fraction
- **Equivalent fractions** — fractions with equal value
- **Decimal** — a number written with a decimal point
- **Volume** — the space inside a 3D shape
- **Coordinate plane** — a grid with  $x$  and  $y$  axes
- **Ordered pair** —  $(x, y)$  location on the plane

### Word Problem Clue Words

- **Add (+)**: total, altogether, combined, sum, increase, more than
- **Subtract (-)**: difference, how many more, fewer, remain, decrease, left
- **Multiply ( $\times$ )**: each, every, groups of, times, product, per, of (with fractions)
- **Divide ( $\div$ )**: share equally, split, each group, how many groups, quotient, per



Get Online



Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)



# *Contents*



*Practice Test 1* ..... 1

PREVIEW



Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)



PREVIEW

PRACTICE TEST

1

## Practice Test 1

 30 Questions

### Before You Start

- ✓ *Read each question carefully before choosing your answer.*
- ✓ *Show your work on scratch paper when you need to.*
- ✓ *Skip hard questions and come back to them later.*
- ✓ *Check your answers when you're done.*
- ✓ *Take your time — there's no rush!*

★ *You've Got This!* ★

*Do your best and show what you know!*



1. A recipe uses cups of flour proportional to servings. If 12 servings need 9 cups, what is  $k$  in cups per serving?

(A)  $\frac{3}{4}$

(B)  $\frac{4}{3}$

(C) 3

(D) 9

2. A recipe uses  $2\frac{1}{2}$  cups of flour to make 30 cookies. How many cups are needed for 48 cookies?

(A) 3 cups

(B)  $3\frac{1}{2}$  cups

(C) 4 cups

(D)  $4\frac{1}{2}$  cups

3. A farmer planted 180 trees and 126 survived. What percent of the trees survived?

Your Answer:

4. Use a proportion to find 35% of 120.

(A) 35

(B) 38

(C) 42

(D) 48

5. After 3 years at 4% simple interest, an account has \$672. What was the original deposit?

(A) \$500

(B) \$560

(C) \$600

(D) \$650



Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)



6. Which estimate has a lower percent error?

- Estimate A: guessed 45, actual was 50
- Estimate B: guessed 95, actual was 100

- (A) Estimate A (10% error)                      (B) Estimate B (5% error)
- (C) They have the same percent error        (D) Cannot be determined

7. A hiker starts at an elevation of  $-30$  feet (below sea level). She climbs 45 feet. What is her new elevation?

Your Answer:

8. What is  $(-15) - (-20)$ ?

- (A)  $-35$     (B)  $35$
- (C)  $-5$     (D)  $5$

9. Factor  $21x - 14$ .

Your Answer:

10. The bar diagram below represents two expressions. Which shows their difference  $(A - B)$ ?

A:  $5x + 7$

B:  $2x + 4$

- (A)  $3x + 11$                                       (B)  $7x + 3$
- (C)  $3x + 3$                                         (D)  $7x + 11$



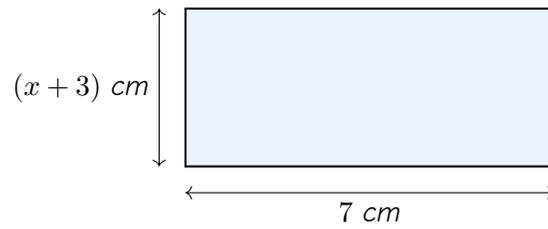
Get Online



Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)



11. The rectangle below has an area of 56 square cm. What is the value of  $x$ ?



- (A)  $x = 5$                       (B)  $x = 8$   
(C)  $x = 11$                       (D)  $x = 4$

12. Solve  $0.25n - 1.5 = 3.5$ .

- (A)  $n = 8$                       (B)  $n = 20$   
(C)  $n = 14$                       (D)  $n = 2$

13. Solve  $3x + 7 \leq 25$ .

- (A)  $x \leq \frac{32}{3}$                       (B)  $x \leq 6$   
(C)  $x \geq 6$                       (D)  $x \leq 9$

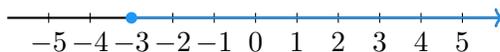


Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)



14. Look at the two number lines below. Which statement is true?

Line 1:



Line 2:



- (A) Both graphs include  $-3$  as a solution
- (B) Line 1 shows  $x \geq -3$  and Line 2 shows  $x > -3$
- (C) Line 1 shows  $x > -3$  and Line 2 shows  $x \geq -3$
- (D) Both graphs represent the same inequality

15. A model uses scale 1 : 100. You need to redraw it at scale 1 : 50. A wall that is 4 cm on the original model becomes how long?

- (A) 2 cm
- (B) 4 cm
- (C) 8 cm
- (D) 200 cm

16. Which condition does NOT produce a unique triangle?

- (A) SSS with valid side lengths
- (B) SAS
- (C) ASA
- (D) AAA

17. You slice a cylinder with a horizontal cut parallel to its base. What shape is the cross-section?

- (A) Rectangle
- (B) Circle
- (C) Oval
- (D) Triangle



Get Online



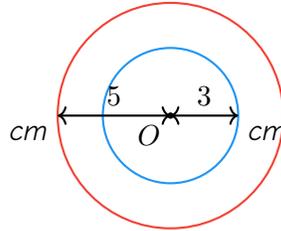
Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)



18. Two supplementary angles are in the ratio 5 : 4. Find both angles.

Your Answer:

19. Look at the two concentric circles (circles with the same center). The radius of the smaller circle is 3 cm and the radius of the larger circle is 5 cm. What is the difference between their diameters?



Your Answer:

20. A storage box is in the shape of a cube with side 12 inches. What is its surface area?

- (A)  $144 \text{ in}^2$                       (B)  $432 \text{ in}^2$   
 (C)  $864 \text{ in}^2$                       (D)  $1728 \text{ in}^2$

21. What is the volume of a cube with side length 5 m?

- (A)  $15 \text{ m}^3$                       (B)  $25 \text{ m}^3$   
 (C)  $125 \text{ m}^3$                       (D)  $150 \text{ m}^3$

22. A cylindrical swimming pool has a radius of 5 m and a depth of 2 m. How many cubic meters of water does it hold? Use  $\pi \approx 3.14$ .

Your Answer:



Get Online



Find more at  
[ViewMath.com/Grade7](http://ViewMath.com/Grade7)



23. A random sample of 100 out of 4,000 residents found that 45 support a new library. Predict how many residents support it.

Your Answer:

24. Group A: mean 65, MAD 5. Group B: mean 75, MAD 5. How many MADs apart are the means?

Your Answer:

25. Which measure of variability focuses on the middle 50% of the data?

(A) Range

(B) Mean

(C) Interquartile range (IQR)

(D) Median

26. In a stem-and-leaf plot,  $5 | 3$  means:

(A) 5.3

(B) 35

(C) 53

(D)  $5 + 3 = 8$

27. A circle graph shows these results for a survey of 200 people: Red 30%, Blue 45%, Green 25%. How many chose blue?

(A) 45

(B) 60

(C) 90

(D) 100



Get Online



Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)



28. A probability model assigns  $P(A) = 0.35$ ,  $P(B) = 0.25$ ,  $P(C) = 0.25$ , and  $P(D) = 0.20$ . Is this a valid model? Explain.

Your Answer:

29. A bag has 4 green and 6 yellow marbles. You pick one marble without replacement and then pick another. What is the probability that the first is green and the second is yellow?

(A)  $\frac{24}{100}$

(B)  $\frac{24}{90}$

(C)  $\frac{4}{15}$

(D)  $\frac{6}{10}$

30. Why are simulations useful?

(A) They always give exact answers

(B) They can estimate probabilities when real experiments are too difficult or impractical

(C) They replace all mathematical calculations

(D) They only work for coin flips



Find more at  
[ViewMath.com/Grade7](https://www.viewmath.com/Grade7)



## ★ End of Practice Test 1 ★

*Great job finishing the test!*

### My Score

*I got \_\_\_\_\_ out of 30 questions right.*

*Check your answers in the **Answer Key** at the back of the book.*

 *Review any questions you missed. That's how we learn!*

THANK YOU

## Enjoyed This Preview?

### Get the Full Book!

*This preview shows just a small sample of what's inside.*

*The complete book includes:*

- ✓ *All chapters and topics*
- ✓ *Hundreds of practice problems*
- ✓ *Complete answer key with explanations*
- ✓ *Colorful visuals and step-by-step examples*
- ✓ *Reference sheets and progress trackers*

*Available on Amazon and Teachers Pay Teachers*

🌐 Visit us at [ViewMath.com](https://www.viewmath.com) for free resources and more books!