

HWorks Mock Exam Results

Level 1 Award in Environmental Sustainability (RQF) Mock Assessment

- #1. | Which of the following is a long-term benefit of industries adopting more sustainable methods?
(Time Spent: 8s) (1 mark)
- ☐ A decrease in energy efficiency
 - ☐ An increase in greenhouse gases
 - ☐ The creation of more wastage
 - ☒ The preservation of natural resources
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- #2. | Which of the following everyday actions is harmful to nature?
(Time Spent:) (1 mark)
- ☐ Buying second hand clothes
 - ☐ Turning off the heating in summer
 - ☐ Using cotton napkins
 - ☒ Using plastic takeaway cutlery
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- #3. | Why are household cleaning sponges environmentally unsustainable?
(Time Spent:) (1 mark)
- ☐ They are typically made from natural, eco-friendly materials
 - ☒ They are typically made from non-biodegradable plastics
 - ☐ They decompose quickly and add nutrients to the soil
 - ☐ They help to reduce water usage and last for many years
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- #4. | Which of the following contributes to climate change?
(Time Spent:) (1 mark)
- ☒ Burning fossil fuels
 - ☐ Changes in ocean tides
 - ☐ Recycling and reusing
 - ☐ Planting too many trees
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- #5. | What is renewable energy?
(Time Spent:) (1 mark)
- ☒ Energy that can be restored naturally and continuously
 - ☐ Energy that cannot be used more than once
 - ☐ Energy that is collected from fossil fuels and oils
 - ☐ Energy that is produced from nuclear reactions
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- #6. | Which of the following everyday actions is sustainable?
(Time Spent:) (1 mark)

- ☐ Bringing your own reusable bag ✓
 - ☐ Buying single-use items
 - ☐ Discarding food regularly
 - ☐ Using plastic shopping bags
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#7. | How can businesses sustainably reduce landfill waste?
(Time Spent:) (1 mark)

- ☐ By building larger waste containers
 - ☐ By burning waste without filters
 - ☐ By disposing of extra items in forests
 - ☐ By donating extra items to charity ✓
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#8. | Which of the following is a key reason for people to change how they use sand?
(Time Spent:) (1 mark)

- ☐ To encourage the use of imported sand for local projects
 - ☐ To increase reliance on unsustainable building practices and materials
 - ☐ To promote sand extraction that harms ecosystems
 - ☐ To protect natural habitats and ensure a stable supply for the future ✓
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#9. | What is global warming?
(Time Spent:) (1 mark)

- ☐ The decrease in deforestation around the world
 - ☐ The long-term increase in the Earth's surface temperature ✓
 - ☐ The quick decrease in surface temperature around the world
 - ☐ The sudden changes in the Earth's weather patterns
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#10. | Which of the following is a sustainable practice in the fashion industry?
(Time Spent:) (1 mark)

- ☐ Creating new fast fashion items
 - ☐ Disposing of unsold items in landfills
 - ☐ Mass producing cheap clothing
 - ☐ Using recycled fabrics to make new items ✓
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#11. | How can individuals dispose of paper products sustainably?
(Time Spent:) (1 mark)

- ☐ By burning them in a fireplace
 - ☐ By putting them in the general waste bin
 - ☐ By recycling them properly ✓
 - ☐ By shredding them and leaving them outside
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#12. | Which of the following chopping board materials is environmentally sustainable?
(Time Spent:) (1 mark)

- ☒ Bamboo ✓
- ☐ Foam
- ☐ Plastic
- ☐ Rubber

#13. | How does learning about the effects of human activities on the environment impact society?
(Time Spent:) (1 mark)

- ☐ It creates confusion about the environment
- ☐ It encourages the use of fossil fuels
- ☐ It leads to more waste
- ☒ It promotes being sustainable ✓

#14. | Which of the following activities contribute to deforestation?
(Time Spent:) (1 mark)

- ☒ Cutting down trees ✓
- ☐ Greenhouse gas reduction
- ☐ Organic farming
- ☐ Urban gardening

#15. | Which of the following can cause gases that lead to climate change?
(Time Spent:) (1 mark)

- ☒ Factories and vehicles burning fossil fuels ✓
- ☐ Using bicycles for transport
- ☐ Planting flowers and trees in gardens
- ☐ Wind and solar power usage

#16. | Which of the following resources are renewable?
(Time Spent:) (1 mark)

- ☐ Coal
- ☐ Fossil fuels
- ☐ Natural gases
- ☒ Solar power ✓

#17. | Which of the following actions contributes to environmental conservation?
(Time Spent:) (1 mark)

- ☐ Disposing of hazardous materials in landfills
- ☒ Encouraging recycling and reusing ✓

- ☐ Ignoring waste management issues
- ☐ Promoting the use of single-use plastics

#18. | What is the main reason for using less electricity?
(Time Spent:) (1 mark)

- ☐ To keep lights from flickering
- ☐ To make appliances last longer
- ☐ To make homes quieter
- ☐ To reduce pollution levels

✓

#19. | Which of the following types of food packaging is unsustainable?
(Time Spent:) (1 mark)

- ☐ Aluminium drink cans
- ☐ Glass sauce jars
- ☐ Paper bread bags
- ☐ Plastic cling film

✓

#20. | Which of the following sectors burns the most fuel?
(Time Spent:) (1 mark)

- ☐ Art galleries
- ☐ Book publishing
- ☐ Energy providers
- ☐ Fitness training

✓

#21. | Which of the following human activities causes environmental harm?
(Time Spent:) (1 mark)

- ☐ Reducing waste
- ☐ Deforestation
- ☐ Driving electric cars
- ☐ Recycling

✓

#22. | How does overusing natural resources affect future generations?
(Time Spent:) (1 mark)

- ☐ It ensures they have a better quality of resources
- ☐ It helps them to discover new types of resources
- ☐ It may leave them with fewer resources
- ☐ It may mean they have extra resources to use

✓

#23. | Which of the following materials is an environmentally sustainable storage box made from?
(Time Spent:) (1 mark)

- ☐ Plastic
- ☒ Recycled cardboard
- ☐ Rubber
- ☐ Toxic metal



#24. | Which of the following everyday actions causes harm to the Earth?
(Time Spent:)

(1 mark)

- ☒ Driving a car
- ☐ Planting trees
- ☐ Using a reusable water bottle
- ☐ Walking to nearby places



#25. | Which of the following is a key positive effect of using environmentally sustainable products?
(Time Spent:)

(1 mark)

- ☐ They always last for a long time
- ☐ They cost less to make
- ☒ They improve air and water quality
- ☐ They require less energy to make



Grade: Fail | Multi Choice Question Score: 0/25

Expected Time Limit: 45m

Time Spent: 8s