5 New Hampshire NH SAS English Language Arts Grade 7 Practice Tests



Practice Smart. Score Higher.

Small Steps, Big Gains! Small Steps, Big Gains!

Practice Master Achieve

Reza Nazari

Grade 7 · New Hampshire NH SAS

5
FULL PRACTICE TESTS

New Hampshire NH SAS Grade 7 English Language Arts:

Five Full Practice Tests for Confident Prep

Five Full-Length Practice Tests to Help Students Ace the NH SAS Test

Built for steady confidence and dependable first-pass practice.

Reza Nazari

Copyrighted Material

Copyright © 2026

Effortless Math Education Inc

Published by Effortless Math Education
www.effortlessmath.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.

This publication is independently produced and has no official connection to any state, district, or national testing program.

Test names and organizational names used herein are the property of their respective trademark holders.

Copyright © 2026

Copyrighted Material

1) As it is used in paragraph 4, what does the word *sequence* most nearly mean?

(A) a sudden change in weather
(B) a container used to store tools
(C) a color pattern repeated in art
(D) an order in which things follow one another

Use the article "Building a Pollinator Corridor" to answer this question.

2) Which statement best expresses the central idea of the article?

(A) The article mostly explains the team's daily routines and gives only brief attention to how the project adjusted over time.
(B) The article describes a community effort whose success depended more on a single decisive moment than on the broader pattern of testing and revision.
(C) The article focuses on the project's final outcome and suggests that earlier setbacks had little effect on what the team eventually achieved.
(D) Careful research and revision helped a pollinator corridor of native plants become a useful community project.

Use the article "Building a Pollinator Corridor" to answer this question.

3) Which detail best supports the idea that the team improved the project by studying a problem carefully?

(A) Students and volunteers worked together throughout the project.
(B) The team studied the weakness and then added species with different bloom times and mapped the corridor by season.
(C) The project began after students identified a local need in the community.
(D) The finished project later provided a useful result for the community.

Scan Me

Use the article "Building a Pollinator Corridor" to answer this question.

4) How does paragraph 3 contribute to the structure of the article?

(A) It presents the setback that leads to the revision described later.
(B) It compares two unrelated projects in different locations.
(C) It introduces the setting of the project for the first time.
(D) It summarizes the article's conclusion before any evidence is given.

Use the article "Building a Pollinator Corridor" to answer this question.

5) Why does the author include details about the team's routines in paragraph 2?

(A) To emphasize how much time and effort the project required
(B) To foreshadow that the project will face a challenge later
(C) To show that the project depends on repeated steps and collected evidence
(D) To show that the team worked in an orderly way from the beginning

Use the article "Building a Pollinator Corridor" to answer this question.

6) Which sentence best explains how the article develops the topic?

(A) It introduces a project, explains its process, describes a problem, and shows a revised solution.
(B) It compares two competing approaches to solving the problem and argues that one is clearly better.
(C) It describes two different community problems and explains how each was solved by a different team.
(D) It presents the final result first and then goes back to explain how the project originally started.

Use the article "Building a Pollinator Corridor" to answer this question.

7) What can the reader most reasonably infer about the team members?

(A) They set strict deadlines and follow them even when observations suggest a different path.
(B) They are willing to revise their work when the evidence shows a problem.
(C) They respect careful work but usually wait for an outside expert before changing their plan.
(D) They treat each setback as proof that the original idea was wrong and start over from the beginning.

Use the article "Building a Pollinator Corridor" to answer this question.

8) Which option is the best summary of the article?

(A) A community project started strongly, met no serious difficulty, and ended with a steady result.
(B) A community project ran into trouble, moved on without changing its plan, and still produced a useful outcome.
(C) A community project spent most of its time planning, finished one stage, and left the main problem for another group.
(D) A community project faced a challenge, improved through research and revision, and eventually produced a useful result.

Read the story and the poem. Then answer questions 9–16.

Scan Me

Use the article "Neighborhood Air, Neighborhood Science" to answer this question.

23) Which sentence would **best** summarize the article?

(A) Citizen-run air-quality sensors are cheap, but they are never accurate.
(B) When communities, including middle schools, use low-cost sensors to study their own air, they can turn fuzzy claims into sharper, actionable data.
(C) Air-quality studies have no place in schools.
(D) Air quality is almost always the same on every street.

Read the selection and choose the best answer to each question.

Priya wrote an informational essay about the importance of sleep for middle school students. Read Priya's essay and look for revisions she needs to make. Then answer the questions that follow.

Middle Schoolers Need Better Sleep

(1) Most middle school students need nine to eleven hours of sleep each night. (2) Doctors say that sleep helps the brain move new information into long-term memory. (3) Sleep also supports attention, mood, and healthy growth. (4) My little brother likes to race his scooter down the driveway after dinner.

(5) Unfortunately, many students do not get enough rest. (6) Homework, sports, and screens all compete for evening time. (7) Some students stay up past midnight and then drag themselves through first period the next morning.

(8) Small changes can help. (9) Leaving phones outside the bedroom, turning off bright lights an hour before bed, and keeping weekend and weekday schedules close together all make a real difference. (10) With steady routines, students often find that mornings become easier and classes feel less blurry.

Scan Me

24) Which sentence should Priya remove from the **first** paragraph because it does not support the main idea?

(A) Sentence 1
(B) Sentence 2
(C) Sentence 3
(D) Sentence 4

Use the essay "Middle Schoolers Need Better Sleep" to answer this question.

25) What is the **best** way to combine sentences 5 and 6?

(A) Unfortunately, many students do not get enough rest because homework, sports, and screens all compete for evening time.
(B) Many students lose sleep when homework and screens take up too much of the evening.
(C) Evening time fills quickly with homework, sports, and screens.
(D) Busy evenings often make it harder for students to get enough rest.

Use the essay "Middle Schoolers Need Better Sleep" to answer this question.

26) Priya wants to add a transition at the beginning of paragraph 3. Which sentence would **best** serve this purpose?

(A) Fortunately, small changes can make a big difference.
(B) One reason students stay up late is that homework can take hours.
(C) For example, some students like to sleep later on weekends.
(D) As a result, schools should start at noon.

Use the essay "Middle Schoolers Need Better Sleep" to answer this question.

27) Which sentence would be the **best** closing sentence for Priya's essay?

(A) Even one extra hour of sleep can make the next school day feel more manageable.
(B) With better routines and fewer late-night distractions, middle schoolers can claim the steady sleep they need to learn and grow.
(C) Families can make small schedule changes without changing everything at once.
(D) The effects of poor sleep often show up long before students notice them.

Read the selection and choose the best answer to each question.

Trey wrote a short narrative about the day his family moved out of their old apartment. Read Trey's paragraph and look for revisions he should make.

Last Day on the Block

(1) I walked through each empty room of the apartment, my sneakers echoing on the bare wood. (2) The kitchen looked different without the table. (3) I felt strange. (4) Out on the street, the moving truck's engine rumbled. (5) My father waved me down the front steps, one suitcase in each hand.

28) Which revision makes sentence 3 **most** specific and vivid?

(A) I felt strange and different.
(B) A mix of sadness and excitement pressed at my chest, as if I were leaving a friend but greeting another at the same time.
(C) I felt things in my feelings.
(D) I felt some feelings, maybe.

Scan Me