

# Human Body Basics Quiz

Human Biology · Practice Test · 12 Questions

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**1. Which organ in the human body is primarily responsible for pumping blood?**

- A) Lungs
- B) Heart
- C) Liver
- D) Stomach

**2. How many bones are typically found in an adult human skeleton?**

- A) 106
- B) 206
- C) 306
- D) 406

**3. Which part of the body is known as the command centre of the nervous system?**

- A) Heart
- B) Stomach
- C) Brain
- D) Kidney

**4. What is the largest organ in the human body?**

- A) Liver
- B) Skin
- C) Lungs
- D) Intestines

**5. Which tiny structures in the lungs are responsible for exchanging oxygen and carbon dioxide?**

- A) Alveoli
- B) Trachea
- C) Bronchi
- D) Diaphragm

**6. Which mineral is most important for maintaining strong, healthy bones?**

- A) Iron
- B) Calcium
- C) Potassium
- D) Sodium

**7. What is the primary function of red blood cells?**

- A) Fighting infection
- B) Carrying oxygen
- C) Clotting blood
- D) Digesting food

**8. Which body system is responsible for breaking down food into nutrients?**

- A) Circulatory system
- B) Respiratory system
- C) Digestive system
- D) Skeletal system

**9. What are the flexible tissues that connect muscles to bones called?**

- A) Ligaments
- B) Tendons
- C) Cartilage
- D) Joints

**10. Which of these organs helps filter waste products from the blood to produce urine?**

- A) Kidneys
- B) Liver
- C) Pancreas
- D) Gallbladder

**11. What substance gives skin and hair its pigment or colour?**

- A) Keratin
- B) Melanin
- C) Collagen
- D) Plasma

**12. Which major muscle is located in the chest and helps you breathe?**

- A) Bicep
- B) Diaphragm
- C) Quadricep
- D) Tricep