

# Understanding Your Body: Easy Human Biology Facts

Human Biology · Practice Test · 12 Questions

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**1. What is the main function of red blood cells in the human body?**

- A) Fight infections
- B) Clot blood
- C) Carry oxygen
- D) Produce hormones

**2. How many bones does an adult human typically have?**

- A) 100
- B) 206
- C) 300
- D) 50

**3. Which organ is primarily responsible for gas exchange (taking in oxygen and releasing carbon dioxide)?**

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

**4. What is the control center of the human nervous system?**

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

**5. Where does the chemical digestion of food primarily begin in the human body?**

- A) Stomach
- B) Small intestine
- C) Mouth
- D) Large intestine

**6. What is the largest organ of the human body?**

- A) Liver
- B) Brain
- C) Heart
- D) Skin

**7. Which type of muscle is responsible for voluntary movements like walking or lifting?**

- A) Cardiac muscle
- B) Smooth muscle
- C) Skeletal muscle
- D) Involuntary muscle

**8. Which part of the eye is responsible for detecting light and color?**

- A) Cornea
- B) Lens
- C) Retina
- D) Iris

**9. Which nutrient is the body's primary and preferred source of energy?**

- A) Proteins
- B) Vitamins
- C) Carbohydrates
- D) Fats

**10. What are the basic building blocks of all living things, including humans?**

- A) Organs
- B) Tissues
- C) Cells
- D) Molecules

**11. Which gland is often referred to as the 'master gland' because it controls many other hormone glands?**

- A) Thyroid gland
- B) Adrenal gland
- C) Pancreas
- D) Pituitary gland

**12. What is the main function of the kidneys in the human body?**

- A) Pump blood
- B) Digest food
- C) Filter blood and produce urine
- D) Control breathing