

# Geology and Human Health

Geology · Practice Test · 20 Questions

---

**1. Which mineral is the primary component of human bones and teeth?**

- A) Quartz
- B) Calcium
- C) Feldspar
- D) Mica

**2. What metallic element, found in the Earth's crust, is essential for carrying oxygen in human blood?**

- A) Iron
- B) Gold
- C) Silver
- D) Copper

**3. Which mineral is commonly used in table salt to help regulate human body fluids?**

- A) Graphite
- B) Halite
- C) Talc
- D) Calcite

**4. What substance, found in the Earth's soil, is often added to toothpaste to strengthen tooth enamel?**

- A) Fluoride
- B) Sulfur
- C) Asbestos
- D) Coal

**5. Which mineral is required by the human thyroid gland to produce hormones?**

- A) Iodine
- B) Lead
- C) Mercury
- D) Arsenic

**6. Which element, found in rocks and soil, is a critical component of human DNA?**

- A) Phosphorus
- B) Neon
- C) Helium
- D) Argon

**7. What soft mineral is commonly used as a base ingredient in baby powder?**

- A) Talc
- B) Diamond
- C) Topaz
- D) Corundum

**8. Which mineral is essential for proper human muscle and nerve function?**

- A) Magnesium
- B) Platinum
- C) Titanium
- D) Zinc

**9. What trace element found in Earth's crust is vital for a healthy human immune system?**

- A) Zinc
- B) Nickel
- C) Cobalt
- D) Tin

**10. Which mineral is widely used in the medical field to create casts for broken bones?**

- A) Gypsum
- B) Obsidian
- C) Granite
- D) Basalt

**11. What substance, derived from the Earth's crust, is the main component of a human's fingernails and hair?**

- A) Keratin
- B) Quartz
- C) Feldspar
- D) Calcite

**12. Which mineral is naturally found in human bodies and helps maintain a healthy heartbeat?**

- A) Potassium
- B) Lead
- C) Aluminum
- D) Silicon

**13. What element found in Earth's rocks is necessary for the production of collagen in human skin?**

- A) Copper
- B) Gold
- C) Silver
- D) Iron

**14. Which mineral is essential for the body to process Vitamin B12?**

- A) Cobalt
- B) Tin
- C) Bismuth
- D) Cadmium

**15. What type of rock salt is commonly used in medical saline solutions?**

- A) Sodium Chloride
- B) Iron Oxide
- C) Calcium Carbonate
- D) Silica

**16. Which mineral helps the human body absorb calcium for healthy bones?**

- A) Boron
- B) Lead
- C) Mercury
- D) Arsenic

**17. What element found in the Earth's crust is necessary for healthy human eye function?**

- A) Zinc
- B) Lead
- C) Gold
- D) Copper

**18. Which mineral is a key component in human stomach acid to help digest food?**

- A) Chlorine
- B) Neon
- C) Helium
- D) Argon

**19. What earth-derived mineral is often included in dietary supplements for healthy skin?**

- A) Sulfur
- B) Graphite
- C) Diamond
- D) Coal

**20. Which mineral is found in the Earth's crust and is necessary for human cellular energy production?**

- A) Manganese
- B) Platinum
- C) Titanium
- D) Nickel