

# Plants, Nature, and Human Health

Natural Science · Answer Key · 20 Questions

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**1. Which gas do plants release during photosynthesis that humans need to breathe to stay alive?**

- A) Carbon dioxide
- B) Oxygen**
- C) Nitrogen
- D) Helium

**2. What is the primary source of Vitamin D for the human body, obtained through outdoor exposure?**

- A) Rainwater
- B) Soil
- C) Sunlight**
- D) Flower nectar

**3. Which part of a plant is often consumed by humans as a vegetable to provide dietary fiber for digestion?**

- A) Roots**
- B) Petals
- C) Thorns
- D) Pollen

**4. Many fruits are high in which essential nutrient that helps support the human immune system?**

- A) Vitamin C**
- B) Lead
- C) Iron
- D) Plastic

**5. What substance do humans get from plants like wheat and corn that provides energy for the body?**

- A) Carbohydrates**
- B) Oil
- C) Steel
- D) Glass

**6. Drinking water from natural sources usually requires what process to make it safe for human health?**

- A) Freezing
- B) Filtration/Boiling**
- C) Freezing
- D) Adding salt

**7. Which plant-based food is a primary source of protein for muscle growth in humans?**

- A) Lettuce
- B) Beans**
- C) Celery
- D) Cucumber

**8. What do plants absorb from the air that humans exhale?**

- A) Oxygen
- B) Carbon dioxide**
- C) Argon
- D) Neon

**9. Which mineral do plants absorb from the soil that humans eventually consume to help build strong bones?**

- A) Calcium**
- B) Gold
- C) Copper
- D) Silver

**10. What type of physical activity performed in nature is known to help improve human heart health?**

- A) Walking**
- B) Sleeping
- C) Watching TV
- D) Sitting

**11. Which part of a plant stores water and nutrients that humans consume to stay hydrated?**

- A) The fruit**
- B) The stem
- C) The leaf
- D) The root

**12. What natural environment is often associated with lower stress levels in humans?**

- A) A concrete parking lot
- B) A green forest**
- C) A noisy factory
- D) A closed windowless room

**13. Which natural substance found in plants helps humans maintain healthy bowel movements?**

- A) Fiber**
- B) Sugar
- C) Fat
- D) Starch

**14. What do bees produce from flower nectar that provides humans with a natural source of energy?**

- A) Honey**
- B) Milk
- C) Butter
- D) Vinegar

**15. Exposure to what natural element can help regulate the human sleep-wake cycle?**

- A) Darkness
- B) Moonlight
- C) Daylight**
- D) Starlight

**16. Which essential liquid, necessary for human survival, is naturally recycled by plants through transpiration?**

- A) Saltwater
- B) Water**
- C) Oil
- D) Mercury

**17. What nutrient found in dark leafy greens like spinach is vital for human blood health?**

- A) Iron**
- B) Gold
- C) Tin
- D) Lead

**18. Humans get energy by eating plants or by eating animals that have eaten plants.**

**This is called a:**

**A) Food chain**

B) Machine

C) Building

D) Vehicle

**19. Which plant component is often used in medicine to help soothe a human sore throat?**

**A) Honey**

B) Thorn

C) Bark

D) Seed

**20. What do humans need to consume from plants to help prevent diseases and maintain overall health?**

**A) Vitamins**

B) Rocks

C) Plastic

D) Paint