

Plants, Nature, and Human Health

Natural Science · Practice Test · 20 Questions

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