

Global Health and Geography Facts

Health Education · Practice Test · 15 Questions

1. Which continent is home to the world's highest peak, Mount Everest, which presents unique high-altitude health challenges?

- A) Africa
- B) Asia
- C) South America
- D) Europe

2. The World Health Organization (WHO) has its headquarters in which European city?

- A) Paris
- B) London
- C) Geneva
- D) Berlin

3. Which large desert in Africa experiences extreme heat that can lead to heatstroke if individuals are not properly hydrated?

- A) Sahara
- B) Gobi
- C) Kalahari
- D) Atacama

4. Which country is known for having the highest life expectancy in the world as of recent statistical data?

- A) Monaco
- B) Australia
- C) Brazil
- D) Canada

5. Which vitamin is primarily produced by the body when skin is exposed to sunlight, a process highly dependent on your latitude on Earth?

- A) Vitamin A
- B) Vitamin C
- C) Vitamin D
- D) Vitamin K

6. The Amazon Rainforest, often called the 'lungs of the planet' for its role in oxygen production, is primarily located in which continent?

- A) Asia
- B) Africa
- C) South America
- D) Europe

7. Which ocean contains the Great Barrier Reef, a region requiring specific health protections for divers and swimmers?

- A) Atlantic Ocean
- B) Pacific Ocean
- C) Indian Ocean
- D) Arctic Ocean

8. Which country is famous for the 'Mediterranean Diet,' which is globally recognized for its heart-health benefits?

- A) Greece
- B) Japan
- C) Thailand
- D) Mexico

9. In which island nation is it common for the population to consume a diet high in fermented soy products like natto, contributing to longevity?

- A) Japan
- B) Iceland
- C) New Zealand
- D) Cuba

10. Which major river in South Asia is central to the water supply and sanitation health discussions of the region?

- A) Amazon
- B) Nile
- C) Ganges
- D) Mississippi

11. The majority of the Arctic region, where exposure to extreme cold requires specialized health gear, is located around which pole?

- A) North Pole
- B) South Pole
- C) Equator
- D) Prime Meridian

12. Which continent is home to the most diverse range of tropical diseases, leading to extensive global health research efforts?

- A) Antarctica
- B) Europe
- C) Africa
- D) North America

13. What is the name of the imaginary line circling the Earth's middle, where sunlight intensity is highest throughout the year?

- A) Prime Meridian
- B) Equator
- C) Tropic of Capricorn
- D) Arctic Circle

14. Which island country in the South Pacific has been a focus of global health studies regarding the prevalence of obesity?

- A) Nauru
- B) Norway
- C) Switzerland
- D) Chile

15. High altitudes, such as those found in the Andes Mountains, can lead to which health condition due to lower oxygen levels?

- A) Sunburn
- B) Altitude sickness
- C) Dehydration
- D) Frostbite