

Human Body and Health Knowledge Quiz

Health Education · Answer Key · 20 Questions

1. Which organ is responsible for filtering waste products and excess fluid from the blood to produce urine?

- A) Liver
- B) Lungs
- C) Kidneys**
- D) Heart

2. What is the primary function of red blood cells in the human body?

- A) Fighting infections
- B) Transporting oxygen**
- C) Clotting blood
- D) Digesting food

3. The process by which the body breaks down food into smaller molecules that can be absorbed into the bloodstream is called:

- A) Respiration
- B) Circulation
- C) Digestion**
- D) Excretion

4. What is the largest organ of the human body?

- A) Brain
- B) Liver
- C) Skin**
- D) Lungs

5. Which hormone is primarily responsible for regulating blood sugar levels?

- A) Thyroxine
- B) Adrenaline
- C) Insulin**
- D) Melatonin

6. The skeletal system's main role is to provide structure, protect organs, and:

- A) Produce hormones
- B) Digest food
- C) Store calcium**
- D) Generate heat

7. Which part of the brain is mainly responsible for coordinating voluntary movements and balance?

- A) Cerebrum
- B) Cerebellum**
- C) Brainstem
- D) Hypothalamus

8. What is the average number of bones in an adult human skeleton?

- A) 156
- B) 206**
- C) 256
- D) 306

9. The immune system's function is to protect the body from:

- A) Excess heat
- B) Nutrient deficiency
- C) Pathogens (like bacteria and viruses)**
- D) Lack of oxygen

10. Which of the following is a vital mineral for strong bones and teeth?

- A) Iron
- B) Potassium
- C) Calcium**
- D) Sodium

11. The main purpose of the lungs is to facilitate:

- A) Blood circulation
- B) Nutrient absorption
- C) Gas exchange (oxygen and carbon dioxide)**
- D) Waste filtration

12. What is the body's primary source of energy?

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

13. Which system is responsible for transporting blood, nutrients, oxygen, and hormones throughout the body?

- A) Respiratory system
- B) Nervous system
- C) Circulatory system**
- D) Digestive system

14. The pharynx, larynx, trachea, bronchi, and lungs are all parts of which system?

- A) Endocrine system
- B) Respiratory system**
- C) Muscular system
- D) Excretory system

15. What is the primary function of the liver?

- A) Pumping blood
- B) Producing bile and detoxifying blood**
- C) Storing urine
- D) Sending nerve signals

16. Which vitamin is crucial for blood clotting?

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

17. The small intestine is the primary site for:

- A) Water absorption
- B) Nutrient absorption**
- C) Waste elimination
- D) Oxygen intake

18. What type of tissue makes up muscles and is responsible for movement?

- A) Connective tissue
- B) Nervous tissue
- C) Epithelial tissue
- D) Muscle tissue**

19. Which gland produces adrenaline, which is involved in the 'fight or flight' response?

A) Thyroid gland

B) Adrenal gland

C) Pituitary gland

D) Pancreas

20. The primary component of healthy hair and nails is:

A) Collagen

B) Elastin

C) Keratin

D) Hemoglobin