

Human Body and Health Knowledge Quiz

Health Education · Practice Test · 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