

Demography and Human Biology Basics

Demography And Health · Practice Test · 25 Questions

1. What is the average number of chambers in a healthy human heart?

- A) 2
- B) 4
- C) 6
- D) 8

2. Which organ is responsible for filtering waste from the human blood?

- A) Liver
- B) Lungs
- C) Kidneys
- D) Stomach

3. Approximately how many bones are in the skeleton of an average adult human?

- A) 106
- B) 206
- C) 306
- D) 406

4. Which nutrient is most essential for the health of human bones and teeth?

- A) Calcium
- B) Iron
- C) Vitamin C
- D) Fiber

5. What is the primary gas that humans exhale during respiration?

- A) Oxygen
- B) Nitrogen
- C) Carbon dioxide
- D) Hydrogen

6. Which blood type is known as the universal donor, capable of being given to most recipients?

- A) A
- B) B
- C) AB
- D) O

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

- A) Liver
- B) Skin
- C) Brain
- D) Heart

8. Which sense organ is primarily used to detect sound?

- A) Nose
- B) Eye
- C) Ear
- D) Tongue

9. What is the average number of teeth in a full set of adult human teeth, including wisdom teeth?

- A) 24
- B) 28
- C) 32
- D) 36

10. Which muscle is primarily responsible for pumping blood throughout the body?

- A) Diaphragm
- B) Heart
- C) Biceps
- D) Quadriceps

11. What part of the human body contains the most sensory nerve endings?

- A) Fingertips
- B) Elbows
- C) Knees
- D) Heels

12. Which essential mineral is required for the production of red blood cells to transport oxygen?

- A) Calcium
- B) Iron
- C) Zinc
- D) Magnesium

13. What is the main purpose of the human endocrine system?

- A) Digestion
- B) Hormone production
- C) Blood filtration
- D) Bone growth

14. Which part of the eye is responsible for focusing light onto the retina?

- A) Pupil
- B) Iris
- C) Lens
- D) Cornea

15. Approximately what percentage of the adult human body is made up of water?

- A) 30%
- B) 50%
- C) 60%
- D) 90%

16. Which human organ is responsible for producing bile to assist in digestion?

- A) Liver
- B) Pancreas
- C) Gallbladder
- D) Stomach

17. What is the primary function of white blood cells in the human immune system?

- A) Clotting blood
- B) Fighting infection
- C) Carrying oxygen
- D) Storing energy

18. Which bone in the human body is known as the strongest?

- A) Femur
- B) Skull
- C) Humerus
- D) Rib

19. What is the average resting heart rate for a healthy adult in beats per minute?

- A) 20-40
- B) 60-100
- C) 120-140
- D) 150-180

20. Which vitamin is primarily synthesized by the human body when exposed to sunlight?

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

21. What is the longest section of the human digestive tract?

- A) Esophagus
- B) Stomach
- C) Small intestine
- D) Large intestine

22. Which substance gives human skin and hair its pigment?

- A) Keratin
- B) Melanin
- C) Collagen
- D) Hemoglobin

23. How many pairs of ribs does the average human typically have?

- A) 10
- B) 12
- C) 14
- D) 16

24. Which organ is known for its ability to regenerate tissue after partial removal?

- A) Heart
- B) Brain
- C) Liver
- D) Kidney

25. What is the primary function of the human nervous system?

- A) Digestion
- B) Signal transmission
- C) Blood circulation
- D) Oxygen intake