

Media Literacy and Health Science

Media Literacy · Answer Key · 8 Questions

1. Which organ is responsible for filtering toxins from the blood, a process often misrepresented in 'detox' media marketing?

- A) The lungs
- B) The liver**
- C) The stomach
- D) The pancreas

2. According to established nutritional science, what is the primary role of dietary fiber in the human body?

- A) To provide concentrated glucose for energy
- B) To regulate the speed of digestion and aid bowel regularity**
- C) To directly repair damaged muscle tissues
- D) To serve as the main source of oxygen in blood

3. Media advertisements for 'energy drinks' often ignore that excessive caffeine consumption primarily impacts which human body system?

- A) The cardiovascular system**
- B) The skeletal system
- C) The digestive system
- D) The integumentary system

4. What is the scientifically verified function of insulin in the human body?

- A) To filter waste from the kidneys
- B) To stimulate the production of red blood cells
- C) To regulate the amount of glucose in the blood**
- D) To increase the body's core temperature

5. Which physiological process is triggered by blue light exposure from electronic screens right before sleep?

- A) Increased melatonin production
- B) Suppression of melatonin production**
- C) Enhanced REM cycle duration
- D) Rapid activation of the sweat glands

6. Science communication often clarifies that 'metabolism' refers to:

- A) The speed of athletic running
- B) The chemical processes that maintain life within cells**
- C) The visible muscle growth after exercise
- D) The rate at which the heart beats during rest

7. What is the primary physical benefit of regular aerobic exercise on the human heart?

A) Increasing the size of the heart chambers

B) Improving the efficiency of the heart muscle and circulation

C) Shrinking the coronary arteries

D) Decreasing the heart's total oxygen requirement

8. Clinical research confirms that Vitamin D is primarily synthesized by the human body through which mechanism?

A) Absorption of ultraviolet B rays by the skin

B) Ingestion of synthetic sugar compounds

C) Filtration of water through the skin

D) Increased oxygen intake in high altitudes