

Media Literacy and Health Science

Media Literacy · Practice Test · 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