

Health Through the Ages

World History For Teens · Practice Test · 20 Questions

1. What essential nutrient, crucial for bone health, was often deficient in diets before the widespread availability of fortified foods?

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

2. In ancient Egypt, what common practice was believed to promote good health and cleanliness?

- A) Frequent bloodletting
- B) Bathing in milk
- C) Washing hands
- D) Consuming raw meat

3. What part of the human body was often incorrectly believed to be the seat of intelligence and emotion in ancient Greek philosophy?

- A) The brain
- B) The heart
- C) The liver
- D) The stomach

4. During the Middle Ages, what was a common misconception about the cause of diseases like the plague?

- A) Germs in the air
- B) Bad air or 'miasma'
- C) Unsanitary living conditions
- D) Contaminated water

5. Which ancient civilization developed sophisticated surgical tools and techniques, as evidenced by archaeological finds?

- A) Mayans
- B) Romans
- C) Vikings
- D) Incas

6. What vital body system, responsible for transporting oxygen and nutrients, was studied and described by ancient physicians like Galen?

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

7. In many early societies, what was often used as a natural anesthetic or pain reliever for injuries and procedures?

- A) Loud music
- B) Herbal remedies
- C) Hot stones
- D) Chanting

8. What major historical event led to a significant decline in population and exposed the vulnerability of human health to infectious diseases?

- A) The Renaissance
- B) The Industrial Revolution
- C) The Black Death
- D) The Age of Exploration

9. Before the understanding of hygiene, what was a common practice in European cities that contributed to the spread of illness?

- A) Boiling drinking water
- B) Disposing of waste in rivers
- C) Building public parks
- D) Using soap regularly

10. What element, essential for life and found in the blood, was not understood at a cellular level until much later in history?

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

11. Which ancient culture is credited with early understanding of the importance of diet for maintaining health?

- A) Sumerians
- B) Greeks
- C) Aztecs
- D) Polynesians

12. What was a primary method of sanitation in ancient Roman cities that helped prevent the spread of certain diseases?

- A) Personal hygiene masks
- B) Public sewers and aqueducts
- C) Quarantine zones
- D) Germicides

13. Before the development of vaccines, what was a common preventative measure against diseases like smallpox, though often risky?

- A) Herbal teas
- B) Blood transfusions
- C) Inoculation (variolation)
- D) Fasting

14. The discovery of what microscopic organisms revolutionized the understanding of disease transmission?

- A) Viruses
- B) Bacteria
- C) Fungi
- D) Parasites

15. What common household item, used for cleaning, was considered a luxury in many historical periods and its scarcity impacted hygiene?

- A) Water
- B) Salt
- C) Soap
- D) Wood

16. What part of the body is responsible for pumping blood throughout the body?

- A) Lungs
- B) Brain
- C) Heart
- D) Stomach

17. Before modern dentistry, what was a common outcome of tooth decay or infection?

- A) Quick healing
- B) Tooth extraction
- C) Natural regeneration
- D) Painless removal

18. What sense allows us to perceive the world through sight?

- A) Hearing
- B) Smell
- C) Touch
- D) Vision

19. During ancient times, what was one of the earliest forms of medical treatment for wounds?

- A) Antibiotics
- B) Antiseptic washes
- C) Bandages and cleaning
- D) Painkillers

20. What is the largest organ in the human body?

- A) The brain
- B) The liver
- C) The skin
- D) The heart