

Essential Health Literacy

Health Education · Answer Key · 10 Questions

1. Which vitamin is primarily synthesized in the human skin through exposure to ultraviolet B (UVB) radiation from sunlight?

- A) Vitamin A
- B) Vitamin D**
- C) Vitamin C
- D) Vitamin B12

2. What is the primary function of red blood cells in the human body?

- A) Fighting bacterial infections
- B) Clotting wounds
- C) Transporting oxygen**
- D) Producing hormones

3. Which mineral is most essential for the maintenance and strengthening of healthy bones and teeth?

- A) Calcium**
- B) Iron
- C) Potassium
- D) Sodium

4. What is the recommended minimum duration for effective handwashing with soap and water to eliminate most pathogens?

- A) 5 seconds
- B) 10 seconds
- C) 20 seconds**
- D) 60 seconds

5. Which organ is responsible for filtering waste products from the blood to produce urine?

- A) Liver
- B) Pancreas
- C) Kidneys**
- D) Spleen

6. What is the body's primary source of energy, which the digestive system breaks down into glucose?

- A) Proteins
- B) Fats
- C) Carbohydrates**
- D) Vitamins

7. Which condition is characterized by a persistent high blood pressure against the artery walls?

- A) Hypertension**
- B) Hypoglycemia
- C) Anemia
- D) Bradycardia

8. Which of the following is considered a water-soluble vitamin that the human body cannot store and must be replenished daily?

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

9. What is the name of the process by which the body breaks down food into nutrients to be used for energy and cell repair?

- A) Respiration
- B) Digestion**
- C) Circulation
- D) Excretion

10. Which type of blood vessel is responsible for carrying oxygenated blood away from the heart to the rest of the body?

- A) Vein
- B) Capillary
- C) Artery**
- D) Venule