

Entrepreneurship and Human Health Facts

Entrepreneurship · Answer Key · 18 Questions

1. Which part of the human brain is primarily responsible for decision-making, a key skill for entrepreneurs?

- A) Cerebellum
- B) Brainstem
- C) Frontal Lobe**
- D) Temporal Lobe

2. Adequate sleep is crucial for cognitive function. On average, how many hours of sleep do adults typically need per night?

- A) 3-4 hours
- B) 5-6 hours
- C) 7-9 hours**
- D) 10-12 hours

3. Entrepreneurial success often requires sustained energy. Which nutrient is the body's primary source of quick energy?

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

4. Managing stress is vital for entrepreneurs. What hormone is released by the adrenal glands in response to stress?

- A) Insulin
- B) Adrenaline**
- C) Serotonin
- D) Dopamine

5. The human heart pumps blood throughout the body. What is the average resting heart rate for an adult?

- A) 20-40 beats per minute
- B) 60-100 beats per minute**
- C) 120-150 beats per minute
- D) 180-200 beats per minute

6. Maintaining a healthy immune system helps entrepreneurs stay productive. Which organ produces antibodies to fight infections?

- A) Stomach
- B) Liver
- C) Spleen**
- D) Lungs

7. Physical activity boosts mood and reduces the risk of burnout. What is the main function of red blood cells in the human body?

- A) Fighting infection
- B) Carrying oxygen**
- C) Clotting blood
- D) Producing hormones

8. Hydration is important for optimal brain function. What percentage of the human body is typically composed of water?

- A) 25-35%
- B) 40-50%
- C) 55-65%**
- D) 80-90%

9. Good vision is often required for tasks like reading and analyzing. Which part of the eye focuses light onto the retina?

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

10. The digestive system breaks down food for energy. Where does the majority of nutrient absorption occur in the human digestive tract?

- A) Stomach
- B) Esophagus
- C) Small Intestine**
- D) Large Intestine

11. Bone health is important for overall well-being. Which mineral is most abundant in human bones and teeth?

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

12. Auditory processing is key for communication. Which part of the inner ear is responsible for hearing?

A) Semicircular canals

B) Cochlea

C) Vestibule

D) Eustachian tube

13. The skin acts as a protective barrier. What is the largest organ in the human body?

A) Liver

B) Lungs

C) Brain

D) Skin

14. Muscle strength can contribute to endurance. What is the primary protein responsible for muscle contraction?

A) Keratin

B) Collagen

C) Actin and Myosin

D) Hemoglobin

15. The nervous system transmits information. What are the basic functional units of the nervous system?

A) Red blood cells

B) Neurons

C) Hepatocytes

D) Osteocytes

16. The endocrine system regulates hormones. Which gland is often called the 'master gland' of the endocrine system?

A) Thyroid gland

B) Adrenal gland

C) Pituitary gland

D) Pancreas

17. Maintaining a healthy respiratory system is essential. What gas do humans inhale that is vital for cellular respiration?

A) Carbon dioxide

B) Nitrogen

C) Oxygen

D) Hydrogen

18. The liver plays a crucial role in detoxification and metabolism. Which of the following is a primary function of the liver?

A) Producing red blood cells

B) Filtering waste from blood

C) Pumping blood

D) Storing genetic material