

Entrepreneurship and Human Health Facts

Entrepreneurship · Practice Test · 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