

Human Body & Health Basics

Life Science · Practice Test · 12 Questions

1. What organ is responsible for pumping blood throughout the human body?

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

2. How many bones does an adult human typically have?

- A) 100
- B) 206
- C) 300
- D) 50

3. Which vitamin is essential for strong bones and is often obtained from sunlight?

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

4. What is the body's largest organ, protecting it from the outside world?

- A) Liver
- B) Brain
- C) Skin
- D) Lungs

5. Which pair of organs helps us breathe by taking in oxygen and releasing carbon dioxide?

- A) Kidneys
- B) Lungs
- C) Stomach
- D) Pancreas

6. What is the main source of energy for the human body?

- A) Water
- B) Air
- C) Food
- D) Sleep

7. Which nutrient is primarily responsible for building and repairing tissues in the body?

- A) Carbohydrates
- B) Fats
- C) Protein
- D) Vitamins

8. What part of the eye allows us to see colours?

- A) Cornea
- B) Lens
- C) Retina
- D) Pupil

9. What liquid flows through our veins and arteries, carrying oxygen and nutrients?

- A) Saliva
- B) Water
- C) Blood
- D) Lymph

10. Which organ filters waste products from the blood and produces urine?

- A) Liver
- B) Kidneys
- C) Spleen
- D) Gallbladder

11. What are the basic building blocks of all living things, including the human body?

- A) Organs
- B) Tissues
- C) Cells
- D) Molecules

12. Which sense organ is used for hearing sounds?

- A) Eye
- B) Nose
- C) Ear
- D) Tongue