

Human Body and Health Reading Comprehension

Reading Comprehension · Practice Test · 20 Questions

1. What is the primary function of red blood cells?

- A) To fight infections
- B) To carry oxygen
- C) To help blood clot
- D) To produce energy

2. Which organ pumps blood throughout the body?

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

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

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

4. What gas do humans inhale that is essential for survival?

- A) Carbon Dioxide
- B) Oxygen
- C) Nitrogen
- D) Helium

5. Bones provide structure and support for the body. What is the hard, mineralized tissue that makes up bones called?

- A) Cartilage
- B) Muscle
- C) Periosteum
- D) Osseous tissue

6. Which part of the eye focuses light onto the retina?

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

7. What is the main function of the digestive system?

- A) To transport nutrients
- B) To break down food and absorb nutrients
- C) To remove waste
- D) To produce hormones

8. Which type of nutrient provides the body with energy and helps absorb fat-soluble vitamins?

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

9. What is the purpose of the immune system?

- A) To digest food
- B) To regulate body temperature
- C) To protect the body from disease
- D) To send signals to the brain

10. Where does most of the absorption of nutrients from food take place in the human body?

- A) Stomach
- B) Esophagus
- C) Small intestine
- D) Large intestine

11. What is the primary role of the lungs?

- A) To filter blood
- B) To pump blood
- C) To exchange gases (oxygen and carbon dioxide)
- D) To store food

12. Which mineral is essential for strong bones and teeth?

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

13. What is the main function of the brain?

- A) To produce digestive enzymes
- B) To control thoughts, emotions, and bodily functions
- C) To filter waste from the blood
- D) To transport oxygen

14. Which vitamin is primarily synthesized by the skin when exposed to sunlight?

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

15. What is the primary function of the kidneys?

- A) To digest food
- B) To pump blood
- C) To filter waste products from the blood and produce urine
- D) To send nerve impulses

16. Which part of a cell contains the genetic material?

- A) Cytoplasm
- B) Cell membrane
- C) Nucleus
- D) Mitochondrion

17. What is the name of the body's natural defense mechanism against injury or infection?

- A) Circulation
- B) Inflammation
- C) Respiration
- D) Digestion

18. What is the substance that gives blood its red color?

- A) Plasma
- B) Hemoglobin
- C) Platelets
- D) White blood cells

19. Which type of joint allows for the most movement, such as in the shoulder and hip?

- A) Hinge joint
- B) Pivot joint
- C) Ball-and-socket joint
- D) Gliding joint

20. What is the process by which plants produce their own food using sunlight?

- A) Respiration
- B) Transpiration
- C) Photosynthesis
- D) Fermentation