

Human Body and Health Reading Quiz

Biology · Answer Key · 20 Questions

1. How many primary bones does the adult human skeleton typically contain?

- A) 100
- B) 206**
- C) 350
- D) 500

2. Which organ is primarily responsible for pumping blood throughout the human body?

- A) Lungs
- B) Liver
- C) Heart**
- D) Kidney

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

- A) Skin**
- B) Liver
- C) Brain
- D) Stomach

4. Which gas do humans primarily exhale as a waste product of respiration?

- A) Oxygen
- B) Nitrogen
- C) Carbon dioxide**
- D) Helium

5. Which part of the body is responsible for processing information and controlling actions?

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

6. How many chambers are found in a healthy human heart?

- A) Two
- B) Three
- C) Four**
- D) Six

7. Which substance gives red blood cells their color and helps carry oxygen?

A) Hemoglobin

B) Plasma

C) Calcium

D) Platelets

8. What are the primary organs used for breathing in humans?

A) Liver

B) Kidneys

C) Lungs

D) Intestines

9. Which type of blood vessel carries oxygen-rich blood away from the heart?

A) Veins

B) Capillaries

C) Arteries

D) Nerves

10. What is the main function of the human skeletal system?

A) Digesting food

B) Filtering blood

C) Supporting the body

D) Producing sound

11. Which teeth are typically used for biting and cutting food?

A) Molars

B) Incisors

C) Canines

D) Wisdom teeth

12. What is the primary role of the human liver?

A) Filtering blood and detoxifying

B) Pumping blood

C) Storing thoughts

D) Absorbing water

13. Which vitamin is primarily produced by the body when exposed to sunlight?

A) Vitamin A

B) Vitamin C

C) Vitamin D

D) Vitamin K

14. What is the hard, protective outer covering of a tooth called?

- A) Enamel**
- B) Dentine
- C) Pulp
- D) Cementum

15. Which human organ is responsible for filtering waste from the blood to produce urine?

- A) Lungs
- B) Kidneys**
- C) Heart
- D) Pancreas

16. What is the purpose of sweat in the human body?

- A) To digest food
- B) To regulate body temperature**
- C) To grow hair
- D) To store energy

17. Approximately what percentage of the human body is made up of water?

- A) 20%
- B) 40%
- C) 60%**
- D) 90%

18. Which muscle type is responsible for the movement of bones?

- A) Skeletal muscle**
- B) Cardiac muscle
- C) Smooth muscle
- D) Fibrous muscle

19. What is the main job of white blood cells in the immune system?

- A) Transporting oxygen
- B) Clotting blood
- C) Fighting infections**
- D) Digesting fat

20. Which nutrient is most important for the repair and growth of muscle tissue?

- A) Fat
- B) Protein**
- C) Sugar
- D) Starch