

Human Body and Health Reading Quiz

Biology · Practice Test · 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