

Brain Science and Healthy Habits

Addiction Science · Answer Key · 8 Questions

1. Which part of the human body controls your thoughts, feelings, and habits?

- A) The heart
- B) The brain**
- C) The stomach
- D) The lungs

2. In science, what is a 'habit'?

- A) A type of wild animal
- B) An action you repeat often until it becomes automatic**
- C) A kind of toy
- D) A type of fruit juice

3. Why must children only take medicine given to them by a parent, doctor, or trusted adult?

- A) Because medicine is a secret
- B) To make sure it is safe and taken in the correct amount**
- C) So adults can finish it first
- D) Because medicine only works in the morning

4. What is the name of the chemical in the brain that helps you feel pleasure and reward?

- A) Dopamine**
- B) Water
- C) Calcium
- D) Oxygen

5. Which substance found in coffee, tea, and some cola drinks can make people feel extra alert or restless?

- A) Caffeine**
- B) Vitamin D
- C) Iron
- D) Salt

6. What is the addictive chemical found in tobacco products like cigarettes?

- A) Sugar
- B) Nicotine**
- C) Helium
- D) Fluoride

7. What are the special nerve cells in the brain that send messages through your body?

A) Neurons

B) Muscles

C) Bones

D) Skin cells

8. What usually happens shortly after eating a very large amount of sugary sweets?

A) A quick spike in energy followed by a energy drop

B) Immediate sleep for 24 hours

C) Your feet get bigger

D) You turn into a frog