

Brain Science and Healthy Habits

Addiction Science · Practice Test · 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