

Human Body and Health Basics

Life Science · Practice Test · 10 Questions

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

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

2. What main gas do humans inhale from the air to survive?

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

3. How many bones are in a standard adult human body?

- A) 106
- B) 206
- C) 306
- D) 406

4. Which part of the body controls thoughts, memory, and voluntary movement?

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

5. Which vitamin found in citrus fruits like oranges helps support a healthy immune system?

- A) Vitamin C
- B) Vitamin D
- C) Vitamin B12
- D) Vitamin K

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

- A) Liver
- B) Skin
- C) Heart
- D) Small intestine

7. Which substance inside red blood cells carries oxygen from the lungs to the rest of the body?

- A) Insulin
- B) Hemoglobin
- C) Saliva
- D) Keratin

8. In which part of the digestive system does most nutrient absorption take place?

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

9. Which type of human teeth are primarily used for tearing food?

- A) Molars
- B) Incisors
- C) Canines
- D) Premolars

10. Which mineral is essential for building and maintaining strong bones and teeth?

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