

Middle School Health Education

Health Education · Answer Key · 10 Questions

1. Which macronutrient serves as the body's primary and most direct source of energy?

A) Carbohydrates

- B) Proteins
- C) Vitamins
- D) Minerals

2. What is the primary addictive substance found in tobacco products?

- A) Tar
- B) Carbon monoxide

C) Nicotine

- D) Arsenic

3. Which human organ is primarily responsible for filtering and processing alcohol?

- A) Kidney

B) Liver

- C) Stomach
- D) Pancreas

4. Which component of physical fitness measures the ability of the heart and lungs to supply oxygen to muscles during extended activity?

- A) Muscular strength
- B) Flexibility

C) Cardiorespiratory endurance

- D) Body composition

5. According to major health organizations, how many seconds should you scrub your hands with soap and water to clean them effectively?

- A) 5 seconds
- B) 10 seconds

C) 20 seconds

- D) 60 seconds

6. In first aid, what does the letter 'I' stand for in the R.I.C.E. protocol used for sprains and strains?

- A) Incline

B) Ice

- C) Infect
- D) Immobilize

7. Which body system produces and secretes hormones to regulate growth, metabolism, and development?

A) Endocrine system

B) Digestive system

C) Nervous system

D) Respiratory system

8. On a standard food nutrition label, energy supplied by food is measured in which unit?

A) Grams

B) Milligrams

C) Calories

D) Litres

9. What is the hard outer surface layer of a human tooth that protects it against decay?

A) Dentin

B) Enamel

C) Pulp

D) Cementum

10. What is the name of the natural 24-hour internal process that regulates the sleep-wake cycle in humans?

A) Circadian rhythm

B) Cardiovascular cycle

C) Digestive rhythm

D) Respiratory cycle