

Middle School Health Education

Health Education · Practice Test · 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