

Human Body and Health Basics

Basic Science · Practice Test · 18 Questions

1. How many bones does an average adult human skeleton have?

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

2. What is the primary organ responsible for pumping blood through the body?

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

3. Which organ is responsible for filtering waste from the blood to produce urine?

- A) Kidney
- B) Stomach
- C) Pancreas
- D) Gallbladder

4. What is the hardest substance in the human body?

- A) Bone
- B) Enamel
- C) Cartilage
- D) Tendon

5. Which gas do humans primarily exhale as a waste product of respiration?

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

6. Approximately how many chambers does the human heart have?

- A) Two
- B) Three
- C) Four
- D) Five

7. Which part of the body is primarily responsible for processing sensory information and controlling movement?

- A) Brain
- B) Liver
- C) Spleen
- D) Intestine

8. What is the largest organ of the human body by surface area?

- A) Liver
- B) Lung
- C) Skin
- D) Small Intestine

9. Which type of blood cells is responsible for fighting infections?

- A) Red blood cells
- B) White blood cells
- C) Platelets
- D) Plasma

10. What nutrient is essential for the building and repair of muscle tissue?

- A) Protein
- B) Fat
- C) Sugar
- D) Fiber

11. In which organ does the process of digestion primarily begin?

- A) Stomach
- B) Mouth
- C) Esophagus
- D) Large Intestine

12. What is the main function of red blood cells?

- A) Digesting food
- B) Transporting oxygen
- C) Fighting viruses
- D) Storing energy

13. How many lungs does a healthy human body typically have?

- A) One
- B) Two
- C) Three
- D) Four

14. Which skeletal structure protects the brain?

- A) Rib cage
- B) Pelvis
- C) Skull
- D) Spine

15. What is the primary function of the small intestine?

- A) Absorbing nutrients
- B) Storing water
- C) Filtering toxins
- D) Producing insulin

16. Which of these is a major muscle located in the chest area?

- A) Bicep
- B) Quadricep
- C) Pectoralis
- D) Gastrocnemius

17. What substance carries oxygen through the bloodstream?

- A) Hemoglobin
- B) Insulin
- C) Glucose
- D) Calcium

18. Which part of the eye is responsible for focusing light onto the retina?

- A) Pupil
- B) Lens
- C) Iris
- D) Cornea