

Continents, Oceans, and Human Health

Geography And Biology · Answer Key · 20 Questions

1. Which ocean, the largest on Earth, is bordered by continents where more than half of the world's population lives, influencing dietary habits like fish consumption?

- A) Atlantic Ocean
- B) Pacific Ocean**
- C) Indian Ocean
- D) Arctic Ocean

2. The continent of Africa is home to which major river, essential for the health and hydration of millions of people living along its banks?

- A) Amazon River
- B) Nile River**
- C) Mississippi River
- D) Yangtze River

3. Which continent is known for having the highest average elevation, which can affect oxygen levels and how human bodies adapt to breathing at high altitudes?

- A) Australia
- B) Antarctica**
- C) Europe
- D) South America

4. In which ocean do many islands experience higher levels of UV radiation, requiring residents to use skin protection to prevent sunburn?

- A) Arctic Ocean
- B) Pacific Ocean**
- C) Southern Ocean
- D) Atlantic Ocean

5. Which continent contains the Amazon Rainforest, a region that produces a significant portion of the Earth's oxygen, which is essential for human lung health?

- A) Asia
- B) South America**
- C) Europe
- D) Australia

6. Which ocean's salt content influences the type of marine life available for human nutrition in coastal regions?

A) Atlantic Ocean

B) Arctic Ocean

C) Southern Ocean

D) Indian Ocean

7. The continent of Australia experiences high heat, making proper hydration and water intake vital for human health during summer months.

A) Asia

B) Australia

C) Europe

D) Antarctica

8. Which ocean separates North America from Europe, and was historically traversed by humans bringing diverse pathogens that impacted global immune systems?

A) Pacific Ocean

B) Indian Ocean

C) Atlantic Ocean

D) Arctic Ocean

9. Which continent has a climate that generally requires humans to consume more calories to maintain body heat during extreme winter conditions?

A) Africa

B) Australia

C) Antarctica

D) South America

10. Which Asian region is historically associated with the cultivation of rice, a primary carbohydrate source for billions of people?

A) Europe

B) Asia

C) North America

D) Africa

11. Which ocean borders the west coast of South America, providing cold, nutrient-rich water that supports the fish populations essential for human protein intake?

A) Pacific Ocean

B) Atlantic Ocean

C) Indian Ocean

D) Arctic Ocean

12. The continent of Europe has a long history of public health advancements, including the development of modern sanitation systems to prevent waterborne diseases.

A) Europe

B) Africa

C) Antarctica

D) Australia

13. Which ocean is the coldest and least populated, meaning human health issues there are primarily related to extreme cold exposure?

A) Arctic Ocean

B) Pacific Ocean

C) Indian Ocean

D) Atlantic Ocean

14. Which continent is divided by the Equator, where humans must protect themselves from tropical diseases carried by insects like mosquitoes?

A) Europe

B) Africa

C) Australia

D) Antarctica

15. Which ocean is essential for the global climate, which in turn regulates the temperature ranges that the human body can safely endure?

A) Atlantic Ocean

B) Pacific Ocean

C) Indian Ocean

D) Arctic Ocean

16. Which continent has the largest population density, influencing how quickly communicable health conditions can spread among people?

A) Asia

B) South America

C) Australia

D) Antarctica

17. In which ocean region do trade winds influence the distribution of dust, which can sometimes impact the respiratory health of people living on nearby continents?

A) Arctic Ocean

B) Atlantic Ocean

C) Southern Ocean

D) Indian Ocean

18. Which continent is characterized by large desert areas, where the human body requires careful electrolyte management to avoid heat exhaustion?

- A) Africa**
- B) Europe
- C) Antarctica
- D) South America

19. The Arctic region, spanning parts of North America and Europe, requires humans to wear specialized clothing to prevent frostbite and hypothermia.

- A) Arctic**
- B) Tropics
- C) Equator
- D) Sahara

20. Which ocean covers the most surface area of the Earth, playing a critical role in regulating the global environment that sustains human life?

- A) Pacific Ocean**
- B) Atlantic Ocean
- C) Indian Ocean
- D) Arctic Ocean