

Human Health and Biological Functioning

Public Health · Practice Test · 10 Questions

1. Which organ in the human body is primarily responsible for filtering waste products from the blood to produce urine?

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

2. What is the primary function of hemoglobin in human red blood cells?

- A) Fighting infections
- B) Transporting oxygen
- C) Clotting blood
- D) Regulating body temperature

3. Which vitamin is primarily synthesized by the human body through exposure to ultraviolet B (UVB) radiation from sunlight?

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

4. In which part of the human digestive system does the majority of nutrient absorption into the bloodstream occur?

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

5. What type of pathogen is responsible for causing influenza (the flu) in humans?

- A) Bacteria
- B) Virus
- C) Fungus
- D) Protozoa

6. Which mineral is essential for the structure of human bones and teeth, and is stored in large quantities within the skeletal system?

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

7. What is the normal resting heart rate range for a healthy adult, measured in beats per minute?

- A) 30-50
- B) 60-100
- C) 110-140
- D) 150-180

8. Which hormone is produced by the pancreas to regulate blood glucose levels by facilitating the uptake of glucose into cells?

- A) Adrenaline
- B) Thyroxine
- C) Insulin
- D) Cortisol

9. What is the primary role of leukocytes in the human immune system?

- A) Oxygen transport
- B) Blood clotting
- C) Immune defense
- D) Nutrient storage

10. Which human body system is responsible for the rapid transmission of electrical signals to coordinate voluntary and involuntary actions?

- A) Endocrine system
- B) Nervous system
- C) Lymphatic system
- D) Integumentary system