

# Science Quiz: Biology and Health

Science · Practice Test · 29 Questions

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## 1. What are flightless birds? Give some examples.

- A) Birds that cannot fly, like penguins and ostriches.
- B) Birds that only fly at night, like owls.
- C) Birds that can fly but choose not to, like chickens.
- D) Birds that have lost their feathers, like emus.

## 2. What is bone marrow?

- A) The hard outer layer of bones.
- B) The soft tissue inside bones that produces blood cells.
- C) The fluid that lubricates joints.
- D) The outer covering of the bone.

## 3. Explain the different parts of an eye.

- A) Iris, pupil, lens, retina, cornea, optic nerve.
- B) Eardrum, cochlea, auditory nerve.
- C) Brain, spinal cord, nerves.
- D) Stomach, intestines, liver.

## 4. What is a habitat? Name the different types of habitats.

- A) A natural home or environment of an animal, plant, or other organism. Types include forests, deserts, oceans, and grasslands.
- B) A place where food is stored. Types include refrigerators and pantries.
- C) A place where people live. Types include houses and apartments.
- D) The process of growing plants. Types include hydroponics and soil farming.

## 5. Define nutrients. Name five types of nutrients.

- A) Substances that provide nourishment essential for growth and maintenance of life. Five types are carbohydrates, proteins, fats, vitamins, and minerals.
- B) Elements found in the air that are essential for breathing.
- C) Liquids that help digest food.
- D) Chemical compounds that make up rocks.

## 6. What are deficiency diseases?

- A) Diseases caused by a lack of essential nutrients in the diet.
- B) Diseases that spread from one person to another.
- C) Diseases caused by genetic mutations.
- D) Diseases caused by environmental pollution.

**7. Explain the different types of muscles.**

- A) Skeletal muscles, smooth muscles, and cardiac muscles.
- B) Muscles in the arms, legs, and torso.
- C) Muscles that contract and muscles that relax.
- D) Voluntary muscles and involuntary muscles.

**8. What is the difference between a sprain and a fracture?**

- A) A sprain is an injury to a ligament, while a fracture is a break in a bone.
- B) A sprain is a bruise, while a fracture is a cut.
- C) A sprain affects muscles, while a fracture affects tendons.
- D) A sprain is a dislocation, while a fracture is a tear.

**9. Explain the food pyramid.**

- A) A guide for healthy eating that shows the recommended number of servings from different food groups.
- B) A diagram showing how food is produced.
- C) A chart illustrating the calorie content of various foods.
- D) A list of poisonous foods.

**10. Fishes breathe with the help of this.**

- A) Gills
- B) Lungs
- C) Skin
- D) Nose

**11. Air holes through which insects breathe.**

- A) Spiracles
- B) Stomata
- C) Pores
- D) Gills

**12. Mosquitoes suck the blood with the help of this.**

- A) Proboscis
- B) Tongue
- C) Mouth
- D) Stinger

**13. Migratory sea animal.**

- A) Whale
- B) Shark
- C) Dolphin
- D) Fish

**14. Tortoises swim with the help of this.**

- A) Shell
- B) Flippers
- C) Legs
- D) Tail

**15. Animals that have small sharp front teeth.**

- A) Rodents
- B) Herbivores
- C) Carnivores
- D) Omnivores

**16. All the seeds do not grow into new plants.**

- A) True
- B) False

**17. Frogs use webbed feet to swim on the water surface.**

- A) True
- B) False

**18. The nervous system controls the activities of all parts of your body.**

- A) True
- B) False

**19. Our tongue helps us to feel the different things.**

- A) True
- B) False

**20. The cerebrum is situated at the back of our brain.**

- A) True
- B) False

**21. Night blindness is caused by vitamin B.**

- A) True
- B) False

**22. A balanced diet has all the nutrients in correct proportion.**

- A) True
- B) False

**23. Non-communicable diseases pass from one person to another.**

- A) True
- B) False

**24. Fasten your seat belt when you are travelling in a car.**

- A) True
- B) False

**25. We should not follow the traffic rules and signals.**

- A) True
- B) False

**26. Match: Fish**

- A) gills
- B) shell
- C) controls breathing and circulation
- D) Work like a postman
- E) nitrogen

**27. Match: Medulla**

- A) gills
- B) shell
- C) controls breathing and circulation
- D) Work like a postman
- E) nitrogen

**28. Match: Snail**

- A) gills
- B) shell
- C) controls breathing and circulation
- D) Work like a postman
- E) nitrogen

**29. Match: Nerves**

- A) gills
- B) shell
- C) controls breathing and circulation
- D) Work like a postman
- E) nitrogen