Weather, Seasons, and Human Health

Human Biology And Meteorology · Answer Key · 8 Questions

1. Which vitamin does the human body produce in larger amounts when exposed to direct sunlight during summer?

A) Vitamin A
B) Vitamin D
C) Vitamin C
D) Vitamin E

2. What is the primary way the human body cools itself down during hot weather?

A) Shivering
B) Sweating
C) Sleeping
D) Digesting

3. Why is it important to wear sunglasses on a very bright, sunny day?

A) To look fashionable
B) To prevent sneezing
C) To protect eyes from UV radiation
D) To see better in the dark

4. During winter, which body part loses heat the fastest if left uncovered?

A) The feet
B) The hands
C) The head
D) The ears

5. What condition occurs when the body's internal temperature drops too low due to extreme cold weather?

A) Hypothermia
B) Dehydration
C) Sunburn
D) Heatstroke

6. Which seasonal change is often associated with the 'dry skin' condition due to lower humidity levels?

A) Spring
B) Summer
C) Autumn
D) Winter

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7. What happens to blood vessels near the skin's surface when the body is exposed to extreme cold?

A) They widen
B) They stay the same
C) They shrink or constrict
D) They disappear

8. During hot weather, what must humans drink more of to prevent dehydration?

A) Soda
B) Water
C) Coffee
D) Juice

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