

Weather, Seasons, and Human Health

Human Biology And Meteorology · Practice Test · 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

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