

Lesson 1:

Introduction to the Human Body

Pre-Assessment Quiz: Introduction to the Human Body

Instructions: Choose the best answer for each question.

What are body systems?

- A) Parts of the body that work together to keep us alive**
- B) Separate parts that don't affect each other
- C) Bones and muscles only
- D) Things we eat to stay healthy

Which body system is made up of bones?

- A) Nervous system
- B) Muscular system
- C) Skeletal system**
- D) Circulatory system

What does the muscular system do?

- A) Sends messages to the brain
- B) Helps the body move and stay warm**
- C) Brings air into the body
- D) Pumps blood

What kind of muscle is the heart?

- A) Skeletal muscle
- B) Smooth muscle
- C) Cardiac muscle**
- D) Leg muscle

Which system includes the heart, arteries, and veins?

- A) Respiratory system
- B) Circulatory system**
- C) Nervous system
- D) Muscular system

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What is the main job of the respiratory system?

- A) Bring oxygen in and remove carbon dioxide**
- B) Digest food
- C) Move muscles
- D) Make blood cells

Which organ is part of the respiratory system?

- A) Brain
- B) Heart
- C) Stomach
- D) Lungs**

What does the nervous system do?

- A) Helps you breathe
- B) Controls all the other systems**
- C) Supports the body
- D) Moves food through the stomach

What is a fun fact about bones?

- A) Adults have more bones than babies
- B) Bones disappear as you get older
- C) Bones help you think
- D) Babies have more bones that fuse together**

How do the body systems work together?

- A) They take turns working
- B) They do their jobs separately
- C) They help each other like teammates**
- D) Only the brain controls everything