

## Environmental Medicine – Unit Quiz Key

### 1. Which of these is one way water helps your body?

- A. Moves nutrients around your body
- B. Stops your heart from beating
- C. Turns into bones
- D. Makes your lungs smaller

(Answer: A)

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### 2. Which are ways water can enter your body?

- A. Eyes, ears, and hair
- B. Mouth, lungs, and skin
- C. Hands, feet, and nose
- D. Only through your mouth

(Answer: B)

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### 3. When water moves through the environment, what can happen?

- A. It always becomes cleaner
- B. It disappears
- C. It can pick up and carry things
- D. It turns into air

(Answer: C)

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### 4. Why can water that looks clean still be unsafe?

- A. It is too cold
- B. It has no oxygen
- C. It is moving too fast
- D. It may still contain germs or chemicals

(Answer: D)

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### 5. Which is a common source of water people use?

- A. Trees
- B. Rocks
- C. City water systems
- D. Clouds inside homes

(Answer: C)

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### 6. Why might water change after it enters your home?

- A. Pipes and time can affect it
- B. It stops moving completely
- C. It turns into food
- D. It becomes air

(Answer: A)

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### 7. Why are showers an important exposure?

- A. You only use your hands
- B. Water becomes mist you can breathe and touch

- C. Water disappears quickly
- D. You are not exposed to anything

**(Answer: B)**

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**8. Which statement best describes air?**

- A. Air is empty
- B. Air is only oxygen
- C. Air is a solid
- D. Air is a mixture of many things

**(Answer: D)**

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**9. Why does air matter so much to your body?**

- A. You only use it sometimes
- B. You breathe it many times every day
- C. It only affects your skin
- D. It does not enter your body

**(Answer: B)**

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**10. Which of these can be found in the air?**

- A. Only oxygen
- B. Only water
- C. Dust, smoke, and pollen
- D. Only light

**(Answer: C)**

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**11. How can dirty air affect your body?**

- A. It helps you breathe easier
- B. It makes your lungs stronger immediately
- C. It can make breathing harder
- D. It has no effect

**(Answer: C)**

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**12. Where do most people spend most of their time?**

- A. Outdoors
- B. Underwater
- C. In the sky
- D. Indoors

**(Answer: D)**

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**13. Why can indoor air sometimes become unhealthy?**

- A. It moves too quickly
- B. It gets trapped and does not circulate well
- C. It disappears
- D. It turns into water

**(Answer: B)**

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**14. Which activity can change the air inside your home?**

- A. Cooking food
- B. Sleeping quietly
- C. Sitting still
- D. Reading a book

**(Answer: A)**

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**15. How do people affect the air around them?**

- A. They do not affect it
- B. They remove oxygen
- C. They add breath and tiny particles
- D. They stop air from moving

**(Answer: C)**

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**16. What does “body burden” mean?**

- A. The amount of muscle you have
- B. The total amount of substances your body is holding
- C. Your body weight
- D. The number of bones in your body

**(Answer: B)**

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**17. Why can small exposures become important over time?**

- A. They disappear quickly
- B. They stay the same
- C. They build up with repeated exposure
- D. They turn into energy

**(Answer: C)**

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**18. Which example best shows accumulation?**

- A. Drinking one glass of water
- B. One drop entering once
- C. A cup slowly filling with drops over time
- D. A single breath

**(Answer: C)**

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**19. Which is one of the body’s main “entry doors”?**

- A. Hair
- B. Mouth
- C. Nails
- D. Teeth only

**(Answer: B)**

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**20. What does “contact” mean in environmental medicine?**

- A. Talking to someone
- B. Breathing only
- C. Drinking only

D. Touching surfaces and objects

**(Answer: D)**

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**21. How can substances move from surfaces into your body?**

- A. Through sound waves
- B. By touching surfaces and then touching your face or food
- C. Through your shoes only
- D. By looking at them

**(Answer: B)**

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**22. What is a common way things get into your home?**

- A. Through walls
- B. Through shoes bringing in dirt
- C. Through sunlight
- D. Through sound

**(Answer: B)**

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**23. What can pets bring into your home?**

- A. Only food
- B. Only water
- C. Nothing at all
- D. Dirt and particles on their fur

**(Answer: D)**

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**24. Which habit can help reduce exposure?**

- A. Never touching anything
- B. Washing your hands regularly
- C. Staying inside all the time
- D. Avoiding water

**(Answer: B)**

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**25. What does it mean to “design your environment”?**

- A. Ignore your surroundings
- B. Make choices that reduce unwanted exposures
- C. Remove all objects
- D. Stay outside only

**(Answer: B)**

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**26. Which is an example of good environmental design?**

- A. Leaving shoes on indoors
- B. Never cleaning surfaces
- C. Tracking dirt inside
- D. Taking shoes off at the door

**(Answer: D)**

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**27. Why might larger fish have more toxins than smaller fish?**

- A. They swim faster
- B. They eat other fish over time
- C. They drink more water
- D. They live in colder water

**(Answer: B)**

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**28. What is one reason some substances stay longer in the body?**

- A. They are heavier
- B. They dissolve in fat and are stored
- C. They disappear quickly
- D. They turn into air

**(Answer: B)**

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**29. Which situation shows how exposure can build up?**

- A. One-time event only
- B. A single breath
- C. Repeated small exposures over many days
- D. One drop once

**(Answer: C)**

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**30. What is the main idea of Environmental Medicine?**

- A. The environment does not affect your body
- B. Only food matters
- C. Only air matters
- D. Things around you can enter your body, and your choices can change that

**(Answer: D)**