Human Body

MUSCULOSKELETAL SYSTEM

It's hard to believe there are 27 bones in one human hand alone! How many bones are in the entire adult human body?

A. 206
B. 309
C. 1,112
D. 88

Human Body

RESPIRATORY SYSTEM

Aside from being a great Halloween costume, your skeletal system is also used for all of the following except:

A. protecting your organs.
B. providing a frame so your body can stand up.
C. providing attachments for the muscles that allow your body to move.
D. absorbing the food that you eat.
Your bones may look like museum fossils, but they are actually alive. The bones in your body are made of living cells. ______ is the innermost part of a bone and makes blood cells.

A. A tendon  
B. Calcium  
C. Bone marrow  
D. A red cell

What is strong and hard like a bone, but flexible like rubber and is found in your ears?

A. elastic  
B. skin only  
C. cartilage  
D. fat
Too much monkey business on the monkey bars for Danny—he fell and hurt his arm. This X-ray shows that pieces of his bone are not lined up. Danny has __________.

A. an extra ligament  B. a muscle cramp
C. a cast bone        D. a bone fracture

Attention! We have your brains surrounded! This part of your skeleton has bones that surround your brain and form your face.

A. femur  B. jaw
C. nose    D. skull
Human Body

MUSCULOSKELETAL SYSTEM

You may not look like a goat, or an elephant, or a sloth, but all mammals share common skeletal traits like the ________________.

A. presence of a backbone  B. presence of horns
C. size of the appendix  D. shape of the skull

Human Body

MUSCULOSKELETAL SYSTEM

This rock star dinosaur needs the biggest human bone he can find to bang his drums. Out of the 206 bones of different sizes and shapes each human skeleton has, the ___________ is the biggest.

A. humerus  B. radius
C. tibia  D. femur
Human Body

MUSCULOSKELETAL SYSTEM

Football players and firefighters wear helmets for protection. What do your heart and lungs have to protect them?

A. □ ribs
B. □ liver
C. □ spinal cord
D. □ diaphragm

Which bones protect your spinal cord and allow you to stand upright?

A. □ ankles
B. □ vertebrae
C. □ cranium
D. □ abdominals
Shana is better at playing video games than her iguana. One big reason is her ____________, which allows her thumbs to touch other fingers and grab small objects like the game controller.

A. skeletal thumbs  B. opposable thumbs
C. short thumbs   D. muscular thumbs

It takes two to tango and it takes two or more bones fitting together to make a joint. Without joints you couldn’t move at all—never mind dance the tango! Which picture does not show a complete joint in the circle?

A.  B.  
C.  D.  
The joint in your shoulder allows you to move your arm in just about any direction. What type of joint is your shoulder?

A.  ball and socket  
B.  hinge  
C.  gliding  
D.  pivot

Josh can’t wait for his school’s Olympics. The type of joint that allows his legs to bend at their knees for the long jump is called a(n) ___________.

A.  hinge joint  
B.  gliding joint  
C.  ball-and-socket joint  
D.  opposable joint
High five! You have several joints in your body that allow one bone to slide past another—even in your hands. This type of joint is called a __________.

A. gliding joint
B. pivot joint
C. sliding joint
D. bending joint

Still undefeated, Anna stands and flexes her __________ muscles after each match.

A. bicep  B. hand
C. femur  D. funny bone
Your body has both voluntary muscles, which you control, and involuntary muscles, which you do not. Your heart is mostly made of cardiac muscle, which is _____________.

A. ☐ voluntary  
B. ☐ involuntary  
C. ☐ both voluntary and involuntary  
D. ☐ neither voluntary nor involuntary

Without ____________ to attach your muscles to your bones, you would have a horrible time keeping it all together.

A. ☐ tendons  
B. ☐ hinges  
C. ☐ bone marrow  
D. ☐ joints
Human Body

EXCRETORY SYSTEM

At Mitch’s house, he’s in charge of garbage removal. In Mitch’s body, the ________ system is in charge of waste removal.

A. digestive
B. excretory
C. immune
D. sensory

What weighs about the same as a toaster, produces liquid called bile that helps you digest food, and cleans your blood so well your mother would be proud?

A. kidney
B. liver
C. bladder
D. stomach
Human Body

EXCRETORY SYSTEM

It will definitely take two full cans of garbage to clean Billy’s room. Although you have two kidneys to ____________, one is actually enough to do the job.

A. clean your blood
B. digest your food
C. fight infections
D. regulate temperature

Your body has a flexible bag that fills with urine. This bag is called a _________.

A. kidney
B. lungs
C. stomach
D. bladder
Which of the following is the correct route in which food travels through your body?

A. mouth, small intestine, large intestine, esophagus, stomach
B. mouth, esophagus, small intestine, large intestine, stomach
C. large intestine, small intestine, stomach, esophagus, mouth
D. mouth, esophagus, stomach, small intestine, large intestine

Liz can eat half a pizza by herself! Where does she put it all? It goes down a tube called the ______________ and then to her stomach, of course.

A. small intestine  B. large intestine
C. esophagus  D. taste buds
Your stomach does many jobs. With so much work to do, no wonder it aches sometimes! Which one of the following is not one of these jobs?

A. storing the food you’ve eaten
B. breaking down food into a soft mixture
C. emptying a liquid food mixture into the small intestine
D. cleaning your blood

When you’re part of a team there are no small jobs, they are all important! Although it’s called the small intestine, this organ is a big part of the digestive system because it

A. creates gastric juice and softens food
B. makes bile to help take in nutrients
C. stores food waiting to go to the stomach
D. is where most food is turned into nutrients and absorbed
It takes the entire digestive system to break down and absorb the nutrients from that bologna, lettuce, and banana sandwich you had for lunch. The ___________ is mostly in charge of getting rid of what your body doesn’t need.

A. small intestine  B. diaphragm  
C. stomach  D. large intestine

I bet you’re smiling because you know that, along with saliva, your teeth break down food so you don’t have to worry about ______________.

A. destroying your taste buds
B. it travels through the esophagus
C. your food going straight to your large intestine
D. not growing molars
Human Body
DIGESTIVE SYSTEM

When you eat a burger, __________ in your mouth help(s) to break it down.

A. ☐ gastric juice
B. ☐ saliva
C. ☐ bile
D. ☐ taste buds

While you pig out during a movie, your tongue’s taste buds can tell you if your snacks are all of the following except:

A. ☐ sour  B. ☐ bitter
C. ☐ chewy  D. ☐ salty
Your _________ is the main organ in your circulatory system. It keeps your blood flowing which gives oxygen and nutrients to your organs while taking away harmful waste products.


If you say you have all of my heart, how many chambers does that mean?

A. 4  B. 2  C. 3  D. 8
Your heart’s chambers collect, hold, and then squeeze blood as your heart pumps. What part of your heart opens and closes the chambers?

A. the aorta  
B. the atria  
C. the valves  
D. the nodes

Ever notice those blue-green veins on your wrists? Veins are ____________.

A. blood vessels that carry blood away from the heart  
B. blood vessels that carry blood toward the heart  
C. moving the muscles in your body  
D. blood vessels that squeeze blood into your bones
In and out, in and out—your heart pumps blood all day and night. The blood vessels that carry blood away from your heart are called ________.

A. c. circulatory system  B. c. capillaries
C. c. veins  D. c. arteries

Capillaries may be the smallest type of blood vessel, but they have the BIG job of connecting ________.

A. c. veins to the brain  B. c. arteries to lungs
C. c. arteries to veins  D. c. veins to ligaments
CIRCULATORY SYSTEM

The first blood cell on its way into the heart said to the second blood cell who was just leaving: "You seem different now that you're on your way out."

The second blood cell answered: "Thanks for noticing, I have ________ oxygen now than I did when I went in."

A. twice as much
B. less
C. more
D. exactly the same amount of

The cells in your body have very different jobs. The main job of your red blood cells is to ________.

A. carry oxygen
B. fight disease
C. break down food
D. pump your heart
Washing your hands helps protect you from infection. Inside your body, __________ work hard to protect you from infections.

A. red blood cells
B. ligaments
C. neurons
D. white blood cells

OUCH! Janice fell off her bike! Which of the following will help to stop the cut on her knee from bleeding?

A. platelets
B. white blood cells
C. stem cells
D. muscle cells
YEE-OUCH!! You could boil eggs in this tub! The system in your body that feels hot and cold temperatures is the _____________.

A. excretory system
B. immune system
C. nervous system
D. digestive system

What are the tiny strands in your nervous system that pick up information and send it to your brain and the rest of your body?

A. nerves
B. spinal bones
C. cords
D. cerebella
Human Body

NERVOUS SYSTEM

You'll really need your _______ to answer this question! Which organ controls many of your body's jobs, stores information, and allows you to: see, smell, taste, hear, feel, and move?

A. heart
B. lungs
C. brain
D. spinal cord

In a way you're like a robot. But instead of wires, you have a bunch of nerves running from your neck to your hip, called the ____________, which send information to and from your brain.

A. cranium
B. nerve cells
C. brain tunnel
D. spinal cord
Your ___________ systems make an all-star team for delivering oxygen to your blood.

A. respiratory and digestive  
B. immune and respiratory  
C. nervous and circulatory  
D. respiratory and circulatory

Tina does her best not to breathe in as her Dad eats one of his super-stinky sardine sandwiches. Another word for breathe in is ___________.

A. exhale  
B. inhale  
C. swallow  
D. blow
One reason that smoking is a very dangerous habit is because

A. ____________ pieces of cigarettes stick to the heart so it cannot pump blood

B. ____________ nicotine gets stuck in the liver

C. ____________ it makes the lungs weaker and covers them with tar so oxygen cannot enter

D. ____________ it leaves ashes in the blood

Your respiratory system helps you to breathe by trading ____________ nonstop.

A. ____________ carbon dioxide and oxygen

B. ____________ oxygen and nitrogen

C. ____________ nitrogen and carbon dioxide

D. ____________ neon and oxygen
Through the nose or mouth, past the gums, look out lungs, here it comes! When you breathe in, the air travels through your larynx and into your __________ before reaching your lungs.

A. □ diaphragm  
B. □ trachea  
C. □ esophagus  
D. □ stomach

The teacher pointed to the dome-shaped muscle on the diagram. She said, "It helps your lungs breathe, and is called the __________."  

A. □ esophagus  
B. □ windpipe  
C. □ diaphragm  
D. □ stomach
If someone tells you that "your epidermis is showing," don't worry about it. Your epidermis is the outermost layer of the largest organ in your body, which is your ______________.

A. liver  
B. skin  
C. lungs  
D. brain

Your skin has many different kinds of receptors—not just ticklish ones! They tell you about all of the following, except:

A. temperature  
B. pain  
C. lighting  
D. texture
Eye know this one! When people comment that your brown eyes match your brown shirt, they’re noticing which part of your eye?

A. cornea  
B. retina  
C. iris  
D. pupil

Better bring your shades, it’s bright outside! The part of your eye that changes its size in bright or dark light is the __________.

A. pupil  
B. iris  
C. optic nerve  
D. lens
Did you hear that? After a sound travels down your ear canal, it reaches your _______________ which vibrates when the sound reaches it.

A.  circle auditory drum  B.  circle auditory nerve
C.  circle ear drum  D.  circle ear rhythm

The smell of warm chocolate chip cookies made Jamar’s mouth water—and his dog, Sniffer’s, too! Something that causes a response in the body is called a _______________.

A.  circle sense  B.  circle neuron
C.  circle reaction  D.  circle stimulus
Human Body

SENSORY ORGANS

It takes a lot of _____________ to rub your belly and pat your head at the same time! Different body parts need to work together.

A. □ stimulus
B. □ coordination
C. □ trigger
D. □ reaction

“Ouch!” cried Dr. Snortle after Antonio accidentally kicked him. “It seems your reflexes work just fine.”

A reflex is ________________.

A. □ always a kick
B. □ a new kind of tool used by doctors
C. □ a voluntary and slow response to a stimulus
D. □ an involuntary and quick response to a stimulus
Unfortunately, a car doesn’t run on the same energy sources as your body. The body’s main sources of energy are ____________.

A. fat, minerals, and water  
B. water, carbon dioxide, and carbohydrates  
C. the sun, fat, and vitamins  
D. carbohydrates, fat, and protein

Although eating too much of the wrong foods can make you overweight, certain healthy foods, like nuts, contain ____________ that your body needs for fuel and to help soak up vitamins.

A. chocolate  
B. fat  
C. grains  
D. vegetables
**Human Body**

**NUTRITION AND ENERGY**

Drinking milk, eating yogurt, and eating other dairy products will help make sure that you have enough of what mineral in your body to keep your bones and teeth strong?

A. ☐ calcium
B. ☐ magnesium
C. ☐ potassium
D. ☐ vitamin C

---

**Human Body**

**NUTRITION AND ENERGY**

Lydia, the Bike Jumping Queen, knows that protein builds muscles and helps keep her healthy. That’s why she eats an( ) before attempting any stunt!

A. ☐
B. ☐
C. ☐
D. ☐
Human Body

BUILDING BLOCKS OF LIFE

Computer screen images are made up of tiny units called pixels. You and all living things are made of the smallest units of life called _________.

A. 〇 organelles
B. 〇 organs
C. 〇 nuclei
D. 〇 cells

Maryann is studying a cheek cell from her own mouth. Do all of her body’s cells look the same as that one?

A. 〇 Yes, they all are exactly the same because they’re all missing a cell wall.
B. 〇 No, only important cells are big enough to see.
C. 〇 Yes, human cells are all the same.
D. 〇 No, cells are different shapes and sizes because they have different jobs.
Tissues are a collection of cells that do a specific job. _____ are a collection of tissues that do a specific job. Ted has a collection of rocks that do...basically nothing.

A. Organs
B. Cells
C. Tendons
D. Organisms

Most parts of your body are made up of groups of cells that have similar jobs, called tissues. Which diagram below shows the levels of organization in an organism from smallest to largest?

A. tissue cells organs
B. cells tissues organs
C. organs tissues cells
D. tissues organs cells
Every cell in your body has a "brain" called the _____________.

Cindy sometimes wishes her little brother had a brain!

A. nucleus  B. mitochondrion
C. cell wall  D. chloroplast

Todd and William are identical twins, and their DNA is identical, too! DNA contains the genes that determine things like curly hair or straight, brown eyes or blue, tall or short, and more. DNA can best be compared to _________.

A. the basement or closet of a building  B. the blueprint or map of a building
C. the windows or door of a building  D. the air inside of a building
Human Body

BUILDING BLOCKS OF LIFE

Acting like a security guard, the structure in your body’s cells that controls what enters and leaves the cell is called the __________.

A. nucleus
B. cell wall
C. cell membrane
D. mitochondrion

Human Body

BUILDING BLOCKS OF LIFE

Cells, like toys that need batteries, could not do their jobs without mitochondria. Mitochondria are the __________ of the cell.

A. gatekeepers
B. power plants
C. brains
D. food
The thick, clear fluid that holds the organelles of a cell in place is called the __________.

A. cell wall  B. nucleus  C. cytoplasm  D. chloroplast

Daisy loves daisies! She dresses like daisies, has the same name as daisies, and is made up of living cells like daisies. But unlike the flowers’ cells which have a __________. Daisy’s cells do not.

A. cell membrane  B. cell wall  C. nucleus  D. mitochondrion