

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Health Quiz

**Part 1: Matching. Please match the organ with the organ system to which it belongs.**

- |                           |                       |
|---------------------------|-----------------------|
| 1. ____ Heart             | A. Nervous system     |
| 2. ____ Lungs             | B. Circulatory system |
| 3. ____ Spinal cord       | C. Immune system      |
| 4. ____ Stomach           | D. Respiratory system |
| 5. ____ White blood cells | E. Digestive system   |

**Part 2: True or false.**

1. \_\_\_\_ The optic nerve helps us smell.
2. \_\_\_\_ We have a hinge joint in our elbow.
3. \_\_\_\_ Fully grown adults have more bones than babies.
4. \_\_\_\_ Skeletal muscles are also known as involuntary muscles.
5. \_\_\_\_ The auditory nerve helps us hear.
6. \_\_\_\_ Bones are three times stronger than steel.
7. \_\_\_\_ Our skeletons are where we produce red and white blood cells.
8. \_\_\_\_ Calcium helps build strong muscles.

9. \_\_\_\_ Carbohydrates are the nutrient that provides energy.

10.  Ligaments are the tissues that hold bones together at the joints.