



The Human Body Quiz

1. How many different types of bacteria live in our mouths?
 - a) Around 100
 - b) Around 300
 - c) Around 700
2. Identical twins have identical fingerprints.
 - a) True
 - b) False
3. The human spine is made up of bones called vertebrae. How many vertebrae do we have?
 - a) 22
 - b) 33
 - c) 44
4. How many bones are there in the human body?
 - a) 106
 - b) 160
 - c) 206
 - d) 260
5. How long is the small intestine?
 - a) Around 6 metres long
 - b) Around 8 metres long
 - c) Around 10 metres long
6. Some human blood is blue.
 - a) True
 - b) False
7. As children, we have 20 teeth. These baby teeth eventually all fall out, making way for 28 permanent adult teeth.
 - a) True
 - b) False
8. Canines are pointed teeth for gripping and tearing.
 - a) True
 - b) False
9. Premolars are the largest human teeth.
 - a) True
 - b) False
10. Starchy carbohydrate foods include: pasta, potatoes, bread and cheese.
 - a) True
 - b) False
11. If you have 5 cups of orange juice in a day that counts as your 5 daily portions of fruit and vegetables.
 - a) True
 - b) False
12. You should aim to drink 6-8 glasses of water every day.
 - a) True
 - b) False
13. When it starts to get dark, your brain releases a chemical called melatonin into your body to make you feel sleepy.
 - a) True
 - b) False
14. Nicotine is a drug in energy drinks.
 - a) True
 - b) False
15. In England and Wales (in 2019) it is illegal to smoke in a vehicle if someone under 18 is present.
 - a) True
 - b) False
16. Identical twins come from just one egg and one sperm.
 - a) True
 - b) False



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Notes on the quiz:

2. The fingerprints of identical twins are not identical but their DNA is.
6. In real life, all blood vessels are red, the colour of blood. Looking at them through your skin makes them look blue.
9. Molars are the largest human teeth.
10. Starchy carbohydrate foods include pasta, potatoes and bread, but not cheese.
11. A 150 ml drink of fruit or vegetable juice or smoothie counts as one of your 5 a day, but only once a day. We should aim to eat five portions of fruit and vegetables every day, including fresh, dried, frozen and canned fruit and vegetables.
14. Nicotine is a drug found in cigarettes and most e-cigarettes. The stimulant drug in energy drinks is caffeine.



1: c 2: b 3: b 4: c 5: a 6: b 7: a 8: a 9: b 10: b 11: b 12: a 13: a 14: b 15: a 16: a

ANSWERS