Nova’s Amazing Anatomy Quiz

Learning objective: To identify and describe the functions of the parts of the human circulatory system and recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.

Join Nova the owl as we explore the wonders of the human body! Read each question carefully and circle the best answer or write your response in the space provided.

Answer Key: 1. A (Heart), 2. True, 3. Blood vessels, 4. B (To transport oxygen and nutrients), 5. False, 6. Pulse, 7. C (Water), 8. True, 9. Increased heart rate/faster breathing, 10. Healthy balanced diet.

Word bank: Circulatory · Nutrients · Heart · Oxygen · Vessels · Exercise · Lifestyle · Pulse

1. 1. Which organ acts as a pump to push blood around the body? A) Heart* B) Lungs C) Stomach D) Brain (1 mark)

2. 2. True or False: The circulatory system consists of the heart, blood vessels, and blood. (1 mark)

3. 3. What is the name for the tubes that carry blood throughout the body? (Hint: Two words) (1 mark)

4. 4. What is the main job of the blood? A) To digest food B) To transport oxygen and nutrients* C) To protect the skin D) To store energy (1 mark)

5. 5. True or False: Smoking has no negative impact on the human circulatory system. (1 mark)

6. 6. What do you call the rhythmic thumping you can feel in your wrist after running? (1 mark)

7. 7. Which of these is essential for a healthy lifestyle? A) Fizzy drinks B) Sleeping all day C) Drinking water* D) Eating only sugar (1 mark)

8. 8. True or False: Regular exercise helps to keep the heart muscle strong. (1 mark)

9. 9. When you exercise, what happens to your breathing rate? (1 mark)

10. 10. Name one thing a person can do to maintain a healthy lifestyle other than exercising. (1 mark)

Draw: Draw a diagram of the human circulatory system showing the heart in the centre, with blood vessels branching out to the rest of the body. Label the heart.

Extension challenge: Research how different types of exercise affect your pulse rate. If you have a skipping rope, measure your pulse before and after one minute of skipping. Explain why you think your pulse changed.