

Nova's Human Body Adventure Quiz

Learning objective: To identify and describe the functions of the human skeleton and muscles, and recognise that humans need the right types of nutrition.

Help Nova the owl learn more about how our bodies work! Read each question carefully and circle the correct answer or write your answer in the space provided.

Answer Key: 1. A (Skeleton), 2. False, 3. Muscles, 4. B (To help us move), 5. True, 6. Calcium, 7. C (To protect organs like the heart and lungs), 8. True, 9. Joints, 10. B (Protein).

Word bank: Skeleton · Muscles · Nutrients · Joints · Calcium · Protein

1. 1. Which part of the body provides a frame to support us? A) Skeleton*, B) Skin, C) Hair, D) Nails (1 mark)

2. 2. True or False: Humans do not need to eat a variety of food to stay healthy. (1 mark)

3. 3. What do we call the parts of our body that pull on our bones to help us move? (One word answer) (1 mark)

4. 4. What is the main job of our muscles? A) To store water, B) To help us move*, C) To keep us cool, D) To make us taller (1 mark)

5. 5. True or False: The human skeleton is made of bones. (1 mark)

6. 6. Which mineral, found in milk and cheese, helps to keep our bones strong? (One word answer) (1 mark)

7. 7. Why is the ribcage important? A) It helps us run, B) It holds our teeth, C) To protect organs like the heart and lungs*, D) It helps us digest food (1 mark)

8. 8. True or False: We need joints, like knees and elbows, so that our bodies can bend. (1 mark)

9. 9. What is the name for the place where two or more bones meet? (One word answer) (1 mark)

10. 10. Which food group helps our bodies to grow and repair? A) Sugars, B) Protein*, C) Fats, D) Water (1 mark)

Draw: Draw a picture of yourself being active! Include labels pointing to where your joints (like elbows or knees) are located.



Extension challenge: Nova wants to know: If you went to the shop to buy a healthy snack, which two items would you choose? If an apple costs 40p and a carton of milk costs 60p, how much would they cost altogether?