

1. Which blood vessels carry blood away from the heart?

- A) Veins B) Capillaries C) Arteries D) Lymph vessels

2. Which blood vessels are the thinnest and help in exchange of gases?

- A) Arteries B) Veins C) Capillaries D) Bronchi

3. Veins carry blood:

- A) From heart to body B) From lungs to heart C) From body to heart D) Only in lungs

4. The process of blood circulation starts when:

- A) Blood leaves lungs B) Veins bring blood to the heart C) Oxygen enters lungs D) Blood reaches brain

5. What does blood pick up from the digestive system?

- A) Oxygen B) Wastes C) Nutrients D) Enzymes

6. Where does the blood absorb oxygen and release carbon dioxide?

- A) Liver B) Brain C) Lungs D) Heart

7. What is the rhythmic movement of blood in the arteries called?

- A) Heartbeat B) Circulation C) Pulse D) Wave

8. How many times does a healthy heart beat per minute approximately?

- A) 90 B) 70 C) 100 D) 50

9. How can we feel our heartbeat?

- A) By checking BP B) Measuring pulse C) Hand on chest D) By running

10. Doctors use _____ to listen to heartbeats.

- A) Microscope B) Thermometer C) Stethoscope D) ECG

11. Which of the following is NOT a type of blood vessel?

- A) Arteries B) Veins C) Lymph D) Capillaries

12. What helps blood circulate faster during exercise?

- A) Sweat B) Deep breathing C) Heart pumping D) Digestion

13. Which of the following is good for the heart?

- A) Ice cream B) Brisk walking C) Colas D) Chips

14. Fatty and sugary foods are:

- A) Good for heart B) Neutral C) Harmful for heart D) Strengthen muscles

15. What helps improve blood circulation in yoga?

- A) Loud chanting B) Jumping C) Fast breathing D) Deep breathing

16. What shows how fast the heart is beating?

- A) Height B) Pulse rate C) Blood group D) Temperature

17. Which of the following does *not* help the heart?

- A) Cycling B) Swimming C) Junk food D) Brisk walking

18. Which component carries oxygen to the body?

- A) Plasma B) Red blood cells C) White blood cells D) Platelets

19. Which of the following helps in relaxing the body and mind?

- A) Yoga B) Cold drinks C) Watching TV D) Sleeping late

20. Playing outdoor games helps the heart by:

- A) Slowing pulse B) Pumping less blood C) Increasing oxygen supply D) Stopping heartbeat

Answer Key

1. C) Arteries
2. C) Capillaries
3. C) From body to heart
4. B) Veins bring blood to the heart
5. C) Nutrients
6. C) Lungs
7. C) Pulse
8. B) 70
9. C) Hand on chest
- 10.C) Stethoscope
- 11.C) Lymph
- 12.C) Heart pumping
- 13.B) Brisk walking
- 14.C) Harmful for heart
- 15.D) Deep breathing
- 16.B) Pulse rate
- 17.C) Junk food
- 18.B) Red blood cells

19.A) Yoga

20.C) Increasing oxygen supply