

General Health QUIZ!



What is it called when your body doesn't have enough water?

How many colored sections are there in the USDA's MyPlate?

Where is the thyroid located?

How many chambers does the heart have?

How many bones does an adult have?

During which hours should you avoid the sun so you don't get burned?

In general, how much sleep do kids between ages 5 and 12 get every night?

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Answer Key:

What is it called when your body doesn't have enough water? **Dehydration**

How many colored sections are there in the USDA's MyPlate? **Five - orange (grains); green (vegetables); red (fruits); blue (milk and dairy products); purple (protein)**

Where is the thyroid located? **In the front of your neck**

How many chambers does the heart have? **Four - the left atrium, the right atrium, the left ventricle, and the right ventricle**

How many bones does an adult have? **206**

During which hours should you avoid the sun so you don't get burned? **Between 10 in the morning and 4 in the afternoon**

In general, how much sleep do kids between ages 5 and 12 get every night? **10 to 11 hours**

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