

## Cells and Systems

### Topic 7 - Body Systems and Your Health Practice Quiz

1. Blood is the body's transportation system. The blood is composed of different types of cells which have a very specialized function. The type of blood cells that comprise less than 1% of the blood's volume and defends the body against infection and disease are the ...
  - red blood cells**
  - white blood cells**
  - plasma cells**
  - platelets**
2. Disorders of the circulatory system are the leading cause of death in North America. One of the most common is hypertension, which is ...
  - damage to the heart tissue**
  - heart attacks or strokes**
  - high blood pressure**
  - waste remaining in the blood**
3. The digestive system can also malfunction, causing severe repercussions for an individual and even death. These disorders are caused by poor lifestyle habits or disease. One such disorder may lead to colon cancer. It is caused by ...
  - over exertion**
  - low fiber diet**
  - high fiber diet**

**excessive use of aspirin**

4. The respiratory system can also malfunction due to poor lifestyle choices. When the cilia (which remove airborne particles when they beat continuously) are clogged by mucus they cannot perform their function properly and over time, can become inflamed. This condition (which can be treated) is called ...

**bronchitis**

**ciliatitis**

**emphysema**

**lung cancer**

5. Your body needs to have the right conditions under which it can perform its functions properly. To maintain healthy organs and systems, the essential needs are ...

**clean air, water, nutritious food, exercise and sleep**

**dairy products, fruits and vegetables, meat and grains**

**oxygen, minerals, vitamins, relaxation and medicine**

**fats, sugars, carbohydrates, proteins and salt**

**Check your**

**Answers**

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### Topic 7 - Body Systems and Your Health Practice Quiz

1. Blood is the body's transportation system. The blood is composed of different types of cells which have a very specialized function. The type of blood cells that comprise less than 1% of the blood's volume and defends the body against infection and disease are the ...

**red blood cells**

**white blood cells (Text p. 155) Table 2.2**

**plasma cells**

**platelets**

2. Disorders of the circulatory system are the leading cause of death in North America. One of the most common is hypertension, which is ...

**damage to the heart tissue**

**heart attacks or strokes**

**high blood pressure (Text p. 155) Near the bottom of the page. Hypertension is another word for high blood pressure**

**waste remaining in the blood**

3. The digestive system can also malfunction, causing severe repercussions for an individual and even death. These disorders are caused by poor lifestyle habits or disease. One such disorder may lead to colon cancer. It is caused by ...

**over exertion**

**low fiber diet (Text p. 159) Colon cancer is caused by low fiber diet because it takes longer for the colon to process wastes**

**high fiber diet**

## **excessive use of aspirin**

4. The respiratory system can also malfunction due to poor lifestyle choices. When the cilia (which remove airborne particles when they beat continuously) are clogged by mucus they cannot perform their function properly and over time, can become inflamed. This condition (which can be treated) is called ...

**bronchitis (Text p. 160) Figure 2.37 Bronchitis can be treated, but over time can lead to other disorders**

**ciliatitis**

**emphysema**

**lung cancer**

5. Your body needs to have the right conditions under which it can perform its functions properly. To maintain healthy organs and systems, the essential needs are ...

**clean air, water, nutritious food, exercise and sleep (Text p. 162) Second paragraph - middle of the page**

**dairy products, fruits and vegetables, meat and grains**

**oxygen, minerals, vitamins, relaxation and medicine**

**fats, sugars, carbohydrates, proteins and salt**