

Name:

Date:

KS2 Quiz

Unit title: Circulation and health

1 Which of these has a positive effect on health?

- A Sitting for long periods of time.
- B Drinking water regularly.
- C Staying away from people.
- D Drinking alcohol.

2 Which of these only has negative effects on health?

- A Having a takeaway meal.
- B Smoking.
- C Drinking juice.
- D Walking.

3 Which of these is a lifestyle choice that can negatively affect the heart?

- A Regular exercise.
- B Eating lots of vegetables.
- C Eating lots of high-fat foods.
- D Drinking water.

4 What is the function (job) of the heart?

- A To digest food.
- B To pump blood around the body.
- C To carry blood around the body.
- D To hold air for breathing.

5 Which of the following is not found in blood?

- A Undigested food.
- B Water.
- C Sugar.
- D Oxygen.

6 What effect do drugs have on the circulatory system?

- A No effect.
- B Always a bad effect.
- C Make the heart smaller.
- D Can change how it works, which can cause damage.

7 What is the main function (job) of the circulatory system?

- A To produce oxygen.
- B To digest food.
- C To transport substances.
- D To make new blood.

Name:

Date:

KS2 Quiz

Unit title: Circulation and health

8 What happens to the circulatory system during exercise?

- A Blood flow decreases.
- B Heart rate decreases.
- C Heart rate increases.
- D The system stops working until exercise is over.

9 Where in the body is oxygen picked up by the blood and carbon dioxide dropped off?

- A The lungs.
- B The heart.
- C The blood vessels.
- D The body.

10 Describe how nutrients and water are transported inside humans.