ENGLAND GCSE BIOLOGY OCR TWENTY FIRST CENTURY FOUNDATION · UNIT 5 · 25 QUESTIONS

The Human Body - Staying Alive — Practice Test

This practice test was made by AI and there may be mistakes. If a question or answer looks wrong, use the Flag a mistake button so it can be fixed.

1 **A thermometer is placed in hot water. What happens to the liquid inside the thermometer?**

- A it contracts
- B it evaporates
- C it freezes
- D it expands

Understand It with Pulse | Flag a mistake

2 **A yellow school bus carries children to school. Which blood vessel carries blood away from the heart, like a bus leaving the station?**

- A a capillary
- B a ventricle
- C a vein
- D an artery

Understand It with Pulse | Flag a mistake

3 **A basketball is thrown up. What happens to its speed as it rises?**

- A it becomes zero
- B it stays the same
- C it decreases
- D it increases

Understand It with Pulse | Flag a mistake

4 **A school lunch tray holds a meal with milk. Which nutrient is milk rich in?**

A vitamin C

B calcium

C iron

D fibre

Understand It with Pulse | Flag a mistake

5 **Eggs contain protein. Which part of the egg is mostly protein?**

A the air sac

B the shell

C the yolk

D the white

Understand It with Pulse | Flag a mistake

6 **A brown dog is vaccinated. What does the vaccine contain?**

- A a dead or weakened pathogen
- B white blood cells
- C a live dangerous pathogen that causes disease
- D an antibiotic

Understand It with Pulse | Flag a mistake

7 **What is thyroxine?**

- A a hormone that controls growth in children
- B a hormone that controls metabolism
- C a hormone that controls hunger before meals
- D a hormone that controls sleep at night

Understand It with Pulse | Flag a mistake

8 **In which direction do particles move by diffusion?**

A from high to low concentration

B from large to small

C from cold to hot

D from low to high concentration

Understand It with Pulse | Flag a mistake

9 **How does the body lose heat when it is too hot?**

A by sweating

B by vasoconstriction

C by shivering

D by growing hair

Understand It with Pulse | Flag a mistake

10 **A heart beats 70 times per minute. How many beats is that in one hour?**

- A 4200
- B 8400
- C 4800
- D 3600

Understand It with Pulse | Flag a mistake

11 **Which neurone carries the impulse from the CNS to the effector?**

- A a sensory neurone
- B a relay neurone
- C a motor neurone
- D a receptor neurone

Understand It with Pulse | Flag a mistake

12 **How do hormones travel around the body?**

A in the blood

B through the skin

C along nerves

D in the lymph only

Understand It with Pulse | Flag a mistake

13 **Why do red blood cells have no nucleus?**

A to fight infection better

B to live for longer

C to carry more haemoglobin

D to divide more quickly in the bone marrow

Understand It with Pulse | Flag a mistake

14 **What is the job of the kidneys?**

A to filter the blood

B to pump the blood

C to store urine

D to make red blood cells

Understand It with Pulse | Flag a mistake

15 **What does insulin do?**

A it lowers blood glucose

B it raises blood glucose

C it stores glucose in the blood

D it breaks down glycogen in the liver

Understand It with Pulse | Flag a mistake

16 **What is an advantage of a kidney transplant over dialysis?**

A no donor is needed

B no drugs are needed afterwards

C no risk of rejection by the body

D no regular hospital sessions

Understand It with Pulse | Flag a mistake

17 **Which process moves oxygen into a cell from the air?**

A active transport

B osmosis

C diffusion

D respiration

Understand It with Pulse | Flag a mistake

18 **What happens to blood vessels in the skin when the body is hot?**

A they widen to lose heat

B they narrow to keep heat in

C they move deeper into the skin

D they close completely

Understand It with Pulse | Flag a mistake

19 **A heart beats 70 times per minute and pumps 80 mL per beat. What is the cardiac output in mL per minute?**

A 11200 mL/min

B 6100 mL/min

C 5600 mL/min

D 5100 mL/min

Understand It with Pulse | Flag a mistake

20 **Body temperature is 37 degrees Celsius. It rises by 1 degrees. What is the temperature now?**

A 37 degrees Celsius

B 38 degrees Celsius

C 39 degrees Celsius

D 40 degrees Celsius

Understand It with Pulse | Flag a mistake

21 **How do statins help to prevent heart disease?**

A they widen the arteries directly

B they thin the blood permanently

C they lower blood cholesterol

D they make the heart beat faster

Understand It with Pulse | Flag a mistake

22 **What is a risk factor for type 2 diabetes?**

A eating vegetables

B being underweight

C exercising daily

D being overweight

Understand It with Pulse | Flag a mistake

23 **What does oestrogen do?**

A it triggers ovulation

B it maintains the lining after ovulation

C it thickens the uterus lining

D it stimulates eggs to mature

Understand It with Pulse | Flag a mistake

24 **Blood glucose falls from 9 mmol per litre to 5 mmol per litre. What is the fall?**

A 6 mmol/L

B 4 mmol/L

C 5 mmol/L

D 3 mmol/L

Understand It with Pulse | Flag a mistake

25 **What is insulin?**

A an enzyme that digests glucose

B a hormone that lowers blood glucose

C a nerve signal

D a hormone that raises blood glucose

Understand It with Pulse | Flag a mistake

ANSWER KEY

1. D
2. D
3. C
4. B
5. D
6. A
7. B
8. A
9. A
10. A
11. C
12. A
13. C
14. A
15. A
16. D
17. C
18. A
19. C
20. B
21. C
22. D
23. C
24. B
25. B

© 2026 Brett Robbins. All Rights Reserved.