ENGLAND GCSE COMBINED SCIENCE 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 shows a runner's skin temperature falls after she starts sweating. Why?**

- A evaporating sweat takes heat away
- B sweat warms the skin
- C sweat makes the blood thicker and slower
- D sweat blocks heat loss

Understand It with Pulse | Flag a mistake

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

A the yolk

B the shell

C the white

D the air sac

Understand It with Pulse | Flag a mistake

3 **A basketball bounces. What type of energy is stored when the ball squashes?**

A kinetic

B gravitational potential

C thermal

D elastic potential

Understand It with Pulse | Flag a mistake

4 **A yellow school bus is full of children. What is its mass like?**

- A smaller than when empty
- B the same as when empty
- C larger than when empty
- D zero

Understand It with Pulse | Flag a mistake

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

- A calcium
- B vitamin C
- C iron
- D fibre

Understand It with Pulse | Flag a mistake

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

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

Understand It with Pulse | Flag a mistake

7 **What does oestrogen do?**

- A it triggers ovulation
- B it stimulates eggs to mature
- C it maintains the lining after ovulation
- D it thickens the uterus lining

Understand It with Pulse | Flag a mistake

8 **A piece of potato weighs 5 g. After soaking in pure water it weighs 5.5 g. What is the percentage increase in mass?**

- A 15%
- B 10%
- C 20%
- D 5%

Understand It with Pulse | Flag a mistake

9 **Which of these uses active transport?**

- A water entering a root
- B taking in minerals from soil
- C carbon dioxide leaving a leaf
- D oxygen entering the lungs

Understand It with Pulse | Flag a mistake

10 **A heart beats 60 times per minute. How many beats is that in one hour?**

- A 3600
- B 7200
- C 4200
- D 3000

Understand It with Pulse | Flag a mistake

11 **A plant cell in pure water becomes turgid. What does turgid mean?**

- A empty and flat
- B shrunken and soft
- C swollen and firm
- D dead and dry

Understand It with Pulse | Flag a mistake

12 **What does plasma carry?**

A carbon dioxide only

B oxygen joined to haemoglobin

C dissolved substances

D white blood cells only

Understand It with Pulse | Flag a mistake

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

A 38 degrees Celsius

B 37 degrees Celsius

C 39 degrees Celsius

D 40 degrees Celsius

Understand It with Pulse | Flag a mistake

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

A they make the heart beat faster

B they thin the blood permanently

C they lower blood cholesterol

D they widen the arteries directly

Understand It with Pulse | Flag a mistake

15 **What does dialysis do?**

A it filters the blood artificially

B it replaces a failed kidney permanently

C it makes new kidney tissue

D it removes salt from the diet

Understand It with Pulse | Flag a mistake

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

- A 4900 mL/min
- B 5400 mL/min
- C 9800 mL/min
- D 4400 mL/min

Understand It with Pulse | Flag a mistake

17 **How does sweating cool the body?**

- A sweat evaporates from the skin
- B sweat carries heat into the blood
- C sweat blocks the pores
- D sweat warms the skin surface

Understand It with Pulse | Flag a mistake

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

A diffusion

B osmosis

C respiration

D active transport

Understand It with Pulse | Flag a mistake

19 **Blood glucose falls from 10 mmol per litre to 5 mmol per litre. What is the fall?**

A 4 mmol/L

B 7 mmol/L

C 5 mmol/L

D 6 mmol/L

Understand It with Pulse | Flag a mistake

20 **What does insulin do?**

A lowers blood glucose

B raises blood glucose

C stops glucose entering cells

D keeps blood glucose steady

Understand It with Pulse | Flag a mistake

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

A by vasoconstriction

B by growing hair

C by sweating

D by shivering

Understand It with Pulse | Flag a mistake

22 **How is type 1 diabetes treated?**

A with exercise alone

B with glucagon injections

C with insulin injections

D with a low fat diet only

Understand It with Pulse | Flag a mistake

23 **Which component of blood carries oxygen?**

A red blood cells

B white blood cells

C plasma

D platelets

Understand It with Pulse | Flag a mistake

24 **What is the job of a receptor?**

A to carry a message

B to detect a change

C to make a response

D to store information

Understand It with Pulse | Flag a mistake

25 **What is insulin?**

A a hormone that lowers blood glucose

B an enzyme that digests glucose

C a nerve signal

D a hormone that raises blood glucose

Understand It with Pulse | Flag a mistake

ANSWER KEY

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

© 2026 Brett Robbins. All Rights Reserved.