

# SMARTZONE! TIME TO PLAY



#### **TEST OUT YOUR INSIDE KNOWLEDGE!**

Quiz yourself on all the parts that make up the most important person in the world—YOU!

#### What is quinoa?

- A. A berry that grows only in deserts
- B. A low-fat fish without fins
- C. A protein-rich grain D. A disease of the liver

## Doris James of the U.S. holds the record for gaining weight in one year. How many pounds did she gain?

A. 106 B. 328 C. 433 D. 712

## What body part did Alcmaeon, an ancient Greek doctor, say was involved in feeling and thinking?

A. Liver B. Heart C. Thumb D. Brain

# All muscles attached to your skeleton work in pairs to perform a function. Which muscle do your biceps work with to bend and straighten your arm?

A. Quadriceps B. Triceps C. Deltoids D. Hamstrings

#### How does acupuncture help with sports injuries?

- A. It creates holes in the bloodstream to relieve pressure
- C. It diverts attention away from muscle pain to the pain caused by the needles
- B. It releases pain-relieving chemicals into the body
- D. It's like hitting yourself with a hammer—it feels good when you stop

## **6** Which part of your body attacks invading microbes?

A. Stomach lining B. White blood cells C. Nasal membranes D. Red blood cells

### Before penicillin, what was commonly used to clean infected wounds?

A. Mustard B. Hay
C. Snakes D. Maggots

#### Who has the best sense of smell?

A. Girls B. Boys C. Women D. Men

#### What is the outer layer of your skin called?

A. Ultradermis B. Epidermis C. Epithelial D. Adrenal

## What is true about a boy's brain compared to a girl's brain at birth?

A. It's darker B. It's softer C. It's bigger D. It's slimier

#### 11 Why is the left lung smaller than the right lung?

A. It works harder
B. The stomach needs room
C. The heart needs room
D. It makes breathing easier

### How old was Jeanne Calment, the world's oldest woman, when she died in 1997?

A. 102 years old
C. 141 years old
D. 3 days less than 165 years

## THIS IS JUST ONE OF MANY TRIVIA CHALLENGES. COME BACK TO THE WEBSITE FOR MORE!

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