

NERVOUS SYSTEM



1. What is the function of the Nervous System? (more than 1 option)
 - a) Sends and receives information about what is happening in the body and around it.
 - b) Taking whole foods and turning them into energy and nutrients
 - c) Controls many of the body processes like breathing, digestion, sweating, and shivering.
 - d) Gas exchange, acid-base balance, phonation, pulmonary defense and metabolism
2. What are the parts of the Nervous System?
 - a) Heart, lungs and veins.
 - b) Central and peripheral nervous system.
 - c) Bones and muscles.
 - d) All of them.

3. Complete the gaps with the words bank.

- ★ The brain and the spinal cord make up the _____ nervous system.
- ★ The brain controls all the body functions by _____ and receiving messages through _____.
- ★ The _____ nervous system carries messages to and from the central nervous system.
- ★ The peripheral nervous system sends _____ to the _____ and carries out orders from the brain.
- ★ The _____ is a long bundle of nerve tissue. It extends from the _____ part of the brain down through spine.

brain	peripheral	sending	nerves
lower	spinal cord	information	central

4. Select the parts of the nervous system.

- a) Brain, heart and veins.
- b) Stomach, vessels and brain.
- c) Spinal cord, nerves and brain.
- d) Nerves, arteries and veins.

5. How does the Nervous System work? (more than 1 option)

- a) It controls many of the body processes.
- b) It prepares the body for sudden stress.
- c) It prepares the body for rest.
- d) It doesn't help the digestive tract move along.

6. Select True and False.

- | | | |
|--|--|---|
| a) Nervous system controls many of the body processes we almost never need to think about, like breathing, digestion, sweating, and shivering. | <input checked="" type="checkbox"/> True | <input type="checkbox"/> False |
| b) Nervous system doesn't prepare the body for sudden stress, like if you witness a robbery. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| c) Nervous system prepares the body for rest. | <input checked="" type="checkbox"/> True | <input checked="" type="checkbox"/> False |
| d) Nervous system does not help the digestive tract move along so our bodies can't efficiently take in nutrients from the food we eat. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| e) The nervous system controls: Brain growth and development. | <input checked="" type="checkbox"/> True | <input checked="" type="checkbox"/> False |
| f) The nervous system produces stomach acid after eating. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| g) Nervous System doesn't help coordination and balance when we are learning to walk or crawl. | <input type="checkbox"/> True | <input type="checkbox"/> False |

7. What are nervous system diseases?

- a) Epilepsy, Parkinson, Sciatica and stroke.
- b) Parkinson.
- c) Meningitis and sclerosis.
- d) All of them.

8. What are the ways to take care of your nervous system? (more than 1 option)

- a) Get plenty of rest.
- b) Doesn't exercise regularly.
- c) Eat a balance diet.
- d) Smoke