

1. What is one of the key benefits of nature for human health?

- A) Increases carbon emissions
- B) Reduces mental well-being
- C) Provides clean air
- D) Reduces oxygen levels

2. What happens when nature is harmed by pollution?

- A) It improves heart health
- B) It reduces stress and anxiety
- C) It leads to respiratory problems and heart disease
- D) It makes water safer for drinking

3. Which of the following is a consequence of deforestation?

- A) More oxygen production
- B) Loss of biodiversity
- C) Decreased air pollution
- D) Improved mental health

4. How can planting trees help protect nature?

- A) By increasing carbon dioxide levels
- B) By reducing the need for water
- C) By absorbing carbon dioxide and releasing oxygen
- D) By polluting the environment

5. Which action can individuals take to reduce pollution?

- A) Increase plastic use
- B) Support companies that do not recycle
- C) Use fewer natural resources
- D) Reduce waste and emissions from transportation

6. **Why is preserving nature important for human health?**
- A) It makes ecosystems weaker
 - B) It helps maintain clean air, water, and food
 - C) It increases disease rates
 - D) It leads to deforestation
7. **What is the role of governments in protecting the environment?**
- A) Enforce environmental protection laws
 - B) Increase pollution
 - C) Encourage waste production
 - D) Reduce tree planting efforts
8. **How can communities help protect nature?**
- A) By participating in environmental efforts like clean-ups
 - B) By increasing pollution in local areas
 - C) By reducing the use of trees
 - D) By ignoring climate change
9. **What is one simple action you can take today to help protect nature?**
- A) Use more plastic bags
 - B) Plant a tree or reduce water usage
 - C) Increase energy consumption
 - D) Ignore pollution problems
10. **How does nature positively impact mental health?**
- A) It increases anxiety
 - B) It promotes relaxation and reduces stress
 - C) It leads to depression
 - D) It causes more stress