

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.

True False

b) Nervous system doesn't prepare the body for sudden stress, like if you witness a robbery.

True False

c) Nervous system prepares the body for rest.

True 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.

True False

e) The nervous system controls: Brain growth and development.

True False

f) The nervous system produces stomach acid after eating.

True False

g) Nervous System doesn't help coordination and balance when we are learning to walk or crawl.

True 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