

B1 Revision Questions

Part 1

Question 1 of 50

- What are the 3 main blood vessels?

Answer 1 of 50

- Artery, vein, capillary

Question 2 of 50

- Why are arteries thicker than veins?

Answer 2 of 50

- The blood is under higher pressure

Question 3 of 50

- Why is blood under high pressure?

Answer 3 of 50

- Due to contraction of the heart so the blood can reach all parts of the body

Question 4 of 50

- What 4 factors can increase the risk of developing heart disease?

Answer 4 of 50

- High blood pressure, smoking, eating high levels of salt and saturated fats

Question 5 of 50

- What is the affect of cholesterol in the human body?

Answer 5 of 50

- It forms plaque that blocks the arteries/ blood vessels

Question 6 of 50

- What are the 5 different ways to measure fitness?

Answer 6 of 50

- Strength, suppleness, stamina, speed, agility

Question 7 of 50

- What is the difference between fitness and being healthy?

Answer 7 of 50

- Fitness = Ability to do physical activity.
Healthy = Free of disease

Question 8 of 50

- What can you do to decrease blood pressure?

Answer 8 of 50

- Regular exercise and balanced diet

Question 9 of 50

- Explain how the 4 things in cigarettes cause problems to the body

Answer 9 of 50

- Carbon monoxide- Reduces the amount of oxygen the blood carries. Tar- causes cancer. Nicotine – increases heart rate. Particulates - block lungs. These increase blood pressure.

Question 10 of 50

- What is thrombosis? What can this lead to?

Answer 10 of 50

- A blood clot- a heart attack

Question 11 of 50

- What are the 6 main nutrients in a balanced diet and what do we need each one for?

Answer 11 of 50

- Carbs and fat- energy. Protein- growth and repair. Minerals and vitamins- to keep healthy. Fibre- To help digestion/ prevent constipation. Water- To keep hydrated/ prevent dehydration

Question 12 of 50

- What type of people need lots of protein?
Why?

Answer 12 of 50

- Pregnant women and teenagers- for growth

Question 13 of 50

- What does obese mean? What are the 4 health risks associated with it?

Answer 13 of 50

- Having too much fat/ being overweight. Heart disease, diabetes, arthritis, breast cancer

Question 14 of 50

- What are 1) carbohydrates, 2) proteins and 3) fats made from?

Answer 14 of 50

- 1) Simple sugars e.g. glucose 2) amino acids 3) fatty acids and glycerol

Question 15 of 50

- How are these stored? 1) carbohydrates 2) proteins 3) fats

Answer 15 of 50

- 1) Stored in liver as glycogen or converted to fats 2) proteins are not stored 3) stored under the skin or as adipose tissue

Question 16 of 50

- What do people get if they do not have enough protein? Why do countries have this?

Answer 16 of 50

- Kwashiorkor. Overpopulation or agricultural techniques are not invested in

Question 17 of 50

- What is meant by your EAR? Why do people have different EAR's?

Answer 17 of 50

- Estimated daily requirement of protein based on mass. Different age, size, life style

Question 18 of 50

- What is meant by BMI? Why do people use this?

Answer 18 of 50

- Body Mass Index- used to measure if someone is overweight, underweight etc.

Question 19 of 50

- What is the difference between first and second class proteins?

Answer 19 of 50

- First- from animals that have all essential amino acids. Second- from animals that do not have all essential amino acids

Question 20 of 50

- What are infectious diseases caused by?

Answer 20 of 50

- Pathogens (bacteria, protocists, fungi, viruses)

Question 21 of 50

- Describe 4 ways the body defends itself against pathogens

Answer 21 of 50

- Skin- makes a barrier. Blood clots- prevents entry in cuts. Mucus- Traps pathogens in airways. Stomach acid- Kills pathogens

Question 22 of 50

- What are the differences between infectious, non-infectious and genetic diseases?

Answer 22 of 50

- Infectious- diseases caused by pathogens.
Non- a disease which cannot be transmitted.
Genetic- A disease which can be inherited

Question 23 of 50

- What is the difference between a malignant and a benign tumour?

Answer 23 of 50

- Malignant- cells that are cancerous. Benign-
Cells that are not

Question 24 of 50

- What is a parasite? Give an example

Answer 24 of 50

- Organisms that live in/ on a host organism.
Tapeworm, protozoa carried by mosquitoes

Question 25 of 50

- How can knowing the life-cycle of a mosquito prevent the spread of malaria?

Answer 25 of 50

- We can find out how they live and prevent the spread/ the parasite living

Question 26 of 50

- What do pathogens do when they enter the body?

Answer 26 of 50

- Damage cells and make toxins

Question 27 of 50

- What happens to an pathogen when it enters the body?

Answer 27 of 50

- Antibodies recognise the shape of the antigens on the pathogen and lock onto them

Question 28 of 50

- What is the difference between antibiotics and antiviral drugs?

Answer 28 of 50

- Antibiotic- kills bacteria. Antiviral- kills viruses

Question 29 of 50

- What pathogen can drugs not kill?

Answer 29 of 50

- Viruses- only white blood cells can destroy these

Question 30 of 50

- What is the difference between passive and active immunity?

Answer 30 of 50

- Passive- receive antibodies. Active- Make your own

Question 31 of 50

- What is immunisation?

Answer 31 of 50

- Where you body remembers the shape of antigens of a pathogen, so it can be dealt with quickly if it enters the body

Question 32 of 50

- How do pathogens become resistant?

Answer 32 of 50

- Bacteria mutate. Antibiotics are only used briefly- kill all bacteria apart from resistant strain, the resistant types reproduce and increase in number

Question 33 of 50

- Why do we need to be careful when using antibiotics?

Answer 33 of 50

- We don't overuse them, causing bacteria to become resistant

Question 34 of 50

- What is a placebo? Why do we use them in drug trials?

Answer 34 of 50

- A dummy pill used in trials to see if a drug works

Question 35 of 50

- What happens when a previously known pathogen enters the body?

Answer 35 of 50

- It is recognised by memory cells. There are already antibodies of the correct shape in the blood, so these are made quickly to bind with the antigens

Question 36 of 50

- What are the main parts of the eye?

Answer 36 of 50

- Iris, lens, cornea, pupil, retina, optic nerve, blind spot

Question 37 of 50

- What are the 2 different types of vision?

Answer 37 of 50

- Monocular, binocular

Question 38 of 50

- What are the advantages and disadvantages of monocular and binocular vision?

Answer 38 of 50

- Mono- Wider field of view but poor judgement of distance. Bino- Narrow field of view but better judgement of distance

Question 39 of 50

- Name 3 problems with eyes

Answer 39 of 50

- Long sighted, short-sighted, red-green colour blindness

Question 40 of 50

- What is the central nervous system?

Answer 40 of 50

- Brain and spinal cord

Question 41 of 50

- What is a nerve impulse?

Answer 41 of 50

- A message sent as an electrical impulse carried by nerve cells (neurons)

Question 42 of 50

- What is a reflex reaction? What is an advantage of this?

Answer 42 of 50

- A fast, automatic response without the brain thinking about it. To protect the human body

Question 43 of 50

- What is the peripheral nervous system?

Answer 43 of 50

- A series of nerves to and from the CNS

Question 44 of 50

- What is the job of these 1) Cornea 2) Iris 3) Lens 4) Retina 5) Optic nerve

Answer 44 of 50

- 1) Refracts light 2) Controls how much light enters pupil 3) Focuses light onto retina 4) Contains receptors- sensitive to light 5) Carries impulses away to brain

Question 45 of 50

- What happens to light as it enters the eye?

Answer 45 of 50

- Refracted by the cornea and focused onto the retina

Question 46 of 50

- How does the eye focus light from distant objects?

Answer 46 of 50

- Ciliary muscles relax, suspensory ligaments tighten, lens gets longer/ thinner

Question 47 of 50

- How does the eye focus light from close up objects?

Answer 47 of 50

- Ciliary muscles contract, suspensory ligaments relax, lens gets thicker

Question 48 of 50

- What causes long and short-sightedness?

Answer 48 of 50

- Eyeball or lens being the wrong shape

Question 49 of 50

- Why do people have red-green colour blindness?

Answer 49 of 50

- Lack of specialised cells in retina

Question 50 of 50

- How are neurones adapted to their function?

Answer 50 of 50

- Long, insulating sheath and branched endings