**7th Body Systems Study Guide**

*Answer each question to prepare for the test*

1. **Which body system breaks down food?**

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1. **Which of these body parts is the smallest?**

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**3. Which of these foods has the most nutrients?**
A. milk B. soda C. candy D. cookies

**4. Which of these statements is true?**
A. Your body needs exercise more than sleep.
B. Your body needs sleep more than exercise.
C. Your body doesn’t need either sleep or exercise.
D. Your body needs both sleep and exercise.

**5. Which is NOT a nutrient that your body needs?**
A. water B. vitamins C. fats D. air

**6.Aerobic exercise makes your body use more** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**7. Which body system protects you against disease?**

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**8. Which of these is a communicable disease?**

A. cancer B. allergies C. the flu D. heart failure

**9. Which is NOT an effect that alcohol has on your body?**

A. It can poison you.
B. It can make your nervous system shut down.
C. It can make you stop breathing.
D. It can treat a disease.

**10. How can you protect yourself when playing sports?**

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