



Quiz Answer Key

1. True or false. Most of the time, after a mild head injury, people return to normal even if the injury caused a concussion.

2. Which of the following is **not** a common symptom of a concussion?

- a) Headache
- b) Feeling dizzy or sleepy
- c) Laughing
- d) Vomiting
- e) Forgetting what just happened

3. Name two ways to help prevent getting a concussion:

Any two of the following: Tell your coach or parent if you get hit in the head, wear your seatbelt when you're traveling in a car, follow the rules when playing sports.

4. Which of the following is **not** good for your brain?

- a) Eating healthy foods
- b) Exercising regularly
- c) Staying away from alcohol, drugs, and tobacco
- d) Wearing a baseball cap under your bike helmet to keep the sun out of your eyes
- e) Giving your brain a workout by doing puzzles, playing music, reading, or creating art

5. Your brain has many different parts that work together. Name at least three major parts of the brain:

Any three of the following: cerebrum, cerebellum, brain stem, pituitary gland, hypothalamus

6. Fill in the blanks using the word bank:

The biggest part of the brain, making up 85% of the brain's weight, is the cerebrum. The hypothalamus, like the thermostat that controls the heater and air conditioner in your house, knows what temperature your body should be. The brain stem controls breathing air, digesting food, and circulating blood. The cerebellum, located at the back of the brain, controls balance, movement, and coordination. The pituitary gland, which is about the size of a pea, releases hormones that make you grow.

WORD BANK

Brain stem

Cerebrum

Pituitary gland

Cerebellum

Hypothalamus