

**BRAIN TEASER PREQUIZ**

So, just because you've been carrying it around in your head all these years, you think you know all about your brain. Time to put you to the test. Try your best with the questions below:

1. The average adult human brain weighs about
  - A. one-fifth of a pound
  - B. 1 pound
  - C. 3 pounds
  - D. 8 pounds
2. The brain is made up of 78%
  - A. protein
  - B. fat
  - C. water
  - D. oxygen
3. The surface of a living brain is
  - A. rubbery and springy to the touch.
  - B. so soft it can be cut with a butter knife.
  - C. covered with a protective, leather-like membrane.
  - D. encased in a resistant skin, like a tomato
4. The brain is about 2% of your body weight, and uses what percentage of your body's energy?
  - A. 1%
  - B. 5%
  - C. 10%
  - D. 20%
5. How many neurons (brain cells) does a human brain have?
  - A. 100,000
  - B. 5 million
  - C. 10 billion
  - D. 100 billion
6. How long can the brain function without oxygen before damage starts to occur?
  - A. it can't; damage occurs as soon as the brain is deprived of oxygen
  - B. 2-3 minutes
  - C. 4-6 minutes
  - D. 6-8 minutes
7. How much water should you drink each day to make sure your brain is operating at its peak?
  - A. 2-3 glasses
  - B. 4-5 glasses
  - C. 6-7 glasses
  - D. 8-12 glasses

8. To make sure your brain receives enough oxygen, you should
  - A. eat plenty of fruits and vegetables.
  - B. drink fruit juices and avoid caffeinated beverages.
  - C. take part in daily physical exercise.
  - D. get at least 8 hours of sleep each night.
9. Which of the following is a function or mode of thinking associated with the *right* brain hemisphere:
  - A. logical analysis
  - B. language
  - C. controls the left side of the body
  - D. controls the right side of the body
10. Adequate sleep is important to your brain because
  - A. your brain needs to “shut down” and rest each day.
  - B. your brain works on storing memories as you sleep.
  - C. your brain produces essential proteins during sleep.
  - D. your brain loses brain cells each day if it lacks sleep.
11. Which of the following functions is the prefrontal cortex of your brain responsible for?
  - A. your ability to plan for the future
  - B. your ability to understand what someone else says in conversation
  - C. your ability to maintain your balance while you dance
  - D. your ability to make new memories regarding what you learn today about your brain
12. How large is the surface area of the cerebral cortex if you were to peel it off and spread it flat like a newspaper?
  - A. 1 square foot
  - B. 2.5 square feet
  - C. 3 square feet
  - D. 5 square feet
13. Neurons send signals to other neurons at a rate of about \_\_\_\_\_.
  - A. 10 mph
  - B. 70 mph
  - C. 200 mph
  - D. 1000 mph
14. Brain plasticity refers to which of the following?
  - A. the ability of the brain to transfer information from one hemisphere to the other
  - B. how the brain gets larger as a child grows
  - C. the ability of brain tissue to take on new functions
  - D. the fixed and permanent nature of the brain at puberty
15. Your brain generates enough electrical power while you are awake to
  - A. light a 25 watt light bulb.
  - B. run a table saw.
  - C. operate a computer.
  - D. turn on a microwave oven.