



SEL 6–8 Lesson 1

Worksheet: “Brain True or False Quiz”

1. **The brain is a muscle:** False! It is an organ.
2. **The brain is 80% water:** True! Water is essential for the brain’s ability to transport nutrients, oxygen, waste products, and help regulate temperature. Proper hydration is crucial for optimal brain health!
3. **After the age of 30, the brain begins to shrink:** True! Scientific research has proven that the brain loses about .25% of its mass per year after the age of 30.
4. **The bigger someone’s brain is, the smarter that person will be:** False! Size has no implication on the ability of a brain to function.
5. **The brain feels pain just like the rest of the body:** False! The brain has no pain receptors so while it does not feel pain itself it does help process pain for other parts of the body!
6. **The skull is made up of 28 bones:** True! The skull’s purpose is to keep the brain safe and includes all the bones on the top and back of your head and the bones that make up your facial structure!
7. **The average human brain is roughly the weight of a Chihuahua:** True! Just like the friendly dog, the average human brain is between 2-6 pounds.
8. **The brain is the fattiest part of the human body:** True! The brain is composed of roughly 60% fat. One reason for this is that the brain requires the use of a lot of energy and fat is energy dense!
9. **Brain cells can survive without oxygen for up to 5 minutes:** False! Oxygen is essential for the brain to survive. Brain cells can begin to die in less than a minute which can result in permanent brain damage.
10. **Your brain is NOT fully formed until around the age of 25:** True! The frontal lobe, which helps with decision making, is the last lobe to fully form!

Sources:

<https://www.nm.org/healthbeat/healthy-tips/11-fun-facts-about-your-brain>
<https://health.clevelandclinic.org/brain-teasers-infographic>