

Name _____

The Marvelous Mystery of Coughing and Sneezing

Multiple Choice Questions

1. What is the primary purpose of coughing?
 - a) To taste food
 - b) To clear airways of irritants and mucus
 - c) To speak loudly
 - d) To hear better

2. What triggers the sneezing reflex?
 - a) Eating spicy food
 - b) The sensation of cold air
 - c) Irritants or potential intruders in the nose and throat
 - d) Seeing bright lights

3. How does the body respond to irritants detected in the airways during coughing?
 - a) By making you feel sleepy
 - b) By causing a headache
 - c) By coordinating a cough reflex to clear the airways
 - d) By increasing your sense of smell

4. What is the importance of practicing good coughing and sneezing etiquette?
 - a) It makes you look fashionable
 - b) It prevents irritants from entering your body
 - c) It protects those around you from the spread of germs
 - d) It helps you sneeze more loudly

5. Which of the following is NOT a common cause of coughing and sneezing?
 - a) Allergies
 - b) Infections
 - c) Exercise
 - d) Irritants

