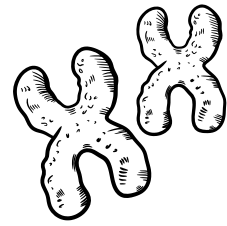


Name: _____

Grade: _____

Date: _____

Aging: Quiz



1 What are telomeres?

- a) Parts of your brain that shrink with age
- b) Protective caps at the ends of chromosomes
- c) Hormones that help slow down aging
- d) Cells that only exist in older adult

2 Which factor can slow the aging process?

- a) Smoking
- b) Poor diet
- c) Regular exercise
- d) Lack of sleep

3 What is one reason cells divide more slowly as we age?

- a) They run out of nutrients
- b) Telomeres get shorter with each division
- c) Cells get tired and need rest
- d) Blood flow increases too much

4 Name one change in the body that happens with age.

5 Explain in your own words why aging is not the same for everyone.

