

# Fun Facts About Life's Building Blocks

Biochemistry · Practice Test · 20 Questions

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**1. What is the main substance that makes up most of a human's body?**

- A) Gold
- B) Water
- C) Sand
- D) Plastic

**2. What do plants use from sunlight to make their own food?**

- A) Energy
- B) Rocks
- C) Metal
- D) Clouds

**3. Which tiny structures in our body contain the instructions for what we look like?**

- A) DNA
- B) Toys
- C) Buttons
- D) Coins

**4. What is the sugar that gives our bodies energy to run and play?**

- A) Salt
- B) Glucose
- C) Pepper
- D) Dust

**5. Which organ is responsible for pumping blood to keep our body working?**

- A) Brain
- B) Stomach
- C) Heart
- D) Lungs

**6. What do plants release into the air that humans need to breathe?**

- A) Smoke
- B) Oxygen
- C) Dust
- D) Steam

**7. What is the name of the green stuff in leaves that helps plants capture sunlight?**

- A) Chlorophyll
- B) Paint
- C) Grass
- D) Sticker

**8. What are the 'building blocks' that help our muscles grow strong?**

- A) Proteins
- B) Glass
- C) Stones
- D) Dirt

**9. What do we call the tiny parts that everything in the world is made of?**

- A) Atoms
- B) Houses
- C) Books
- D) Bikes

**10. Which liquid carries oxygen throughout our body?**

- A) Milk
- B) Water
- C) Blood
- D) Juice

**11. What do our bodies store as a way to save energy for later?**

- A) Fat
- B) Metal
- C) Wood
- D) Paper

**12. Which food group is a great source of protein for our bodies?**

- A) Eggs
- B) Candy
- C) Water
- D) Salt

**13. What do plants need from the soil to help them grow big and strong?**

- A) Nutrients
- B) Toys
- C) Plastic
- D) Paint

**14. What is the main gas that humans breathe out?**

- A) Carbon dioxide
- B) Helium
- C) Gold
- D) Iron

**15. Which part of our body acts like a computer to help us think?**

- A) Brain
- B) Foot
- C) Hand
- D) Ear

**16. What do cells use to get energy from the food we eat?**

- A) Oxygen
- B) Rocks
- C) Paper
- D) Sand

**17. What is a simple, healthy liquid that every living thing needs to survive?**

- A) Water
- B) Soda
- C) Paint
- D) Glue

**18. What protects our bodies from the outside world?**

- A) Skin
- B) Paper
- C) Cloths
- D) Glass

**19. What do we call the 'instructions' inside us that decide our eye color?**

- A) Genes
- B) Notes
- C) Letters
- D) Maps

**20. What happens to our bodies when we exercise and get warm?**

- A) We sweat
- B) We freeze
- C) We turn blue
- D) We stop growing