

Introduction to Biochemistry

Biochemistry · Answer Key · 18 Questions

1. Which molecule is the primary source of energy for the human body?

A) Glucose

B) Iron

C) Oxygen

D) Calcium

2. What are the building blocks of proteins called?

A) Nucleotides

B) Amino acids

C) Fatty acids

D) Minerals

3. Which substance makes up the majority of the human body's weight?

A) Protein

B) Fat

C) Water

D) Sugar

4. What is the chemical name for common table sugar?

A) Sucrose

B) Fructose

C) Lactose

D) Glucose

5. Which type of nutrient is used by the body for long-term energy storage?

A) Vitamins

B) Minerals

C) Fats

D) Proteins

6. What is the main function of enzymes in the body?

A) To build bones

B) To speed up chemical reactions

C) To carry oxygen

D) To store genetic information

7. Which organelle is known as the powerhouse of the cell because it produces energy?

- A) Nucleus
- B) Ribosome
- C) Mitochondrion**
- D) Cell wall

8. What element is found in all organic molecules?

- A) Gold
- B) Carbon**
- C) Silver
- D) Iron

9. Which molecule carries genetic instructions for all living things?

- A) RNA
- B) DNA**
- C) Protein
- D) Lipid

10. What is the primary function of Vitamin C in the human body?

- A) To strengthen bones
- B) To support the immune system**
- C) To build muscle
- D) To store energy

11. Which gas do humans inhale that is used in cellular respiration to create energy?

- A) Carbon dioxide
- B) Nitrogen
- C) Oxygen**
- D) Helium

12. What is the main byproduct of cellular respiration that humans exhale?

- A) Oxygen
- B) Hydrogen
- C) Carbon dioxide**
- D) Methane

13. Which nutrient is essential for building and repairing muscle tissue?

- A) Protein**
- B) Starch
- C) Sugar
- D) Salt

14. What do plants produce during the process of photosynthesis?

A) Glucose

B) Protein

C) Iron

D) Fat

15. Which mineral is essential for healthy bones and teeth?

A) Calcium

B) Sodium

C) Potassium

D) Magnesium

16. What is the scientific term for the total of all chemical reactions occurring in an organism?

A) Digestion

B) Metabolism

C) Circulation

D) Respiration

17. Which of these is a complex carbohydrate found in plants?

A) Starch

B) Glucose

C) Fructose

D) Sucrose

18. What type of molecule acts as a biological catalyst?

A) Vitamin

B) Enzyme

C) Mineral

D) Sugar