

# Introduction to Biochemistry

Biochemistry · Practice Test · 18 Questions

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**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