

Biochemistry Basics for Young Minds

Biochemistry · Answer Key · 5 Questions

1. What type of food gives our body quick energy to play and learn? ?

- A) Fats
- B) Proteins
- C) Carbohydrates**
- D) Vitamins

2. Which part of our food helps build and repair muscles and body tissues? ?

- A) Sugars
- B) Fats
- C) Proteins**
- D) Water

3. What type of food stores energy for our body for a longer time and helps keep us warm? ?

- A) Carbohydrates
- B) Fats**
- C) Minerals
- D) Vitamins

4. What important liquid makes up most of our body and helps carry nutrients everywhere? ?

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

5. What special green substance helps plants make their own food using sunlight? ?

- A) Soil
- B) Water
- C) Chlorophyll**
- D) Roots