

Human Body Biochemistry Basics

Biochemistry · Answer Key · 12 Questions

1. Which molecule is the primary source of energy for most cellular processes in the human body?

A) Glucose

B) Fatty Acids

C) Amino Acids

D) Cholesterol

2. What is the main function of enzymes in the human body?

A) To store genetic information

B) To speed up biochemical reactions

C) To transport oxygen

D) To build cell membranes

3. Which of the following is a major component of cell membranes and is important for hormone production?

A) Nucleic Acids

B) Carbohydrates

C) Lipids

D) Vitamins

4. What gas do red blood cells primarily transport throughout the body?

A) Carbon Dioxide

B) Nitrogen

C) Oxygen

D) Hydrogen

5. The building blocks of proteins are called:

A) Nucleotides

B) Monosaccharides

C) Amino Acids

D) Fatty Acids

6. Which vitamin is essential for blood clotting?

A) Vitamin A

B) Vitamin C

C) Vitamin D

D) Vitamin K

7. What is the role of DNA in human cells?

- A) To produce energy
- B) To carry genetic information**
- C) To transport nutrients
- D) To fight infections

8. Which mineral is a crucial component of hemoglobin, helping red blood cells carry oxygen?

- A) Calcium
- B) Potassium
- C) Sodium
- D) Iron**

9. What process breaks down glucose to release energy for the cell?

- A) Photosynthesis
- B) Respiration**
- C) Fermentation
- D) Digestion

10. Which hormone is primarily responsible for regulating blood sugar levels?

- A) Thyroxine
- B) Adrenaline
- C) Insulin**
- D) Melatonin

11. Water makes up approximately what percentage of the adult human body weight?

- A) 25-35%
- B) 45-55%
- C) 60-75%**
- D) 80-90%

12. Which of the following is a type of carbohydrate that provides structural support in plants but is largely indigestible for humans?

- A) Starch
- B) Sucrose
- C) Fructose
- D) Cellulose**