

Human Body Biochemistry Basics

Biochemistry · Practice Test · 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