

Fun Biochemistry Facts for Kids

Biochemistry · Answer Key · 18 Questions

1. What is the name of the sugar found in milk?

- A) Lactose**
- B) Glucose
- C) Fructose
- D) Sucrose

2. Which nutrient helps your body grow and repair muscles?

- A) Water
- B) Protein**
- C) Fat
- D) Salt

3. What is the main source of energy that plants make using sunlight?

- A) Sugar**
- B) Oil
- C) Iron
- D) Sand

4. Which vitamin do you get from the sun to help your bones grow strong?

- A) Vitamin A
- B) Vitamin B
- C) Vitamin D**
- D) Vitamin C

5. What gas do plants take in from the air to help them make food?

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

6. What are the tiny building blocks that make up your whole body?

- A) Cells**
- B) Rocks
- C) Plastic
- D) Metal

7. Which food group is our body's primary source of quick energy?

- A) Vegetables
- B) Carbohydrates**
- C) Water
- D) Minerals

8. What substance carries oxygen through your blood?

- A) Hemoglobin**
- B) Water
- C) Sugar
- D) Salt

9. What nutrient is found in citrus fruits like oranges that helps keep you healthy?

- A) Vitamin C**
- B) Fat
- C) Protein
- D) Calcium

10. What is the most common molecule found in your body?

- A) Water**
- B) Oil
- C) Sugar
- D) Iron

11. What do plants store in their roots and seeds for later energy?

- A) Starch**
- B) Meat
- C) Plastic
- D) Glue

12. Which mineral is very important for making your teeth and bones hard?

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

13. What part of the plant turns sunlight into chemical energy?

- A) Leaf**
- B) Root
- C) Stem
- D) Flower

14. What liquid helps your body move nutrients around?

A) Blood

B) Oil

C) Glue

D) Paint

15. What do enzymes help do in your stomach?

A) Digest food

B) Move legs

C) Make noise

D) Sleep

16. Which type of molecule stores long-term energy in your body?

A) Fat

B) Water

C) Oxygen

D) Salt

17. What is the sugar called that is naturally found in fruit?

A) Fructose

B) Salt

C) Protein

D) Fat

18. What do we call the chemical process where plants make their own food?

A) Photosynthesis

B) Sleeping

C) Running

D) Painting