

Fun Biochemistry Facts for Kids

Biochemistry · Practice Test · 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