

# Fundamentals of Biochemistry

Biochemistry · Practice Test · 25 Questions

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**1. Which molecule do plants use to store energy that humans eat in bread and pasta?**

- A) Protein
- B) Starch
- C) Fat
- D) Vitamin

**2. Which substance makes up the majority of a human body?**

- A) Water
- B) Iron
- C) Sugar
- D) Salt

**3. What are the 'building blocks' that make up proteins?**

- A) Sugars
- B) Fats
- C) Amino acids
- D) Minerals

**4. Which sugar is the primary source of energy for human cells?**

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

**5. What is the main role of DNA in a living organism?**

- A) To digest food
- B) To store genetic information
- C) To provide energy
- D) To build muscles

**6. Which type of biomolecule is used by the body for long-term energy storage and insulation?**

- A) Vitamins
- B) Lipids
- C) Sugars
- D) Proteins

**7. Which of these is an example of a simple sugar?**

- A) Cellulose
- B) Starch
- C) Glucose
- D) Fiber

**8. What is the name of the protein in red blood cells that carries oxygen?**

- A) Hemoglobin
- B) Insulin
- C) Collagen
- D) Keratin

**9. Which mineral is essential for building strong bones and teeth?**

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

**10. What do enzymes do in the human body?**

- A) Store fat
- B) Make skin
- C) Speed up chemical reactions
- D) Carry oxygen

**11. Which vitamin is commonly found in citrus fruits and helps keep our immune system healthy?**

- A) Vitamin A
- B) Vitamin D
- C) Vitamin C
- D) Vitamin E

**12. What gas do humans exhale as a waste product of cellular respiration?**

- A) Oxygen
- B) Carbon dioxide
- C) Nitrogen
- D) Hydrogen

**13. Which process do plants use to create their own food from sunlight?**

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

**14. What are enzymes primarily made of?**

- A) Proteins
- B) Fats
- C) Water
- D) Minerals

**15. Which nutrient is most important for repairing and building muscle tissue?**

- A) Carbohydrates
- B) Fats
- C) Proteins
- D) Fiber

**16. What is the main chemical element found in all organic molecules?**

- A) Gold
- B) Carbon
- C) Silver
- D) Oxygen

**17. Which part of the cell is known as the 'powerhouse' because it produces energy?**

- A) Nucleus
- B) Mitochondria
- C) Ribosome
- D) Cell wall

**18. What is the substance that gives green plants their color?**

- A) Hemoglobin
- B) Chlorophyll
- C) Keratin
- D) Melanin

**19. Which food group is a rich source of dietary fiber?**

- A) Meat
- B) Vegetables
- C) Eggs
- D) Butter

**20. What chemical is used by the body to help digest fats?**

- A) Bile
- B) Insulin
- C) Adrenaline
- D) Glucose

**21. Which molecule is responsible for carrying instructions to build proteins?**

- A) RNA
- B) Starch
- C) Salt
- D) Iron

**22. Where is glycogen stored in the human body for quick energy use?**

- A) Lungs
- B) Liver and muscles
- C) Stomach
- D) Brain

**23. Which of these is a liquid fat at room temperature?**

- A) Butter
- B) Lard
- C) Olive oil
- D) Tallow

**24. What is the scientific term for the breakdown of food into energy?**

- A) Photosynthesis
- B) Respiration
- C) Diffusion
- D) Oxidation

**25. Which element is found in all proteins but not in most carbohydrates?**

- A) Nitrogen
- B) Carbon
- C) Oxygen
- D) Hydrogen