

Our Amazing Bodies: Biochemistry Basics

Biochemistry · Practice Test · 18 Questions

1. What are the tiny building blocks that make up all living things, like plants and animals?

- A) Legos
- B) Cells
- C) Bricks
- D) Grains of sand

2. Which of these is a type of nutrient our bodies need to grow strong and get energy?

- A) Plastic
- B) Water
- C) Rock
- D) Air

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

- A) Oxygen
- B) Helium
- C) Carbon Dioxide
- D) Nitrogen

4. What is the main source of energy for almost all life on Earth?

- A) The Moon
- B) The Sun
- C) Electricity
- D) Fire

5. What important job does water do inside our bodies?

- A) Makes us float
- B) Helps carry nutrients and remove waste
- C) Makes our bones hard
- D) Keeps us cold

6. Which of these is a food group that gives us energy to run and play?

- A) Sweets
- B) Vegetables
- C) Carbohydrates (like bread and rice)
- D) Water

7. What do we call the process where plants use sunlight, water, and carbon dioxide to make food?

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

8. What part of the cell controls what goes in and out?

- A) The nucleus
- B) The cell wall
- C) The cell membrane
- D) The cytoplasm

9. What is the main ingredient in many foods that helps build and repair our muscles?

- A) Sugar
- B) Fat
- C) Proteins
- D) Water

10. What gas do humans and animals breathe in that is essential for life?

- A) Carbon Dioxide
- B) Nitrogen
- C) Oxygen
- D) Steam

11. What are the tiny structures inside cells that help them perform their jobs?

- A) Big rocks
- B) Organelles
- C) Clouds
- D) Stars

12. Which of these is a type of fat that is good for our bodies and found in things like avocados and nuts?

- A) Butter
- B) Unhealthy fats
- C) Healthy fats
- D) Grease

13. What is the control center of a cell that contains its genetic information?

- A) The cell membrane
- B) The cytoplasm
- C) The nucleus
- D) The vacuole

14. What is the process where our bodies break down food to get energy?

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

15. What are the small powerhouses inside cells that provide energy for the cell to work?

- A) Nucleus
- B) Ribosomes
- C) Mitochondria
- D) Lysosomes

16. What nutrient helps our bodies absorb certain vitamins and keeps our skin healthy?

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

17. What do we call the process where living things release energy from food?

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

18. What are the basic building blocks of proteins?

- A) Sugars
- B) Amino acids
- C) Fatty acids
- D) Nucleotides