

Elementary Biochemistry Basics

Biochemistry · Answer Key · 12 Questions

1. Which essential molecule makes up more than half of the human body?

A) Water

B) Iron

C) Gold

D) Oil

2. Which group of nutrients provides our bodies with quick energy?

A) Metals

B) Carbohydrates

C) Plastics

D) Gases

3. What molecule inside cells carries the instructions for how living things grow and look?

A) DNA

B) Salt

C) Water

D) Oxygen

4. What simple sugar do green plants produce during photosynthesis?

A) Table salt

B) Glucose

C) Sand

D) Vinegar

5. Which nutrient helps the body build and repair muscles and tissue?

A) Sugars

B) Proteins

C) Fats

D) Water

6. What green chemical in plant leaves traps energy from sunlight?

A) Hemoglobin

B) Chlorophyll

C) Melanin

D) Keratin

7. What special proteins in our stomach and intestines help break down food during digestion?

A) Enzymes

B) Vitamins

C) Minerals

D) Fibers

8. Which type of nutrient is stored by the body for long-term energy and to help keep us warm?

A) Proteins

B) Fats

C) Carbohydrates

D) Water

9. Which gas do human cells need from the air to break down food and make energy?

A) Carbon dioxide

B) Nitrogen

C) Oxygen

D) Helium

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

A) Calcium

B) Carbon

C) Neon

D) Copper

11. Which gas do plants take in from the air to make their food during photosynthesis?

A) Oxygen

B) Carbon dioxide

C) Hydrogen

D) Helium

12. Plants store extra glucose energy in long chemical chains called what?

A) Starch

B) Protein

C) Water

D) Fat