

# Elementary Biochemistry Basics

Biochemistry · Practice Test · 12 Questions

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**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