

Carbohydrates, Proteins, Lipids

1. List 3 foods that contain mostly carbohydrates.
 - a. Vegetables, chips, cheese
 - b. Fruit, potatoes, pasta
 - c. Pizza, hamburger, French fries
2. Carbohydrates are chains of what smaller organic molecule?
 - a. Monosaccharides (sugars)
 - b. Enzymes
 - c. Proteins
3. List the names of 3 sugars
 - a. Glucose, proteins, lipids
 - b. Glucose, Fructose, sucrose
 - c. Carbohydrate, protein, fruit
4. Most sugars end in what letters?
 - a. -ose
 - b. -ace
 - c. -able
5. What is another name for 'sugar'?
 - a. Starch
 - b. Monosaccharide
 - c. Fats
6. What is the molecular formula of glucose or a fructose?
 - a. C3O2
 - b. O2H11O
 - c. C6H12O6
7. Which carbohydrate do plants store for later energy use?
 - a. Protein
 - b. Starch
 - c. Cellulose
8. Which carbohydrate do animals store for later energy use?
 - a. Glycogen
 - b. Riboflavin
 - c. Cellulose
9. Which carbohydrate makes up the cell walls of plants?
 - a. Cellulose
 - b. Lipids
 - c. Proteins
10. What function does cellulose serve when we eat it?
 - a. Digestion and excretion
 - b. Fiber, extracts toxins & extra fats, feeds good bacteria in stomach
 - c. Breaks down proteins
11. If you need a quick shot of energy in the next hour, what should you eat?
 - a. Ice, It won't make you gain weight
 - b. Monosaccharides, they will give you sugars simple to digest quickly.
 - c. Eggs, body will process protein
12. List 3 foods that contain mostly proteins.
 - a. Pork, beef, lamb
 - b. Corn, peas, carrots
 - c. Steak, cheese, eggs
13. What are 3 ways that living creatures use proteins?
 - a. hormones, movement, enzymes
 - b. storage, digestion, energy
 - c. brain function, speech, sight
14. Give 3 examples of proteins in living organisms.
 - a. Vitamins A, E, and C
 - b. Collagen, pepsin, insulin
 - c. Biotin, collagen, magnesium
15. How many different amino acids are there?
 - a. 20
 - b. 10
 - c. 25
16. List 3 foods that contain mostly lipids.
 - a. Meat, starches, ketchup
 - b. Butter, mayonnaise, bacon grease
 - c. Veg oil, mustard, pickles
17. List 3 ways that living creatures use lipids.
 - a. Blood flow, oxygenation, excretion
 - b. Chew, Swallow, Digestion
 - c. Energy storage, organ cushions, body insulation
18. List 2 examples of saturated fats.
 - a. Flour, sugar, salt
 - b. Butter, lard, bacon
 - c. Coconut oil, animal fats
19. List 2 examples of unsaturated fats.
 - a. Bacon and eggs
 - b. Vegetable oil and fish oil
 - c. Eggs and Mayonnaise
20. Why is cholesterol bad and good?
 - a. makes hormones, insulates organs, too much can lead to vascular restrictions
 - b. helps pump the heart
 - c. brings oxygen to the blood
21. What are 3 types of simple sugars?
 - a. Glycose, Cellulose, Glucose
 - b. Proteins, fats, oils
 - c. Glucose, Fructose, and Galactose
22. What is glycogen and where is it stored?
 - a. Insulation for the organs, store in the blood
 - b. A polysaccharide made from sugars that is stored in the liver and muscle tissue.
 - c. Made from oils, stored around the heart
23. What happens to sugars if there is enough glycogen in the body?
 - a. They break down and spread
 - b. They store protein in the body
 - c. They are converted into fat for longer storage.
24. What are the two types of fiber in carbohydrates?
 - a. Collapsible and expandable
 - b. Soluble and insoluble
 - c. Light and heavy
25. What is the difference between lipids and fats?
 - a. Lipids are solid when frozen
 - b. Fats are lipids that are solid at room temperature
 - c. Fats mimic lipids in the sense that some are healthy