

1. Which of the following is not a lipid?

- A) Cholesterol
- B) Glucose
- C) Triglyceride
- D) Phospholipid

Answer: B) Glucose

2. Which of the following is an essential fatty acid?

- A) Linoleic acid
- B) Palmitic acid
- C) Stearic acid
- D) Oleic acid

Answer: A) Linoleic acid

3. Which of the following is a simple carbohydrate?

- A) Sucrose
- B) Starch
- C) Cellulose
- D) Glycogen

Answer: A) Sucrose

4. Which of the following is an example of a structural protein?

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

Answer: B) Collagen

5. Which of the following is not a function of proteins in the body?

- A) Energy production
- B) Enzyme catalysis
- C) Cell structure
- D) Immune defense

Answer: A) Energy production

6. Which amino acid is commonly found in collagen?

- A) Aspartic acid
- B) Glycine
- C) Glutamine
- D) Cysteine

Answer: B) Glycine

7. Which of the following lipids is a precursor for steroid hormones?

- A) Triglycerides

- B) Phospholipids
- C) Cholesterol
- D) Fatty acids

Answer: C) Cholesterol

8. Which of the following carbohydrates is not digestible by humans?

- A) Starch
- B) Cellulose
- C) Lactose
- D) Sucrose

Answer: B) Cellulose

9. Which of the following proteins is involved in muscle contraction?

- A) Insulin
- B) Myosin
- C) Hemoglobin
- D) Amylase

Answer: B) Myosin

10. In which form are dietary lipids absorbed in the small intestine?

- A) Monoglycerides and free fatty acids
- B) Triglycerides

C) Phospholipids

D) Sterols

Answer: A) Monoglycerides and free fatty acids

11. Which of the following is a complex carbohydrate?

A) Glucose

B) Maltose

C) Cellulose

D) Fructose

Answer: C) Cellulose

12. Which amino acid is a precursor for neurotransmitters like serotonin?

A) Tryptophan

B) Lysine

C) Proline

D) Methionine

Answer: A) Tryptophan

13. Which of the following lipids is a major component of cell membranes?

A) Triglycerides

B) Cholesterol

C) Phospholipids

D) Sterols

Answer: C) Phospholipids

14. Which enzyme is responsible for breaking down proteins in the stomach?

A) Amylase

B) Lipase

C) Pepsin

D) Chymotrypsin

Answer: C) Pepsin

15. Which of the following is a function of carbohydrates in the body?

A) Insulation

B) Energy storage

C) Cell signaling

D) Antioxidant defense

Answer: B) Energy storage

16. Which type of protein is responsible for transporting oxygen in the blood?

A) Insulin

B) Collagen

C) Hemoglobin

D) Albumin

Answer: C) Hemoglobin

17. Which of the following lipids is considered a "bad" cholesterol?

- A) Low-density lipoprotein (LDL)
- B) High-density lipoprotein (HDL)
- C) Triglycerides
- D) Cholesterol

Answer: A) Low-density lipoprotein (LDL)

18. Which of the following carbohydrates is found in milk?

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

Answer: A) Lactose

19. Which amino acid is a precursor for nitric oxide?

- A) Histidine
- B) Arginine
- C) Leucine
- D) Valine

Answer: B) Arginine

20. Which of the following lipids is solid at room temperature?

- A) Olive oil
- B) Coconut oil
- C) Corn oil
- D) Sunflower oil

Answer: B) Coconut oil

21. Which enzyme is responsible for breaking down starch in the small intestine?

- A) Amylase
- B) Lipase
- C) Pepsin
- D) Chymotrypsin

Answer: A) Amylase

22. Which of the following is a function of proteins in the body?

- A) Energy storage
- B) Cell structure
- C) Energy production
- D) Enzyme inhibition

Answer: B) Cell structure

23. Which type of protein is responsible for catalyzing chemical reactions in the body?

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

Answer: D) Enzyme

24. Which of the following lipids is derived from plant sources?

- A) Butyric acid
- B) Palmitic acid
- C) Linoleic acid
- D) Arachidonic acid

Answer: C) Linoleic acid

25. Which carbohydrate is the primary source of energy for the brain?

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

Answer: A) Glucose



26. Which amino acid is commonly found in milk proteins?

- A) Threonine
- B) Phenylalanine
- C) Tyrosine
- D) Cysteine

Answer: A) Threonine

27. Which of the following lipids is a precursor for vitamin D?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Sterols

Answer: B) Cholesterol

28. Which enzyme is responsible for breaking down proteins in the small intestine?

- A) Amylase
- B) Lipase
- C) Trypsin
- D) Chymotrypsin

Answer: C) Trypsin

29. Which of the following is a function of carbohydrates in the body?

- A) Hormone production
- B) Cell membrane structure
- C) Energy storage
- D) Muscle contraction

Answer: C) Energy storage

30. Which type of protein is responsible for defending the body against foreign invaders?

- A) Insulin
- B) Collagen
- C) Immunoglobulins
- D) Enzymes

Answer: C) Immunoglobulins

31. Which of the following lipids is considered a "good" cholesterol?

- A) Low-density lipoprotein (LDL)
- B) High-density lipoprotein (HDL)
- C) Triglycerides
- D) Cholesterol

Answer: B) High-density lipoprotein (HDL)

32. Which carbohydrate is the primary storage form of glucose in animals?

- A) Starch

- B) Glycogen
- C) Cellulose
- D) Lactose

Answer: B) Glycogen

33. Which amino acid is a precursor for serotonin?

- A) Tryptophan
- B) Tyrosine
- C) Isoleucine
- D) Lysine

Answer: A) Tryptophan

34. Which of the following lipids is commonly found in fish oils?

- A) Omega-3 fatty acids
- B) Omega-6 fatty acids
- C) Saturated fatty acids
- D) Trans fats

Answer: A) Omega-3 fatty acids

35. Which enzyme is responsible for breaking down fats in the small intestine?

- A) Amylase
- B) Lipase

- C) Pepsin
- D) Chymotrypsin

Answer: B) Lipase

36. Which of the following is a function of proteins in the body?

- A) Energy storage
- B) Cell structure
- C) Energy production
- D) Antioxidant defense

Answer: B) Cell structure

37. Which type of protein is responsible for transporting lipids in the blood?

- A) Insulin
- B) Collagen
- C) Apolipoproteins
- D) Enzymes

Answer: C) Apolipoproteins

38. Which of the following lipids is derived from animal sources?

- A) Linoleic acid
- B) Oleic acid
- C) Palmitic acid

D) Stearic acid

Answer: C) Palmitic acid

39. Which carbohydrate is found in honey?

A) Fructose

B) Lactose

C) Maltose

D) Sucrose

Answer: A) Fructose

40. Which amino acid is commonly found in collagen?

A) Glycine

B) Proline

C) Arginine

D) Methionine

Answer: A) Glycine

41. Which of the following lipids is a major component of bile?

A) Triglycerides

B) Cholesterol

C) Phospholipids

D) Bile salts

Answer: D) Bile salts

42. Which enzyme is responsible for breaking down carbohydrates in the mouth?

- A) Amylase
- B) Lipase
- C) Pepsin
- D) Salivary amylase

Answer: D) Salivary amylase

43. Which of the following is a function of carbohydrates in the body?

- A) Energy storage
- B) Cell signaling
- C) Enzyme catalysis
- D) Immune defense

Answer: B) Cell signaling

44. Which type of protein is responsible for regulating fluid balance in the body?

- A) Insulin
- B) Collagen
- C) Albumin
- D) Enzymes

Answer: C) Albumin

45. Which of the following lipids is a precursor for prostaglandins?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Fatty acids

Answer: D) Fatty acids

46. Which amino acid is a precursor for dopamine?

- A) Histidine
- B) Tyrosine
- C) Aspartic acid
- D) Glutamic acid

Answer: B) Tyrosine

47. Which of the following lipids is found in cell membranes?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Sterols

Answer: C) Phospholipids

48. Which carbohydrate is the primary source of energy for muscles during exercise?

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

Answer: A) Glucose

49. Which amino acid is commonly found in egg whites?

- A) Tryptophan
- B) Leucine
- C) Cysteine
- D) Valine

Answer: C) Cysteine

50. Which of the following lipids is essential for the absorption of fat-soluble vitamins?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Bile acids

Answer: D) Bile acids



51. Which of the following is a saturated fatty acid?

- A) Linoleic acid
- B) Oleic acid
- C) Stearic acid
- D) Palmitic acid

Answer: D) Palmitic acid

52. Which type of carbohydrate is commonly found in beans and lentils?

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

Answer: C) Starch

53. Which amino acid is a precursor for the synthesis of collagen?

- A) Glycine
- B) Proline
- C) Aspartic acid
- D) Methionine

Answer: A) Glycine

54. Which of the following lipids is a major component of the brain?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Sterols

Answer: C) Phospholipids

55. Which enzyme is responsible for breaking down proteins in the small intestine?

- A) Amylase
- B) Lipase
- C) Trypsin
- D) Peptidase

Answer: C) Trypsin

56. Which of the following is a function of proteins in the body?

- A) Energy storage
- B) Enzyme catalysis
- C) Insulation
- D) Cell structure

Answer: B) Enzyme catalysis

57. Which type of protein is responsible for transporting oxygen in the blood?

- A) Insulin

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

Answer: C) Hemoglobin

58. Which of the following lipids is a precursor for the synthesis of vitamin D?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Sterols

Answer: B) Cholesterol

59. Which carbohydrate is commonly found in milk?

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

Answer: C) Lactose

60. Which amino acid is a precursor for the synthesis of serotonin?

- A) Tryptophan
- B) Tyrosine

C) Methionine

D) Lysine

Answer: A) Tryptophan

61. Which of the following lipids is commonly found in olive oil?

A) Omega-3 fatty acids

B) Omega-6 fatty acids

C) Monounsaturated fats

D) Polyunsaturated fats

Answer: C) Monounsaturated fats

62. Which enzyme is responsible for breaking down fats in the small intestine?

A) Amylase

B) Lipase

C) Trypsin

D) Chymotrypsin

Answer: B) Lipase

63. Which of the following is a function of carbohydrates in the body?

A) Energy storage

B) Cell structure

C) Enzyme inhibition

D) Hormone production

Answer: A) Energy storage

64. Which type of protein is responsible for defending the body against pathogens?

A) Insulin

B) Collagen

C) Immunoglobulins

D) Enzymes

Answer: C) Immunoglobulins

65. Which of the following lipids is considered a "bad" cholesterol?

A) Low-density lipoprotein (LDL)

B) High-density lipoprotein (HDL)

C) Triglycerides

D) Cholesterol

Answer: A) Low-density lipoprotein (LDL)

66. Which carbohydrate is the primary storage form of sugar in plants?

A) Starch

B) Glycogen

C) Cellulose

D) Lactose

Answer: A) Starch

67. Which amino acid is commonly found in nuts and seeds?

- A) Methionine
- B) Arginine
- C) Leucine
- D) Lysine

Answer: A) Methionine

68. Which of the following lipids is a precursor for prostaglandins?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Fatty acids

Answer: D) Fatty acids

69. Which enzyme is responsible for breaking down carbohydrates in the small intestine?

- A) Amylase
- B) Sucrase
- C) Pepsin
- D) Lactase

Answer: B) Sucrase

70. Which of the following is a function of proteins in the body?

- A) Hormone production
- B) Energy storage
- C) Cell signaling
- D) Antioxidant defense

Answer: A) Hormone production

71. Which type of protein is responsible for regulating pH balance in the blood?

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

Answer: D) Albumin

72. Which of the following lipids is commonly found in seafood?

- A) Omega-3 fatty acids
- B) Omega-6 fatty acids
- C) Saturated fatty acids
- D) Trans fats

Answer: A) Omega-3 fatty acids

73. Which amino acid is a precursor for the synthesis of adrenaline?

- A) Tyrosine
- B) Tryptophan
- C) Phenylalanine
- D) Aspartic acid

Answer: A) Tyrosine

74. Which of the following lipids is found in cell membranes?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Sterols

Answer: C) Phospholipids

75. Which carbohydrate is the primary source of energy for the brain?

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

Answer: A) Glucose



76. Which amino acid is commonly found in meat and dairy products?

- A) Tryptophan
- B) Leucine
- C) Cysteine
- D) Valine

Answer: B) Leucine

77. Which of the following lipids is a precursor for bile acids?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Fatty acids

Answer: B) Cholesterol

78. Which enzyme is responsible for breaking down proteins in the stomach?

- A) Amylase
- B) Lipase
- C) Pepsin
- D) Chymotrypsin

Answer: C) Pepsin

79. Which of the following is a function of carbohydrates in the body?

- A) Energy production
- B) Cell structure
- C) Energy storage
- D) Immune defense

Answer: C) Energy storage

80. Which type of protein is responsible for transporting lipids in the blood?

- A) Insulin
- B) Collagen
- C) Apolipoproteins
- D) Enzymes

Answer: C) Apolipoproteins

81. Which of the following lipids is essential for the absorption of fat-soluble vitamins?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Bile acids

Answer: D) Bile acids

82. Which amino acid is commonly found in legumes such as beans and lentils?

- A) Lysine

- B) Tryptophan
- C) Methionine
- D) Valine

Answer: A) Lysine

83. Which of the following lipids is commonly found in avocado?

- A) Monounsaturated fats
- B) Saturated fats
- C) Omega-3 fatty acids
- D) Trans fats

Answer: A) Monounsaturated fats

84. Which enzyme is responsible for breaking down carbohydrates in the mouth?

- A) Amylase
- B) Lipase
- C) Pepsin
- D) Salivary amylase

Answer: D) Salivary amylase

85. Which of the following is a function of proteins in the body?

- A) Energy storage
- B) Enzyme catalysis

- C) Cell structure
- D) Hormone production

Answer: B) Enzyme catalysis

86. Which type of protein is responsible for transporting oxygen in the blood?

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

Answer: C) Hemoglobin

87. Which of the following lipids is a major component of cell membranes?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Sterols

Answer: C) Phospholipids

88. Which carbohydrate is commonly found in honey?

- A) Fructose
- B) Lactose
- C) Maltose

D) Sucrose

Answer: A) Fructose

89. Which amino acid is a precursor for dopamine?

A) Histidine

B) Tyrosine

C) Aspartic acid

D) Glutamic acid

Answer: B) Tyrosine

90. Which of the following lipids is commonly found in nuts and seeds?

A) Omega-3 fatty acids

B) Omega-6 fatty acids

C) Polyunsaturated fats

D) Saturated fats

Answer: C) Polyunsaturated fats

91. Which enzyme is responsible for breaking down fats in the small intestine?

A) Amylase

B) Lipase

C) Trypsin

D) Chymotrypsin

Answer: B) Lipase

92. Which of the following is a function of carbohydrates in the body?

- A) Energy storage
- B) Cell signaling
- C) Enzyme catalysis
- D) Immune defense

Answer: B) Cell signaling

93. Which type of protein is responsible for defending the body against pathogens?

- A) Insulin
- B) Collagen
- C) Immunoglobulins
- D) Enzymes

Answer: C) Immunoglobulins

94. Which of the following lipids is considered a "good" cholesterol?

- A) Low-density lipoprotein (LDL)
- B) High-density lipoprotein (HDL)
- C) Triglycerides
- D) Cholesterol

Answer: B) High-density lipoprotein (HDL)

95. Which carbohydrate is the primary storage form of sugar in plants?

- A) Starch
- B) Glycogen
- C) Cellulose
- D) Lactose

Answer: A) Starch

96. Which amino acid is commonly found in meats such as beef and chicken?

- A) Methionine
- B) Arginine
- C) Leucine
- D) Lysine

Answer: D) Lysine

97. Which of the following lipids is a precursor for prostaglandins?

- A) Triglycerides
- B) Cholesterol
- C) Phospholipids
- D) Fatty acids

Answer: D) Fatty acids

98. Which enzyme is responsible for breaking down carbohydrates in the small intestine?

- A) Amylase
- B) Sucrase
- C) Pepsin
- D) Lactase

Answer: B) Sucrase

99. Which of the following is a function of proteins in the body?

- A) Hormone production
- B) Energy storage
- C) Cell signaling
- D) Antioxidant defense

Answer: A) Hormone production

100. Which type of protein is responsible for regulating pH balance in the blood?

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

Answer: D) Albumin1.

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