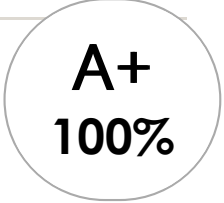


## 20 Multiple choice questions



**A+**  
**100%**

1. the mixture of partly digested food and digestive juices that is produced in the stomach
  - a. bile
  - b. **CORRECT: chyme**
  - c. chyle
  - d. amylse
  
2. the acid part of the amino acid molecule, written as COOH
  - a. catabolism
  - b. **CORRECT: carboxyl group**
  - c. amino group
  - d. cholesterol
  
3. protein that provides the essential amino acids in a ratio that meets human requirements
  - a. amino group
  - b. complementary protein
  - c. cholesterol
  - d. **CORRECT: complete protein**
  
4. a digestive liquid produced in the liver that aids in digestion by acting as a detergent to emulsify lipids
  - a. **CORRECT: bile**
  - b. chyme
  - c. chyle
  - d. amylse
  
5. the process by which complex molecules in the body are broken down to their components, usually for energy or to make other substances; starvation is an example of catabolism, where muscles are broken down to produce energy; food nutrients are also catabolised after we eat them, to release the substances that your body needs
  - a. anabolism
  - b. **CORRECT: catabolism**
  - c. amylse
  - d. cellulose

6. sugars (sucrose, lactose and maltose) that are composed of two monosaccharaides joined together
  - a. chyle
  - b. chyme
  - c. **CORRECT: disaccharides**
  - d. amino acids
  
7. a chemical that stops oxidation, preventing oxidative damage in the body or, in the food, preventing fats and oils from becoming rancid
  - a. **CORRECT: antioxidant**
  - b. anabolism
  - c. digestion
  - d. amino acids
  
8. the chemical name given to vitamin C
  - a. antioxidant
  - b. amino acids
  - c. **CORRECT: ascorbic acid**
  - d. bile
  
9. incomplete protein sources that can be combined to ensure that all essential amino acids are present in the correct proportions
  - a. complete protein
  - b. amino group
  - c. cholesterol
  - d. **CORRECT: complementary protein**
  
10. the process by which new molecules are built up in the body; an example is when new body tissues are formed during recovery from injury, which involves anabolism as new proteins are built to repair and replace the damaged body tissues
  - a. **CORRECT: anabolism**
  - b. catabolism
  - c. antioxidant
  - d. amylse

11. process where food is converted to substances that can be absorbed by the body
- cholesterol
  - CORRECT: digestion**
  - emulsify
  - bile
12. a polysaccharide of glucose that cannot be digested by the human body; it forms part of the structure of the plants
- amylse
  - chyle
  - chyme
  - CORRECT: cellulose**
13. the molecules that form the basic building blocks of protein
- amino group
  - anabolism
  - CORRECT: amino acids**
  - ascorbic acid
14. the NH<sub>2</sub> part of an amino acid
- CORRECT: amino group**
  - anabolism
  - amino acids
  - carboxyl group
15. a molecule that all living organisms have; this molecule is the main source of usable energy for the activities of the cells
- CORRECT: ATP (adenosine triphosphate)**
  - amino group
  - complementary protein
  - adipose tissue

16. a bodily fluid (looks milky) formed in the small intestine during digestion
- bile
  - chyme
  - amylse
  - CORRECT:** chyle
17. a lipid of the sterol family that is produced only by the human body; it forms part of the structure of plants
- CORRECT:** cholesterol
  - chyle
  - digestion
  - amylse
18. the body tissue that contains fat; it consists of the connective tissue filled with large numbers of fat cells; if the body gains or loses fat, the number of fat cells stays the same, but the amount of fat in each cell changes
- CORRECT:** adipose tissue
  - amino acids
  - digestion
  - amino group
19. the enzyme that triggers digestion of starch
- CORRECT:** amylse
  - bile
  - chyme
  - chyle
20. to form a stable mixture of water and fat
- amylse
  - digestion
  - cellulose
  - CORRECT:** emulsify