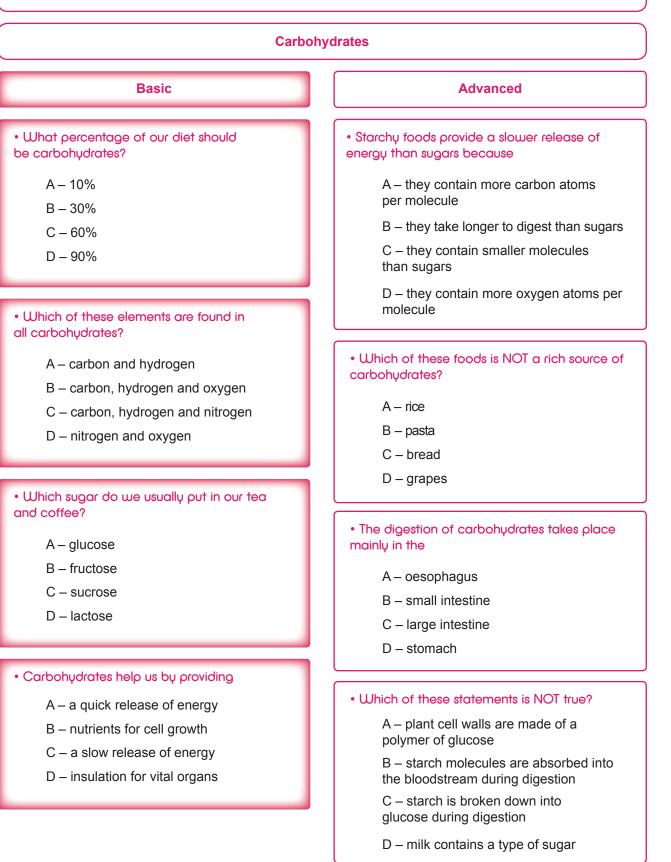
Twig

CHEMISTRY • CHEMICAL INDUSTRIES • FOOD BASICS

Quizzes



Twig CHEMISTRY • CHEMICAL INDUSTRIES • FOOD BASIC		
Fats		
Basic	Advanced	
 Fats all contain A – carbon and oxygen B – carbon and hydrogen C – carbon, hydrogen and oxygen D – carbon, hydrogen and nitrogen 	 Which of the following is NOT one of the roles for fats? A – to store energy B – to provide insulation C – to build cell membranes D – to transport oxygen 	
 What percentage of our diets should be fats? A – 10% B – 30% C – 50% D – 70% 	 Saturated fats have A – only single bonds between carbon atoms B – only double bonds between carbon atoms C – both single bonds and double bonds between carbon atoms D – neither single bonds nor double bonds between carbon atoms 	
 At room temperature, saturated fats are usually A - solids B - liquids C - gases D - solutions 	 Which of these statements is NOT true? A – unsaturated fats are usually liquids at room temperature B – saturated fats can raise cholesterol levels and clog our arteries 	
•Within the chains of carbon atoms in their molecules, unsaturated fats have at least one A – double bond	C – fats and oils derived from vegetable sources and fish can help keep your body healthy D – unsaturated fats usually have higher melting points than saturated fats	
B – single bond C – triple bond D – ionic bond	 Which of these statements is NOT true? A – ideally, we should eat a completely fat-free diet B – saturated fats are found in many meats and dairy products 	
	C – fats dissolve and transport certain vitamins D – sunflower oil, olive oil and fish are rich in unsaturated fats	

Proteins		
Basic	Advanced	
 What percentage of our diets should be proteins? 	• Which of the following is NOT one of the roles for proteins?	
A – 10-15%	A – cell growth and repair	
B – 30-35%	B – hormones	
C – 50-55%	C – enzymes	
D – 70-75%	D – thermal insulation	
 Which of these foods is NOT a rich source of protein? 	• During digestion, proteins are broken down into	
A – meat	A – fatty acids	
B – fish	B – glucose	
C – eggs	C – starch	
D – sugar	D – amino acids	
Proteins all contain	• Which of these statements is NOT true?	
A – carbon, nitrogen and oxygen	A – enzymes are proteins	
B – carbon, nitrogen and hydrogen	B – hair is made of protein	
C – carbon, hydrogen, phosphorus	C – proteins can be a source of energy	
and oxygen	D – our bodies can synthesise	
D – carbon, hydrogen, oxygen and nitrogen	essential amino acids	
 The building blocks of proteins are called 	Which of these statements about protein digestion is NOT true?	
A – amino acids		
B – sugars	A – protein digestion begins in the mouth	
C – fats	B – hydrochloric acid in the stomach breaks down proteins	
D – carbohydrates	C – enzymes called proteases break down proteins in the stomach and intestine	
	D – amino acids are absorbed into the	