

Fats – Multiple Choice Quiz

1. Which of the following is not one of the four main classes of biochemical molecules in the body?
 - a) Proteins
 - b) Fats
 - c) Carbohydrates
 - d) Steroids
2. Which of the following is not one of the 2 main atoms found in fat molecules?
 - a) Carbon
 - b) Nitrogen
 - c) Hydrogen
3. Fats are Polar molecules:
 - a) True
 - b) False
4. Which of the following best describes a fatty acid?
 - a) long chains of carbon, surrounded by hydrogens with a carboxylic acid group at one end.
 - b) long chains of oxygen surrounded by hydrogen.
 - c) long chains of carbon surrounded by oxygen with a carboxylic acid group at one end.
 - d) long chains of nitrogen surrounded by hydrogen.
5. Fatty acids with no double bonds between the carbons are called?
 - a) monounsaturated fatty acids
 - b) unsaturated fatty acids
 - c) saturated fatty acids
 - d) triglycerides
6. Fatty acids with multiple double bonds between the carbon atoms are called?
 - a) monounsaturated fatty acids
 - b) polyunsaturated fatty acids
 - c) saturated fatty acids
 - d) hydrogenated fats
7. Which best describes a “trans” fatty acid?
 - a) a saturated fatty acid that becomes more saturated.
 - b) an unsaturated fatty acid that takes on a “trans” shape around a double bond.
 - c) a saturated fatty acid that takes on a cis shape at a double bond.
 - d) an unsaturated fatty acid that is in a cis shape that takes on a cis shape at a double bond.
8. Fatty acids that are vital to our health but can not be produced in our body are called:
 - a) Essential fatty acids
 - b) Important fatty acids
 - c) Hydrogenated fats
 - d) Miracle fats

9. Which of the following is an essential fatty acid?
- a) omega 9 fatty acids.
 - b) omega 8 fatty acids
 - c) omega 3 fatty acids
 - d) hydrogenated fatty acids
10. Highly unsaturated fatty acids are less stable than saturated fatty acids and so spoil more easily:
- a) true
 - b) false
11. Which of the following best describes a triglyceride?
- a) A cholesterol molecule with 3 fatty acids attached.
 - b) a molecule of glycerol with 3 fatty acids attached.
 - c) a molecule of glycerol with 2 fatty acids and a phosphate attached.
 - d) a molecule of cholesterol with 3 glycerols attached.
12. Which of the following best describes the structure of a phospholipid?
- a) A cholesterol molecule with 3 fatty acids attached.
 - b) a molecule of glycerol with 3 fatty acids attached.
 - c) a molecule of glycerol with 2 fatty acids and a phosphate attached.
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13. What is the main function of a phospholipid?
- a) they are important in the creation of collagen fibers in the body.
 - b) they are important for creating the structure of cell membranes.
 - c) they are used to create steroid hormones.
 - d) they are not found in humans only amphibians.
14. This molecule creates the basic structure of steroid hormones like testosterone.
- a) phospholipids
 - b) triglycerides
 - c) omega 3 fatty acids
 - d) cholesterol
15. These molecules are formed from breaking apart certain fatty acids and they assist in creating, pain, inflammation, and fever.
- a) cholesterol
 - b) eicosanoids
 - c) steroids
 - d) phospholipids

ANSWERS

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