

Chemistry: Quiz 6 (Chapter 8)

1. What is one purpose for vitamins and minerals in the body?
2. Why do we need proteins and fats in our diet?
3. What is the primary function of carbohydrates?
4. What is the difference between monosaccharides and polysaccharides?
5. What is an example of a monosaccharide? Polysaccharide?

Chemistry: Quiz 6 ANSWER KEY

1. What is one purpose for vitamins and minerals in the body?

Help carry out necessary chemical reactions

2. Why do we need proteins and fats in our diet?

Keep organs, bones, muscles healthy

3. What is the primary function of carbohydrates?

To provide a source of energy

4. What is the difference between monosaccharides and polysaccharides?

Polysaccharides are chains of monosaccharides.

5. What is an example of a monosaccharide? Polysaccharide?

Monosaccharides: the simple sugars (i.e. sucrose/ lactose/ glucose...)

Polysaccharides: Primarily cellulose and starch