

Name \_\_\_\_\_

## Energizing Our Bodies: How Food Becomes Energy

### Multiple Choice Questions

1. Which of the following nutrients is primarily responsible for providing energy to our cells?
  - a) Vitamins
  - b) Proteins
  - c) Carbohydrates
  - d) Minerals
  
2. Where does the process of digestion start?
  - a) Small intestine
  - b) Stomach
  - c) Mouth
  - d) Large intestine
  
3. What is the primary energy currency used by our cells?
  - a) Glucose
  - b) Fat
  - c) Protein
  - d) ATP
  
4. Where does cellular respiration take place in our cells?
  - a) Nucleus
  - b) Mitochondria
  - c) Cell membrane
  - d) Cytoplasm
  
5. What happens to waste products generated during cellular respiration?
  - a) They are stored in the liver.
  - b) They are eliminated through the skin.
  - c) They are carried away by the bloodstream and removed from the body.
  - d) They are converted into more ATP.

