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40 QUESTIONS WITH DETAILED EXPLANATION

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1. What are the building blocks of triglycerides?

- a) Fatty acids and glycerol
- b) Amino acids
- c) Nucleotides
- d) Monosaccharides





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2. Which type of lipid is responsible for storing energy?

- a) Steroids
- b) Phospholipids
- c) Triglycerides
- d) Waxes





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3. Which of the following is an example of a saturated fatty acid?

- a) Oleic acid
- b) Linoleic acid
- c) Stearic acid
- d) Arachidonic acid





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- a) Oleic acid
- b) Linoleic acid
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4. Which lipid class includes hormones like testosterone and estrogen?

- a) Triglycerides
- b) Steroids
- c) Phospholipids
- d) Glycolipids





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5. What type of lipid is found in the brain and nervous system?

- a) Waxes
- b) Phospholipids
- c) Glycolipids
- d) All of the above





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- b) Phospholipids
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6. Which of the following fatty acids is essential for human health?

- a) Palmitic acid
- b) Stearic acid
- c) Linoleic acid
- d) Myristic acid





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- a) Palmitic acid
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7. What type of lipid is used for waterproofing in plants and animals?

- a) Phospholipids
- b) Triglycerides
- c) Waxes
- d) Steroids





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- a) Phospholipids
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- d) Steroids





8. What distinguishes unsaturated fatty acids from saturated fatty acids?

- a) Presence of double bonds
- b) Presence of oxygen
- c) Number of carbon atoms
- d) Molecular weight





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9. Which of the following is a characteristic of lipids?

- a) Soluble in water
- b) Insoluble in organic solvents
- c) High energy content
- d) Low melting points





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10. Which lipid is commonly found in the protective covering of plant leaves?

- a) Phospholipids
- b) Waxes
- c) Triglycerides
- d) Steroids





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11. What is a key feature of glycolipids?

- a) They contain a sugar moiety
- b) They are primarily used for energy
- c) They do not have fatty acids
- d) They are only found in animal cells





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12. Which of the following statements about lipids is TRUE?

- a) All lipids are soluble in water
- b) Lipids are hydrophilic
- c) Lipids are diverse in structure and function
- d) All lipids are solid at room temperature





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- a) All lipids are soluble in water
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13. What type of lipid is primarily responsible for forming cell membranes?

- a) Saturated fats
- b) Phospholipids
- c) Steroids
- d) Waxes





13. What type of lipid is primarily responsible for forming cell membranes?

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- b) Phospholipids**
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14. What type of lipid serves as a precursor to bioactive lipids like eicosanoids?

- a) Triglycerides
- b) Phospholipids
- c) Sphingolipids
- d) Fatty acids





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15. What is a primary function of lipoproteins in the body?

- A) Energy storage
- B) Transport of lipids in the bloodstream
- C) Cell membrane formation
- D) Hormone synthesis





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17. Which of the following statements about lipids is true?

- A) All lipids are soluble in water.
- B) Lipids can store more energy than carbohydrates.
- C) Lipids have no role in cellular structure.
- D) All lipids are harmful to health.





17. Which of the following statements about lipids is true?

A) All lipids are soluble in water.

B) Lipids can store more energy than carbohydrates.

C) Lipids have no role in cellular structure.

D) All lipids are harmful to health.





18. Which lipid serves as a precursor for eicosanoids, important signaling molecules?

- A) Triglycerides
- B) Cholesterol
- C) Fatty acids
- D) Phospholipids





18. Which lipid serves as a precursor for eicosanoids, important signaling molecules?

- A) Triglycerides
- B) Cholesterol
- C) Fatty acids**
- D) Phospholipids





19. What is one function of phospholipids besides forming cell membranes?

- A) Energy storage
- B) Cellular signaling
- C) Genetic material
- D) None of the above





19. What is one function of phospholipids besides forming cell membranes?

- A) Energy storage
- B) Cellular signaling**
- C) Genetic material
- D) None of the above





20. Which lipid is important for maintaining the fluidity of cell membranes?

- A) Phospholipids
- B) Cholesterol
- C) Triglycerides
- D) Fatty acids





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A) Phospholipids

B) Cholesterol

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21. How do lipids contribute to hormone production?

- A) They are the primary components of DNA.
- B) They serve as substrates for hormone synthesis.
- C) They are involved in enzymatic reactions
- D) They do not contribute to hormone production.





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- A) They are the primary components of DNA.
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22. What is a significant role of omega-3 fatty acids?

- A) Increase cholesterol levels
- B) Promote inflammation
- C) Support cardiovascular health
- D) Decrease energy levels





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- A) Increase cholesterol levels
- B) Promote inflammation
- C) Support cardiovascular health**
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23. Lipids can be classified into which of the following categories?

- A) Saturated and unsaturated only
- B) Simple and complex only
- C) Glycerol and non-glycerol based
- D) All of the above





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- A) Saturated and unsaturated only
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24. Which lipid is a major component of myelin sheaths in nerve cells?

- A) Triglycerides
- B) Glycolipids
- C) Phospholipids
- D) Sterols





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A) Triglycerides

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25. What role do lipids play in the absorption of fat-soluble vitamins?

- A) They catalyze the absorption process.
- B) They form micelles to enhance absorption.
- C) They inhibit vitamin absorption.
- D) They have no role.





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- A) They catalyze the absorption process.
- B) They form micelles to enhance absorption.**
- C) They inhibit vitamin absorption.
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26. Which test uses ethanol to detect the presence of lipids?

- A) Sudan III test
- B) Grease Spot Test
- C) Emulsion Test
- D) Molisch's Test





26. Which test uses ethanol to detect the presence of lipids?

- A) Sudan III test
- B) Grease Spot Test
- C) Emulsion Test**
- D) Molisch's Test





27. Which lipid class is detected by the iodine test?

- A) Saturated fats
- B) Unsaturated fats
- C) Phospholipids
- D) Cholesterol





27. Which lipid class is detected by the iodine test?

- A) Saturated fats
- B) Unsaturated fats**
- C) Phospholipids
- D) Cholesterol





28. What does the presence of a yellow color in the Iodine test signify?

- A) Saturated fatty acids
- B) Unsaturated fatty acids
- C) No lipids present
- D) Presence of carbohydrates





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- A) Saturated fatty acids
- B) Unsaturated fatty acids**
- C) No lipids present
- D) Presence of carbohydrates





29. Which of the following is not a qualitative test for lipids?

- A) Benedict's Test
- B) Grease Spot Test
- C) Sudan IV Test
- D) Emulsion Test





29. Which of the following is not a qualitative test for lipids?

- A) Benedict's Test**
- B) Grease Spot Test
- C) Sudan IV Test
- D) Emulsion Test





30. The Emulsion Test can be used to test for which of the following?

- A) Proteins
- B) Carbohydrates
- C) Lipids
- D) Nucleic acids





30. The Emulsion Test can be used to test for which of the following?

- A) Proteins
- B) Carbohydrates
- C) Lipids**
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