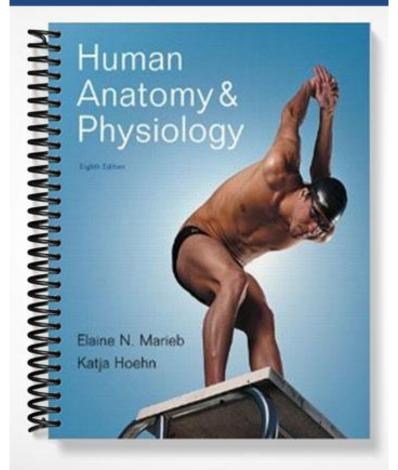
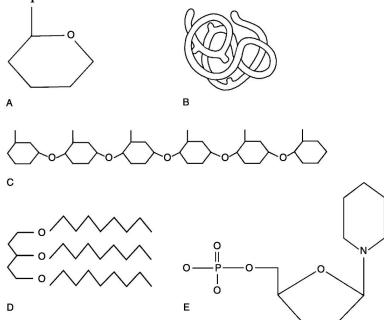
TEST BANK

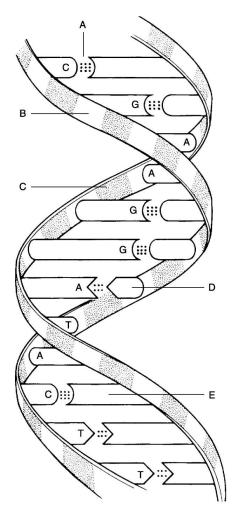


SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.





<i>Using Figure 2.1, match the following:</i> 1) Lipid.	1)
2) Functional protein.	2)
3) Nucleotide.	3)
4) Polysaccharide.	4)
5) Monosaccharide.	5)
6) Polymer.	6)
7) Tertiary (protein) structure.	7)





<i>Using Figure 2.2, match the following:</i> 8) Deoxyribose sugar.	8)
9) Thymine.	9)
10) Guanine.	10)
11) Phosphate.	11)
12) Hydrogen bonds.	12)

MATCHING. Choose the item in column 2 that best matches each item in column 1.

Match the following chemical bonds to the correct description:

13) A bond in which electrons are shared unequally.	A) Polar covalent bond	13)
14) A bond in which electrons are completely lost or gained by the atoms involved.	B) Nonpolar covalent bond	14)
	C) Hydrogen bond	

D)

- 15) A bond in which electrons are shared equally.
- 16) A type of bond important in tying different parts of the same molecule together into a three-dimensional structure.

Match the following particles to the correct description: 17) Electrically charged particle due to loss of an electron.	A) Neutron	17)
	B) Atom	
18) Neutral subatomic particle.		18)
-	C) Cation	
 Smallest particle of an element that retains its properties. 		19)
	D) Molecule	
20)		
Smallest particle of a compound that still retains its properties.		20)

16) _____

15) _____

Match the following: 21) Water.	A) Mixture	21)
22) Carbon.	B) Compound	22)
23) Dry ice (frozen carbon dioxide).	C) Element	23)
24) Blood.		24)

26) Anything that occupies space and has mass.	A) Matter	26)
27) Although a man who weighs 175 pounds on Earth would be lighter on the moon and heavier on Jupiter, his would not be different.	B) Weight	27)
	C) Mass	
28) Is a function of, and varies with, gravity.		28)

Match the following:

29) Legs moving the pedals of a bicycle.	A) Radiant energy	29)
30) When the bonds of ATP are broken, energy is released to do cellular work.	B) Electrical energy	30)
31) Energy that travels in waves. Part of the electromagnetic spectrum.	C) Chemical energy	31)
the electromagnetic spectrum.	D) Mechanical energy	
32)		
Represented by the flow of charged particles along a conductor, or the flow of ions across a membrane.		32)

Matc	h the following:			
	33) Heterogeneous, will not settle.	A) Solutions		33)
	34) Heterogeneous, will settle.	B) Suspensions		34)
	35) Homogeneous, will not settle.	C) Colloids		35)
	36) Will not scatter light.			36)
TRU	E/FALSE. Write 'T' if the statement is true and 'F 37) The atomic weight is only an average of relati- its isotopes, and it may vary from the weight o	ve weights of an atom and	37)	
	38) Emulsions and colloids are the same thing.		38)	
	39) Chemical properties are determined primarily	v by neutrons.	39)	
	40) A charged particle is generally called an ion.		40)	
	41) Isotopes differ from each other only in the nur contained.	mber of electrons	41)	
	42) About 60% to 80% of the volume of most livin compounds.	g cells consists of organic	42)	
	43) Lipids are a poor source of stored energy.		43)	
	44) Current information theorizes that omega-3 fa of heart disease.	atty acids decrease the risk	44)	
	45) Glucose is an example of a monosaccharide.		45)	
	46) A molecule consisting of one carbon atom and correctly written as CO ₂ .	l two oxygen atoms is	46)	
	47) The lower the pH, the higher the hydrogen ion	n concentration.	47)	
	48) Covalent bonds are generally less stable than	ionic bonds.	48)	
	49) Hydrogen bonds are comparatively strong bo	nds.	49)	
	50) The fact that <i>no</i> chemical bonding occurs betw mixture is the chief difference between mixtur	-	50)	
	51) Alpha particles, although relatively weak ener only to smoking as a cause of lung cancer.	rgy particles, are second	51)	
	52) No chemical bonding occurs between the com	ponents of a mixture.	52)	
	53) All organic compounds contain carbon.		53)	
	54) A dipeptide can be broken into two amino aci	ds by dehydration	syn thesis.	

55) The pH of body	55) The pH of body fluids must remain fairly constant for the body to		55)		
maintain home		2	5	,	
56) Mixtures are co	mbinations of eler	nents or compounds that	are	56)	
		re not bound by chemical		50)	
P))					
57) Buffers resist ab	rupt and large ch	anges in the pH of the bo	dy by	57)	
releasing or bin	ding ions.				
MULTIPLE CHOICE. C	hoose the one alt	ernative that best comple	etes the statem	ent or	
inswers the question.		rr			
58) Which of the fol	llowing elements	is necessary for proper co	onduction of	58)	
nervous impuls					
A) Fe	B) P	C) I	D) Na		
59) Choose the state	ement that is false	or incorrect.		59)	
-		ing old bonds requires en	ergy and		
	ew bonds releases	0	0,		
B) Endergoni	ic reactions absorb	o more energy than they r	elease.		
C) A key feat	ure of the body's	metabolism is the almost	exclusive use		
	nic reactions by the	-			
D) Exergonic	reactions release	more energy than they ab	sorb.		
60) In general, the l	ipids that we refe	r to as oils have		60)	
A) long fatty	acid chains				
B) a high wat	ter content				
	gree of unsaturated				
D) a high deg	ree of saturated b	onds			
61) The genetic info	ormation is coded	in DNA by the		61)	
		nd phosphate molecules		,	
B) arrangeme	ent of the histones				
-		of the double helix			
D) sequence of	of the nucleotides				
62) Which of the fol	llowing is <i>not</i> true	of proteins?		62)	
	•	he three-dimensional sha	pe.	/	
B) Some type	es are called enzyr	nes.	-		
		cular carriers of the coded	l hereditary		
informatio					
D) They may	be denatured or c	coagulated by heat or acid	lity.		
63) The single most	abundant proteir	n in the body is		63)	
A) glucose		B) DNA			
C) collagen		D) hemoglobin			
64) Carbohydrates	are stored in the li	iver and muscles in the fo	orm of	64)	
A) cholestero	1	B) triglycerides			
C) glycogen	-	D) glucose			
-, 0-, 0-1		/0			

54)

65) Which of the following describes coen	zymes?	65)
A) metal ions		
B) enzymes that work together		
C) organic molecules derived from		
D) two enzymes that perform the sa	ame function	
66) Which of the following is <i>not</i> a role ofA) promote the breakdown of damaB) act as a biological catalystC) prevent accidental, premature, or	aged or denatured proteins	66)
chains D) aid the desired folding and assoc E) help to translocate proteins and o membranes		
memoranes		
67) A chemical reaction in which bonds an with	re broken is usually associated	67)
A) the release of energyC) the consumption of energy	B) forming a larger molecule D) a synthesis	
68) Salts are always		68)
A) single covalent compoundsC) ionic compounds	B) hydrogen bonded D) double covalent compounds	
69) The numbers listed represent the num second, and third energy levels, respective following is an unstable or reactive at	ctively. On this basis, which of the om?	69)
A) 2, 8, 1 B) 2, 8	C) 2, 8, 8 D) 2	
70) A solution that has a pH of 2 could be	st be described as being	70)
A) acidic	B) slightly acidic	
C) neutral	D) basic	
71) Which of the following is the major po	ositive ion outside cells?	71)
A) sodium	B) hydrogen	
C) nitrogen	D) potassium	
72) Which of the following would be rega	rded as an organic molecule?	72)
A) NaOH B) NaCl	C) CH_4 D) H_2O	
73) What is a chain of 25 amino acids calle	ed?	73)
A) nucleotide	B) polypeptide	-,
C) starch	D) protein	
74) Which of the following constitutes a long chain of simple sugars?		74)
A) protein	B) monosaccharide	
C) polysaccharide	D) nucleic acid	
75) What level of protein synthesis is repr	resented by the coiling of the	75)
protein chain backbone into an alpha helix?		
A) quaternary structure	B) tertiary structure	

C) secondary structure	D) primary structure	
76) Carbohydrates and proteins are built up	p from their basic building blocks	76)
by the		
A) addition of a water molecule betw		
B) removal of a nitrogen atom betwe		
C) addition of a carbon atom between		
D) removal of a water molecule betw	een each two units	
77) Which statement about enzymes is <i>false</i>	?	77)
A) Enzymes are organic catalysts.		
B) Enzymes may be damaged by hig	-	
C) Enzymes are composed mostly of	-	
D) Enzymes raise the activation energy	gy needed to start a reaction.	
78) Which of the following statements is fa		78)
A) Chemical reactions proceed more		
B) Larger particles move faster than		
more frequently and more forcefu		
C) Catalysts increase the rate of chem		
D) Chemical reactions progress at a f	•	
particles are present in higher nur	nbers.	
79) Which of the following is true regarding	g the concentration of solutions?	79)
A) To calculate molarity, one must k	now the atomic number of the	
solute.		
B) To calculate molarity, one must ki solvent.	now the atomic weight of the	
C) Percent solutions are parts per 100	-	
D) Molarity is one mole of solute per	1000 ml of solution.	
80) Select the statement about mixtures that	t is correct.	80)
A) Solutions contain particles that se		
 B) Suspensions are homogeneous mi components. 	xtures of two or more	
C) A solution contains solvent in larg quantities.	e amounts and solute in smaller	
D) Suspensions can change reversibly	y from liquid to solid.	
81) Choose the answer that best describes I	4003-	81)
A) a weak acid	B) a bicarbonate ion	
C) a proton donor	D) common in the liver	
	,	
82) Select which reactions will usually be in	reversible regarding chemical	82)
equilibrium in living systems.		
A) glucose to CO_2 and H_2O		
B) ADP + Pi to make ATP		
C) glucose molecules joined to make	glycogen	
D) $H_2O + CO_2$ to make H_2CO_3		
83) What happens in redox reactions?		83)
A) the reaction is always easily rever	sible	,

B) the electron acceptor is oxidized C) the electron donor is reduced		
D) both decomposition and electron	exchange occur	
84) Choose the answer that best describes f	-	84)
A) are very stable and insoluble in w	ater	
B) are usually called enzymes		
C) rarely exhibit secondary structure		
D) are cellular catalysts		
85) Which of the following does not describ		85)
A) pigments	B) transport	
C) mechanical work	D) chemical work	
86) Select the most correct statement regard	ling nucleic acids.	86)
A) Three forms exist: DNA, RNA, an		
B) TDNA is considered a molecular		
C) DNA is a long, double-stranded n C bases.	nolecule made up of A, T, G, and	
D) RNA is a long, single-stranded me	olecule made up of the bases A,	
T, G, and C.		
87) Which of the following is an example o	f a suspension?	87)
A) rubbing alcohol	B) blood	,
C) salt water	D) cytoplasm	
		00)
88) Select the correct statement about isoto	-	88)
A) All the isotopes of an element hav		
B) All the isotopes of an element are		
C) Isotopes occur only in the heavier D) Isotopes of the same element have		
differ in their atomic masses.	e the same atomic number but	
89) The four elements that make up about 9	96% of body matter are	89)
A) nitrogen, hydrogen, calcium, sodi		
B) carbon, oxygen, phosphorus, calci		
C) carbon, oxygen, hydrogen, nitrog		
D) sodium, potassium, hydrogen, ox	ygen	
90) An example of a coenzyme is		90)
A) zinc	B) copper	
C) iron	D) riboflavin (vitamin B ₂)	
	1	01)
91) is fat soluble, produced in the	-	91)
radiation, and necessary for normal bo A) Vitamin A	B) Cortisol	
C) Vitamin K	D) Vitamin D	
c) vitalini k		
92) In liquid XYZ, you notice that light is se	cattered as it passes through.	92)
There is <i>no</i> precipitant in the bottom of	0	
sitting for several days. What type of lie	-	
A) solution	B) colloid	

C) mixture	D) suspension	
93) Atom X has 17 protons. How many ele A) 5 B) 10	ectrons are in its valence shell? C) 3 D) 7	93)
94) Which protein types are vitally impor stressful circumstances?	94)	
A) structural proteinsC) regulatory proteins	B) catalytic proteins D) molecular chaperones	
95) If atom X has an atomic number of 74 following?	it would have which of the	95)
0	B) 74 protons D) 37 protons and 37 electrons	
 96) What does the formula C₆H₁₂O₆ mean A) There are 6 calcium, 12 hydrogen B) The molecular weight is 24. C) There are 12 hydrogen, 6 carbon, D) The substance is a colloid. 	n, and 6 oxygen atoms.	96)
97) Two good examples of a colloid would A) blood B) toenails	d be Jell-O [®] and C) cytosol D) urine	97)
98) An atom with a valence of 3 may have A) 17 B) 13	e a total of electrons. C) 8 D) 3	98)
99) Which of the following is a neutralization A ($HCl \rightarrow H^+ + Cl^-$ C) $HCl + NaOH \rightarrow NaCl + H_2O$	tion reaction? B) NaOH \rightarrow Na ⁺ + OH ⁻ D) NH ₃ + H ⁺ \rightarrow NH ₄ ⁺²	99)
 100) The chemical symbol O□O means A) zero equals zero B) the atoms are double bonded C) both atoms are bonded and have D) this is an ionic bond with two shorts are bonded by the shorts are bonded with two shorts are bonded by the shorts are bonded by the	100)	
101) What is a dipole? A) an organic molecule C) a polar molecule	B) a type of bond D) a type of reaction	101)
102) What does CH4 mean?A) This was involved in a redox reaB) There are four carbon and four hC) There is one carbon and four hyoD) This is an inorganic molecule.	102)	
 103) Amino acids joining together to make a(n) reaction. A) exchange C) reversible 	a peptide is a good example of B) decomposition D) synthesis	103)

	104) Which of the f	ollowing is <i>not</i> consid	ered a factor in in	fluencing a	104)
	reaction?				
	A) particle s	size	B) time		
	C) concentr	ation	D) temperat	ure	
	105) Which of the f	ollowing is <i>not</i> an elec	ctrolvte?		105)
	A) HCl	B) NaOH	C) H ₂ O	D) Ca_2CO_3	,
) –)	-) 2-	,23	
	106) Which proper	ty of water is demonst	trated when we sy	weat?	106)
		vent properties			,
	B) high hea				
	C) cushioni				
	•	t of vaporization			
	E) reactivity	-			
	107) Sucrose is a	·			107)
	A) polysacc	haride	B) monosaco	charide	
	C) triglycer	ide	D) disacchar	ide	
	108) What is the ra	tio of fatty acids to gly	vcerol in neutral fa	ats?	108)
	A) 4:1	B) 3:1	C) 1:1	D) 2:1	
	109) In a DNA mol	ecule, the phosphate s	serves		109)
	A) as a code	2			
	B) as nucleo	otides			
	C) to hold t	he molecular backbon	e together		
	D) to bind t	he sugars to their base	25		
	110) Heat shock pr	oteins (hsp) are a type	of protein called		110)
	A) chaperor		B) cofactors		,
	C) eicosano		D) coenzyme	es	
	,	often bind different pa	arts of a molecule	into a specific	111)
	three-dimensi	•			
	A) Hydroge	en	B) Amino ac	rid	
	C) Oxygen		D) Carbon		
0110		• .1 1 1			
		rite the word or phras	e that best comp	letes each statemen	t or answers
the	question.	undersity and the theory	and an af	110)	
	112) The atomic nu	mber is equal to the n		· 112) _	
	112) Mologulos sug	h as methane that are	made of atoms th	at chara 112)	
		e bonds.	made of atoms in	$110)_{-}$	
	elections have	Donus.			
	114) An atom with	three electrons would	have a valence o	f 114)	
	114) All atom with	three electrons would	l llave a valence o	¹ ¹¹⁴) _	
	115) $\Delta R \rightarrow \Lambda + P$;	an example of a(n)	roaction	115)	
	$110) AD \rightarrow A + D IS$			113) <u>-</u>	
	116) have	e a bitter taste, feel slip	nery and are pro	iton 116)	
	acceptors.	. a bitter taste, ieei siip	pery, and are pro	110) <u>-</u>	
	acceptors.				

117) A holoenzyme is composed of an apoenzyme and a(n)	. 117)
118) In a DNA molecule, guanine would connect to	118)
119) The molecule directly provides energy for cellular work.	119)
120) Hydrogen bonds are more like a type of weak than true bonds.	120)
121) Weak acids and bases make good	121)
122) Starch is the stored carbohydrate in plants, while is the stored carbohydrate in animals.	
123) How many phosphates would AMP have attached to it?	123)
124) Which metals have a toxic effect on the body?	124)
125) What does the polar end of a phospholipid contain?	125)
126) What type of chemical bond can form between an element with 11 protons and an element with 17 protons?	126)
127) What happens when globular proteins are denatured?	127)
128) Explain the difference between potential and kinetic energy.	128)
129) How can phospholipids form a film when mixed in water?	129)
130) What properties does water have that make it a very versatile fluid?	130)
131) What advantages does ATP have in being the energy currency molecule?	131)
132) Explain why chemical reactions in the body are often <i>irreversible</i>	. 132)
133) When a set of electrodes connected to a lightbulb is placed in a solution of dextrose and a current is applied, the lightbulb does not light up. When the same unit is placed in HCl, it does. Why?	133)
134) Describe the factors that affect chemical reaction rates.	134)
135) Protons and electrons exist in every atom nucleus except hydrogen. Is this statement true or false and why?	135)
136) A chemical bond never occurs in a mixture. Discuss this.	136)
137) All chemical reactions are <i>theoretically</i> reversible. Comment on this statement.	137)

138) What is the major difference between polar and nonpolar covalent bonds?	138)
139) An amino acid may act as a proton acceptor or donor. Explain.	139)
	,
140) Name at least four things you know about enzymes.	140)
, , , , , , , , , , , , , , , , , , , ,	/
141) In the compound H_2CO_3 , what do the numbers 2 and 3	141)
represent?	,
1	
142) Are all chemical reactions reversible? If not, why aren't they	142)
,	/

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

all reversible?

- 143) Mrs. Mulligan goes to her dentist and, after having a couple of cavities filled, her dentist strongly suggests that she reduce her intake of sodas and increase her intake of calcium phosphates in the foods she eats. Why?
- 144) Although his cholesterol levels were not high, Mr. Martinez read that cholesterol was bad for his health, so he eliminated all foods and food products containing this molecule. He later found that his cholesterol level dropped only 20%. Why did it not drop more?
- 145) How can DNA be used to "fingerprint" a suspect in a crime?
- 146) Why is it possible for us to drink a solution that contains a mixture of equal concentration of a strong acid and a strong base, either of which, separately, would be very caustic?
- 147) A 65-year-old patient came to the emergency room with complaints of severe heartburn unrelieved by taking a "large handful" of antacids. Would you expect the pH to be high or low? Explain why.
- 148) A 23-year-old male was riding his road bike in 100-degree heat, when he suddenly became nauseated and weak. He called 911 from his cell phone. When the ambulance came, the paramedics started intravenous therapy for severe dehydration. Explain the critical role of water to maintain homeostasis.
- 149) Brenda is a 26-year-old female who is being discharged from the hospital after a vaginal delivery of an 8-pound healthy infant. Brenda is instructed by the nurse to eat a diet high in fiber and to drink 8 glasses of water per day to prevent constipation. Explain the role of fiber and water to promote defecation.
- 150) A 64-year-old man is admitted to the hospital for nonhealing pressure ulcers to his heels. He has been bedridden for 10 years because of a degenerative muscle disease. Explain why protein would be an important part of his diet to promote wound healing.

1) D 2) B 3) E 4) C 5) A 6) C 7) B 8) B 9) D 10) E 11) C 12) A

13) A 14) D 15) B

16) C

17) C 18) A 19) B 20) D

21) B 22) C 23) B 24) A

А
А
С
В

29) D 30) C 31) A 32) B

33) C 34) B 35) A 36) A 37) TRUE 38) TRUE 39) FALSE 40) TRUE 41) FALSE 42) FALSE 43) FALSE 44) TRUE 45) TRUE 46) TRUE 47) TRUE 48) FALSE 49) FALSE 50) TRUE 51) TRUE 52) TRUE 53) TRUE 54) FALSE 55) TRUE 56) TRUE 57) TRUE 58) D 59) C 60) C 61) D 62) C 63) C 64) C 65) C 66) B 67) A 68) C 69) A 70) A 71) A 72) C 73) B 74) C 75) C 76) D 77) D 78) B 79) D 80) C 81) B 82) A 83) D 84) A

85) A 86) C 87) B 88) D 89) C 90) D 91) D 92) B 93) D 94) D 95) D 96) C 97) C 98) B 99) C 100) B 101) C 102) C 103) D 104) B 105) C 106) D 107) D 108) B 109) C 110) A 111) A 112) protons (and electrons) 113) covalent 114) one 115) decomposition 116) Bases 117) cofactor 118) cytosine 119) ATP 120) attraction 121) buffers 122) glycogen 123) one 124) heavy 125) a phosphorus-containing group 126) ionic 127) The active sites are destroyed. 128) Potential energy is inactive stored energy that has potential to do work. Kinetic energy is energy in action.

- 129) Phospholipids have both polar and nonpolar ends. The polar end interacts with water, leaving the nonpolar end oriented in the opposite direction.
- 130) High heat capacity, high heat of vaporization, polarity and solvent properties, reactivity, and cushioning.
- 131) Its energy is easy to capture and store; it releases just the right amount of energy for the cell's needs so it is protected from excessive energy release. A universal energy currency is efficient because a single system can be used by all the cells in the body.

- 132) Chemical reactions that release energy cannot be reversed unless energy is put back into the system. Also, the body may use the chemicals solely for its energy, such as glucose, or some reactions produce molecules in excessive quantities (like CO₂ and NH₄) that the body needs to discard.
- 133) HCl ionizes to form current-conducting electrolytes. Dextrose does not ionize, and therefore does not conduct current.
- 134) Temperature increases kinetic energy and therefore the force of molecular collisions. Particle size: smaller particles move faster at the same temperature and therefore collide more frequently; also, smaller particles have more surface area given the same concentration of reactants. Concentration: the higher the concentration, the greater the chance of particles colliding. Catalysts increase the rate of the reaction at a given temperature. Enzymes are biological catalysts.
- 135) False Hydrogen has one proton and one electron. It is the neutron that hydrogen does not have.
- 136) Mixtures come in three forms solutions, colloids, and suspensions. Components of these mixtures always retain their original makeup and can be separated into their individual components; therefore no chemical bonding has taken place.
- 137) It is possible to reverse any reaction if the products are still present. Those that are only slightly exergonic are easily reversible. Some would require an enormous amount of energy to reverse. In the simple reaction Na + Cl → NaCl the amount of energy it takes to reverse table salt to chlorine gas and sodium metal is enormous. The reversing of the covalently bonded sugar molecule once it is reduced to ATP molecules is even harder or next to impossible.
- 138) Polar bonds have an unequal sharing of electrons resulting in a slight negative charge at one end of the molecule and a slight positive charge at the other end. Nonpolar bonds have an equal sharing of electrons, resulting in a balanced charge among the atoms.
- 139) Amino acids have two components \Box a base group (proton acceptor) and an organic acid part (a proton donor).
- 140) 1. They are proteins.
 - 2. They have specific binding sites for specific substrates.
 - 3. They lower the activation barrier for a specific reaction.
 - 4. The names end in "ase."
 - 5. They can be denatured.
 - 6. They can be used again and again.
- 141) The 2 indicates that there are two hydrogen atoms in the compound and the 3 indicates that there are three oxygen atoms in the compound.
- 142) All chemical reactions are theoretically reversible, but only if the products are not consumed.
- 143) Sodas are strong acids that can reduce bone and tooth salts. Calcium phosphate makes teeth hard and therefore more resistant to tooth decay.
- 144) Cholesterol is produced by the liver, in addition to being ingested in foods.
- 145) The DNA of a person is unique to that individual. By obtaining the DNA from nucleated cells from the crime scene (e.g., tissue, sperm), enzymes may be used to break up the DNA into fragments. Because nearly everyone's DNA is different, it also breaks up into fragments differently. When the fragments are separated, they form patterns even more unique than fingerprint patterns. A match of suspect and crime scene DNA is strong evidence.
- 146) When an acid and base of equal strength are mixed, they undergo a displacement reaction to form a water and a salt.
- 147) You would expect a high pH. Taking antacids will neutralize the acidic stomach. Taking a "handful" of antacids can cause an alkaloid state. Certain drugs, such as corticosteroids and antacids that contain baking soda, will lead to metabolic alkalosis.

- 148) Water is the most abundant and important inorganic compound in living material. It makes up 60% to 80% of the volume of most living cells. The properties of water are: high heat capacity, high heat of vaporization, polar solvent properties, reactivity, and cushioning. In this case the bicyclist lost a large amount of water through perspiration in an effort to cool his body. This caused a disruption in homeostasis.
- 149) Cellulose is a polysaccharide found in all plant products that adds bulk to the diet to promote feces through the colon. Water acts as a lubricating liquid within the colon, which eases feces through the bowel.
- 150) Protein composes 10% to 30% of cell mass and is the basic structural material of the body. Proteins regulate body processes. Skin, hair, and eyes are made of protein, as are the enzymes needed for digestion and absorption. Protein is essential for growth, maintenance, and repair of tissue.