



Q.1. Answers the following short questions:

(15x2=30)

- 1 what are good and bad fats?
- 2 Why Omega3 and Omega 6 fatty acids help?
- 3 How much energy 1 g of fat gives?
- 4 what is Saturated fat?
- 5 what are trans fats?
- 6 what are LDL and HDL?
- 7 What is Aerobic respiration?
- 8 what is cellular respiration?
- 9 In which part of the cell the glycolysis take place?
- 10 what is reduction and Oxidation reaction?
- 11 what is Ethanol?
- 12 Define ATP?
- 13 What are enzymes?
- 14 What are cofactors?
- 15 How enzymes are helpful in biological reactions?

Q.2. Answers the following questions.

(3x10=30)

1. why are fats solid at room temperature but oils liquid?
2. Briefly explain structure of proteins?
3. what are oligosaccharides or intermediate carbohydrates ,also write its Characteristics?