

Wizz Fizz Questions

1. Draw a diagram to show the basic structure of ATP.
2. How does ATP differ from ADP?
3. Why is it necessary for us to constantly resynthesise ATP?
4. What is the difference between anaerobic and aerobic glycolysis?
5. Explain the role of glycogen in providing energy for physical activity
6. What percentages of carbohydrate, fat and protein are recommended as part of the daily dietary intake?
7. Carbohydrates and fats are the main food fuels used to supply energy for ATP resynthesis. Under what conditions would proteins be used to supply energy for physical activity?