

1. How many volume percent of air is oxygen?
  - a. 5%
  - b. **21%**
  - c. 78%
  
2. Which of the following are oxygen allotropes:
  - a. Protium and deuterium
  - b. Hydroxyl radical and superoxide anion radical
  - c. **Dioxygen and ozone**
  
3. In living organisms, during the process of cellular respiration oxygen undergoes:
  - a. **4-stage reduction to a water molecule**
  - b. 4-stage oxidation to hydrogen peroxide
  - c. It doesn't undergo any transformations
  
4. What are free radicals?
  - a. Atoms or molecules having unpaired electrons
  - b. Products of the metabolism of aerobic organisms
  - c. **All answers are correct**
  
5. The sources of free radicals include:
  - a. Ionizing and ultraviolet radiation,
  - b. Air pollution, food and dental treatment
  - c. **All answers are correct**
  
6. What are antioxidants?
  - a. **Compounds protecting against oxidation reactions of cell components**
  - b. Substances that enhance the formation of free radicals
  - c. Compounds of external origin only
  
7. The antioxidant enzymes include:
  - a. Uric acid and vitamin C.
  - b. **Catalase and peroxidase**
  - c. Vitamin E and bilirubin
  
8. Oxidative stress:
  - a. Is an emotional response to stressors
  - b. Is caused by the reduced production of free radicals
  - c. **Is at the root of most modern diseases**
  
9. What is an organ particularly sensitive to free radical damage?
  - a. Heart
  - b. Liver
  - c. **Oral cavity**

10. The methods to protect against oxidative stress include:

- a. Proper diet
- b. Regular physical activity
- c. **All answers are correct**