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Building blocks of life



Activity 2.2.3: The Biochemistry of Food

Types of macromolecules

Name of Macromolecule:	Composed of:	Building Block(s):	Function:	Examples:	Food Examples from Anna's Diet
Carbohydrates	Carbon $C_6H_{12}O_6$ hydrogen oxygen <i>glucose</i>	monosaccharides examples in glucose essential in fructose fruits	main energy source broken down into (ATP)	glucose essential fructose fruits	Sprite fruit apple blended
Proteins	<i>Parts of amino acids</i> Amino Acids Amino group (NH_2) Carboxyl ($COOH$) variable (R)	peptides polypeptides amino acids	- build - maintain - body tissue - cell communication	glut 4 enzymes hormones	Milk eggs cheese yogurt
Lipids	fatty acids glycerol hydrogen carbon oxygen	fatty acids glycerol	Store energy membrane structure cell communication core structure	triglycerides phospholipids steroids fat-soluble vitamins	oreos ice cream marshmallows whole milk
Nucleic Acids	Carbon oxygen hydrogen nitrogen and Phosphorus atoms	nucleotides	Stores genetic information DNA RNA	A, T, C, G DNA RNA	X