

**Name:**  
**Block:**  
**Date:**

## Macromolecules and Nutrition Label Worksheet

Use a biology textbook to answer the first seven questions. Then, use nutrition labels to answer the final three questions. **Note: You will need at least three nutrition labels to complete the following worksheet.**

1. All living organisms are made-up of "CHONPS". Identify the element that each letter in "CHONPS" represents.
2. Define "macromolecules"-
3. Define "monomers"-
4. Define "polymers"-
5. Define "carbohydrates", identify some carbohydrate monomers and polymers, and describe the importance of some carbohydrates to living organisms.
6. Define "proteins", identify some protein monomers and polymers, and then describe the importance of some proteins to living organisms..
7. Define "lipids", identify some common lipids, and then describe the importance of some lipids to living organisms.