

Name: _____

Carbohydrates

_____ are a diverse category of _____. They vary
_____ in size. _____ There are _____ types of
carbohydrates. _____ and _____. Carbohydrates
combine with the _____ of the _____. Single-carbon
_____ like _____ and _____ are used for energy and
are _____ like _____ and _____ are used for
_____ and _____.

Monosaccharide	Fructose, glucose	monosaccharide	4	glucose
Disaccharide	lactose	disaccharide	disaccharide	lactose
Polysaccharide	starch	polysaccharide	polysaccharide	starch

Proteins

_____ build _____ cells. They can be used for
energy. _____ proteins are _____. Proteins are made
up of _____ They are _____ different amino acids.
_____ and _____. There are _____ and
_____ Complete proteins have _____ amino
acids. Incomplete proteins lack _____ of the 8 essential amino acids.

Protein	complete	8 or more	all 8 essential
Protein	incomplete	amino acids	some
Protein	is	essential	is