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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 blonde |
| 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 |