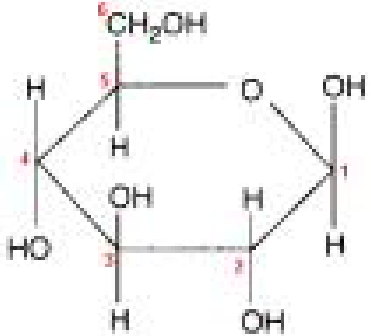
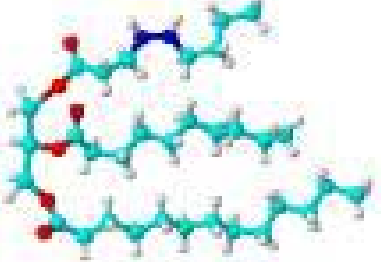

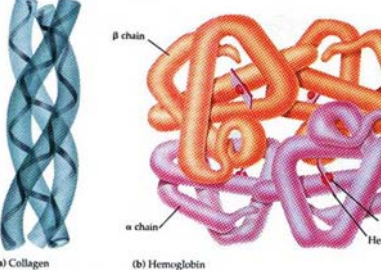


ORGANIC COMPOUNDS (monomer)	STRUCTURE	SOURCE IN YOUR DIET	FUNCTIONS	EXAMPLES	OTHER
CARBOHYDRATES (Monosaccharides Simple sugars)		Sweets Pasta / Grains	Main source of ENERGY	SIMPLE SUGARS COMPLEX STARCHES ,	Does not form any parts of your body. It is just the Fuel that you run on . CELLULOSE - carb found only in plants - Fiber - cleans intestines out
LIPIDS (FATTY ACIDS + GLYCEROL)		Meat Fat Plant oils	**Stores energy **Forms membranes of cells.	*Saturated- *Unsaturated-	Saturated fats - from animals & tropical plants (coconut) "bad fat" clogs arteries Unsaturated fat - from plants "good fat" Trans Fat - good turned bad
NUCLEIC ACIDS (nucleotides)		Not needed in diet	** Stores and transmits genetic information	**RNA **DNA	Every cell has the exact same DNA. Unchanged your whole life.
PROTEINS (amino acids - 20 different to choose from)		Meat Beans / Dairy	*Forms many body parts *Carry out reactions *Transport in / out of cells	Enzymes Structural Transport	10,000 + different ones in your body

Chemistry Of Life Summary Chart – 4 types of Organic Macromolecules