

Carbohydrates, Proteins, Lipids

- List 3 foods that contain mostly carbohydrates.
 - Vegetables, chips, cheese
 - Fruit, potatoes, pasta
 - Pizza, hamburger, French fries
- Carbohydrates are chains of what smaller organic molecule?
 - Monosaccharides (sugars)
 - Enzymes
 - Proteins
- List the names of 3 sugars
 - Glucose, proteins, lipids
 - Glucose, Fructose, sucrose
 - Carbohydrate, protein, fruit
- Most sugars end in what letters?
 - ose
 - ace
 - able
- What is another name for 'sugar'?
 - Starch
 - Monosaccharide
 - Fats
- What is the molecular formula of glucose or a fructose?
 - C3O2
 - O2H11O
 - C6H12O6
- Which carbohydrate do plants store for later energy use?
 - Protein
 - Starch
 - Cellulose
- Which carbohydrate do animals store for later energy use?
 - Glycogen
 - Riboflavin
 - Cellulose
- Which carbohydrate makes up the cell walls of plants?
 - Cellulose
 - Lipids
 - Proteins
- What function does cellulose serve when we eat it?
 - Digestion and excretion
 - Fiber, extracts toxins & extra fats, feeds good bacteria in stomach
 - Breaks down proteins
- If you need a quick shot of energy in the next hour, what should you eat?
 - Ice, It won't make you gain weight
 - Monosaccharides, they will give you sugars simple to digest quickly.
 - Eggs, body will process protein
- List 3 foods that contain mostly proteins.
 - Pork, beef, lamb
 - Corn, peas, carrots
 - Steak, cheese, eggs
- What are 3 ways that living creatures use proteins?
 - hormones, movement, enzymes
 - storage, digestion, energy
 - brain function, speech, sight
- Give 3 examples of proteins in living organisms.
 - Vitamins A, E, and C
 - Collagen, pepsin, insulin
 - Biotin, collagen, magnesium
- How many different amino acids are there?
 - 20
 - 10
 - 25
- List 3 foods that contain mostly lipids.
 - Meat, starches, ketchup
 - Butter, mayonnaise, bacon grease
 - Veg oil, mustard, pickles
- List 3 ways that living creatures use lipids.
 - Blood flow, oxygenation, excretion
 - Chew, Swallow, Digestion
 - Energy storage, organ cushions, body insulation
- List 2 examples of saturated fats.
 - Flour, sugar, salt
 - Butter, lard, bacon
 - Coconut oil, animal fats
- List 2 examples of unsaturated fats.
 - Bacon and eggs
 - Vegetable oil and fish oil
 - Eggs and Mayonnaise
- Why is cholesterol bad and good?
 - makes hormones, insulates organs, too much can lead to vascular restrictions
 - helps pump the heart
 - brings oxygen to the blood
- What are 3 types of simple sugars?
 - Glycose, Cellulose, Glucose
 - Proteins, fats, oils
 - Glucose, Fructose, and Galactose
- What is glycogen and where is it stored?
 - Insulation for the organs, store in the blood
 - A polysaccharide made from sugars that is stored in the liver and muscle tissue.
 - Made from oils, stored around the heart
- What happens to sugars if there is enough glycogen in the body?
 - They break down and spread
 - They store protein in the body
 - They are converted into fat for longer storage.
- What are the two types of fiber in carbohydrates?
 - Collapsible and expandable
 - Soluble and insoluble
 - Light and heavy
- What is the difference between lipids and fats?
 - Lipids are solid when frozen
 - Fats are lipids that are solid at room temperature
 - Fats mimic lipids in the sense that some are healthy