

PROTEINS



Match the first half of the sentences with the second half.

The four organic biomolecules are:

are made of very small parts which we call monomers, they are like building blocks.

If we go to a gym and we want to become more muscular, (lifting weight for example),
Two examples of food which are high in proteins

are called amino acids.

Monomers: the substances that we obtain with food...

to have a good immune system.

The monomers of proteins

carbohydrates, lipids, proteins and nucleic acids.

Proteins are also necessary

a special kind of large molecules that are called biomolecules.

Biomolecules: any form of life needs to consume...

we will have to consume food which is rich in proteins.

are meat and beans.