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| --- | --- | --- | --- | --- | --- |
| **Macromolecule** | **Function(s): What does it do?**  | **Monomer: What it is made of?** | **Polymer(s): larger molecules**  | **Examples/foods it can be found in** | **Structure: picture** |
| **Carbohydrates-****Ends in -OSE****Elements:****C H O** | * Short term energy storage
* Cellular structure
 | * Monosaccharide
* Glucose
 | * Fructose
* Sucrose
 | * Sugar
* Bread
* Pasta
* Sodas
* Grains
 |  |
| **Lipids****Elements:****C H O** | * Long term energy storage
* Insulate body
 | * Glycerol
* Fatty acids
* Triglyceride
 | * Fats
* Wax
* Oil
* Steroid
* Hormones
 | * Fish
* Butter
* Oil
* Fatty meat
 |  |
| **Macromolecule** | **Function(s): What does it do?** | **Monomer: What it is made of?** | **Polymer(s): larger molecules**  | **Examples/foods it can be found in** | **Structure: picture** |
| **Proteins****Elements:****C H O N** | * Transports
* Builds muscle
* Structural support for skin hair and nails
* Enzymes
* Defense
 | * Amino acids (20)
 | * Hemoglobin
* Antibodies
* keratin
 | * chicken
* Nuts
* Eggs
 |  |
| **Nucleic acids**  |  |  |  |  |  |