|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |