

Section 4.8-4.11 Study Guide Questions

Answer in complete sentences.

1. Name the central element in all living things. (4.8)
2. What is an organic molecule? Name the four major types of this molecule. (4.8)
3. Why are carbohydrates good for a runner about to compete in a marathon? (4.9)
4. List the similarities and differences between a simple and complex carbohydrate. (4.9)
5. Name specific examples of a monosaccharide, disaccharide, and three examples of a polysaccharide. (4.9)
6. What form of carbohydrate would you eat for quick energy? How about sustained energy? (4.9)
7. Name three examples of a lipid? (4.10)
8. Why are lipids such a great energy storage compound? (4.10)
9. What does your body do with unused carbohydrates? (4.10)
10. Describe a triglyceride. What is it used for? (4.10)
11. How is cholesterol good for you, how is it bad?
12. How do you use phospholipids? (4.10)
13. Name two reasons why you need protein in your diet? (4.11)
14. What molecules are used to build a protein? How about a carbohydrate? (4.9/4.11)
15. Where do you get your amino acids from? (4.11)
16. How many types of amino acids are there? (4.11)
17. What is a polypeptide chain? What bonds hold the chain together? (4.11)
18. List three ways in which proteins differ from each other? (4.11)
19. Explain why the protein value of a raw egg is the same as that of a cooked egg. (4.11)