Carbohydrates

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CARBOHYDRATES

- ELEMENTS: C H O
- <u>BUILDING BLOCKS (SUBUNITS): monosaccharides (glucose, simple sugars)</u>
- FUNCTIONS:
 - 1. preferred energy source
 - glucose(short term) OR glycogen(long term)
 - 2. <u>storage material –</u>

starch in plants

glycogen in animals

3. structural material-

cellulose - plant cell wall



chitin - fungus cell wall, insect exoskeleton

- SOURCES: Honey, candy, spaghetti, rice, potato, bread
- End in ose (used to identify carbs/sugars on labels)

More Carbohydrates

•<u>MONOsaccharide</u>: single sugar unit C₆H₁₂O₆ -gluc<u>ose</u>

•<u>DIsaccharide</u>: double sugar unit C₁₂H₂₂O₁₁ -sucr<u>ose</u>

•<u>POLYsaccharide:</u> many glucose units (C₁₂H₁₀O₅)_n -cellul<u>ose</u>, glycogen, starch

Lipids



LIPIDS

• ELEMENTS: C H O

• Amount H huge compared to O



BUILDING BLOCKS (SUBUNITS): fatty acids and glycerol
(Shaped like an E)
3Fatty Acids

FUNCTIONS:

- 1. long term <u>energy</u> <u>source and storage</u>
- 2. insulation
- 3. water proofing
- 4. <u>plasma membrane</u>



• SOURCES: butter, fried foods, bacon fat

More About Lipids

- Room temperature: fats-solid, oil-liquid
- Insoluble (doesn't mix with water)
- <u>Saturated fats:</u> contain saturated fatty acids with single carbon bonds. Not good for you, solid.
- Unsaturated fats: contain double carbon bond(s). Good for you, liquid.
- Waxes
- Phospholipids
- Steroids: cholesterol







(a) Fat molecule (triacylglycerol)

н H (b) Hard fat (saturated): Fatty acids with single bonds between all carbon pairs



(c) Oil (unsaturated): Fatty acids that contain double bonds between one or more pairs of carbon atoms

Cell Membrane – Phospholipid Bilayer



Proteins



PROTEIN

- ELEMENTS: C H O N (sometimes P and S)
- <u>BUILDING BLOCKS</u> (SUBUNITS): amino acids (there are 20 amino acids)

• FUNCTIONS:

- 1. growth and repair
- 2. <u>*enzymes speed reactions (End in –ASE)</u>
- 3. <u>Hormones insulin, controls blood sugar</u>
- 4. <u>Immune System antibodies and white</u> <u>blood cells</u>
- 5. <u>Hemoglobin carries oxygen in the blood</u>
- 6. <u>nails, hair, muscle</u>
- 7. last resort source of energy*
- SOURCES: dairy products, peanuts, meat, fish



Chain



BONDING OF AMINO ACIDS



Nucleic acids



NUCLEIC ACIDS

• ELEMENTS: C H O N P

BUILDING BLOCKS: nucleotides

Sugar + phosphate + N base

FUNCTIONS: 1. genetic blueprints 2. transferring information

• EXAMPLES: DNA and RNA



Nucleic acids are composed of long chains of nucleotides linked by dehydration synthesis.

Nucleotides include:

- > phosphate group
- > pentose sugar (5-carbon)
- > nitrogenous bases:
 - ☆ adenine (A)
 - * thymine (T) DNA only
 - * uracil (U) RNA only
 - * cytosine (C)
 - ✤ guanine (G)

