

Bio molecules

4 Biomolecules

1.) Carbohydrates

Carbon Water

$C H_2 O$ generic formula

- Energy - quick energy

- eat \rightarrow converted \rightarrow ATP (body's energy)
(digested)

- 3 types of Carbs

A.) Monosaccharides - simple sugars

1 ring sugar

ex glucose - $C_6 H_{12} O_6$

ribose - $C_5 H_{10} O_5$

fructose - $C_6 H_{12} O_6$

* instant energy *

B.) Disaccharide - simple sugars

2 ring sugar

ex: lactose

glucose + fructose
 $C_{12} H_{22} O_{11}$

Sucrose =

Broken down into monosaccharides before becoming ATP energy

C.) Polysaccharide

many rings sugar

ex: cellulose = plant cell walls (fiber)

glycogen = stored energy muscle

Starch = stored energy Plants

2.) Lipids (fat)

- Fatty acid chains (FAC)

A.) Saturated FAC

* Long term energy storage

- Steroids -

rigid structure

B.) Unsaturated FAC = have at least 1 double bond

- Steroids