

<p style="text-align: center;"><b>NUTRIENT QUIZ -Friday</b> <b>BIO 4</b> <b>Things that make you go Hmmmmmm.</b></p>
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- List the six major types of nutrients
- Differentiate between macronutrients and micronutrients
- Recognize that proteins are made from polypeptides (chains of amino acids). Be able to count the number of amino acids, peptide bonds, molecules of water needed to break bonds etc.
- Draw the general structure of an amino acid
- Realize that the “R” group of amino acids is what makes them different from one another
- What foods are good sources of fat, protein and carbohydrates?
- Why are proteins, fats and carbohydrates needed by the body? You must have specific examples of where and how they are used.
- What is the general structure of fat?
- How are saturated and unsaturated fats different?
- Recognize some basic names of fats (see fat chart)
- Recognize the basic structure of starch (polysaccharides)
- Differentiate between simple sugars and complex sugars, glycogen, starch and cellulose.
- Describe the role of vitamins in the body and give some specific examples of vitamins.
- Describe the role of minerals in the body
- List several elements (minerals) from the Periodic Table that would be found in organic things.
- Know which food groups should make up a large part of your diet and which shouldn't.
- Recognize the role of water in the cleavage of bonds in fats, proteins and carbohydrates.