

# Macromolecules Stations-

**INSTRUCTOR:** 

no\_reply@example.com

*Use the following template to write your responses for the Macromolecules Stations:* 





**Station 1 - Watch It:** *Answer the following based upon the content in the video* 

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	

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### Station 2 - Video It

- "In order to maintain balance or homeostasis, a balanced diet must consist of...(think 3 of the 4 macromolecules)"
- "The molecule that provides the most energy is..."
- "The molecule that we should eat in moderation is...due to the fact that...."
- "The molecule that helps build muscle and provides for numerous cellular activities is..."
- "The major components of all of the molecules are the elements..."



#### Station 3 - Write It

In a quickwrite (3-5 Sentences) - Using the image below...

Which categories of amino acid would you expect to find on the surface of a soluble protein, and which would you expect to find in the interior? What distribution of amino acids would you expect to find in a protein embedded in a lipid bilayer?

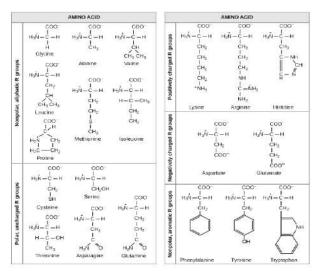


Figure 3.23 There are 20 common amino acids commonly found in proteins, each with a



### Station 4 - Examine It

Using the nutrition labels below, determine whic Justify your response.	h is the most he	althy for l	human consum	nption.
	Nutrition	Facts	Nutrition	Facts
	21 servings per contain	3330	21 servings per contai	
	Serving size	3 oz (200g)	Serving size	3 oz (200g
	Amount Per Serving Calories	230	Calories	230
		% Daily Value*		% Daily Value
	Total Fat 9g	12%	Total Fat 3g	4%
	Saturated Fat 3g	15%	Saturated Fat 1g	5%
	Trans Fat 1g		Trans Fat 0g	
	Cholesterol 200mg	67%	Cholesterol 100mg	33%
	Sodium 780mg	34%	Sodium 600mg	26%
	Total Carbohydrate 55g	20%	Total Carbohydrate 28g	10%
	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%
	Total Sugars 54g		Total Sugars 20g	
	Includes 0g Added Sug Protein 0g	pars 0%	Includes 0g Added Su Protein 0g	gars 0%
				1.55
	Not a significant source of vitamin D, co potassium	alcium, iron, and	Not a significant source of vitamin D, o potassium	calcium, iron, and
	<ul> <li>The % Daily Value (DV) tells you how serving of food contributes to a daily of day is used for general nutrition advice</li> </ul>	liet. 2,000 calories a	<ul> <li>The % Daily Value (DV) tells you how serving of food contributes to a daily day is used for general nutrition advice</li> </ul>	diet. 2,000 calories a
	Α		В	



## Station 5 - Answer It

1.	
2.	
3.	
4.	
5.	

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6.		
	•	



### Station 6 - Perform It

**1.** Go the following website:



https://wilmu.mediaspace.kaltura.com/media/Sci+251+-+Lab+Simulation+-+Biological+Macromolecules/0 ibkdoqzy or use the QR code right -

**2.** Answer the questions provided:

1.	
2.	
3.	

4



#### Station 7 - Read It

Read the following Article an fill out the chart below: <a href="https://ift.onlinelibrary.wiley.com/doi/full/10.1111/j.1541-4329.2010.00101.x">https://ift.onlinelibrary.wiley.com/doi/full/10.1111/j.1541-4329.2010.00101.x</a>

Main Idea	summary
Inferences	How is it connected to learning

# Station 8 - Evaluate it

