MACRO- MOLECULE	BUILDING BLOCKS (MONOMERS)	GROUPS	EXAMPLES	FUNCTIONS	notes
CARBO: HYDRATES					
LIPIDS					
PROTEINS					
NUCLEIC ACIDS					

MACRO: MOLECULE	BUILDING BLOCKS (MONOMERS)	GROUPS	EXAMPLES	FUNCTIONS	NOTES
CARBO: HYDRATES	mono- saccharides (simple sugars)	mono- di- poly- saccharides	mono-: glucose fructose galactose di-: sucrose maltose lactose poly-: starch, cellulose, glycogen chiton	mono-, di-: Energy source poly-: starch: food storage-plants cellulose: plant support glycogen: food storage-animals chiton: exoskelton	bond: α or β glycosidic linkage between sugar monomers. α linkages between monomers in starch, β linkages in cellulose. Enzymes specific for catalyzing the breakdown of α linkages are ineffective on β linkages. Humans cannot digest wood or the fibers in celery or whole grain. This fiber acts as "roughage" stimulating the intestine to secrete mucus to promote regular bowel movements.
LIPIDS	3 fatty acids + glycerol (3C)	triglycerides (simple lipids)	->->	nutrition	bond: between each fatty acid and the glycerol.
		phospholipids	**	cell membrane	
		cholesterol	→ →	cholesterol derivatives like hormones	
PROTEINS	amino acids		sucrase→	enzymatic	bond: peptide bond between carboxyl and amino group of 2 amino acids. Primary level of folding: sequence of AA Higher levels of folding determine the polypeptide's shape. Normal shape = normal function
			transmembrane→	transport, relay	
			insulin →	messengers	
			antibodies →	immunity	
			muscles, hair,→ skin, fingernails	structural	
NUCLEIC ACIDS	nucleotides: phosphate, sugar, nitrogen base	deoxyribonucleic acid (DNA)		control of the cell, heredity	bond: between phosphate and sugar Bacterial DNA has a main chromosome plus circular DNA called plasmids
		ribonucleic acid (RNA) adenosine triphophate (ATP)	>>	messenger (mRNA) organizer (rRNA) translator(tRNA)	
					10 nucleotides per turn
			**	energy shuttle	A=T(U); C=G