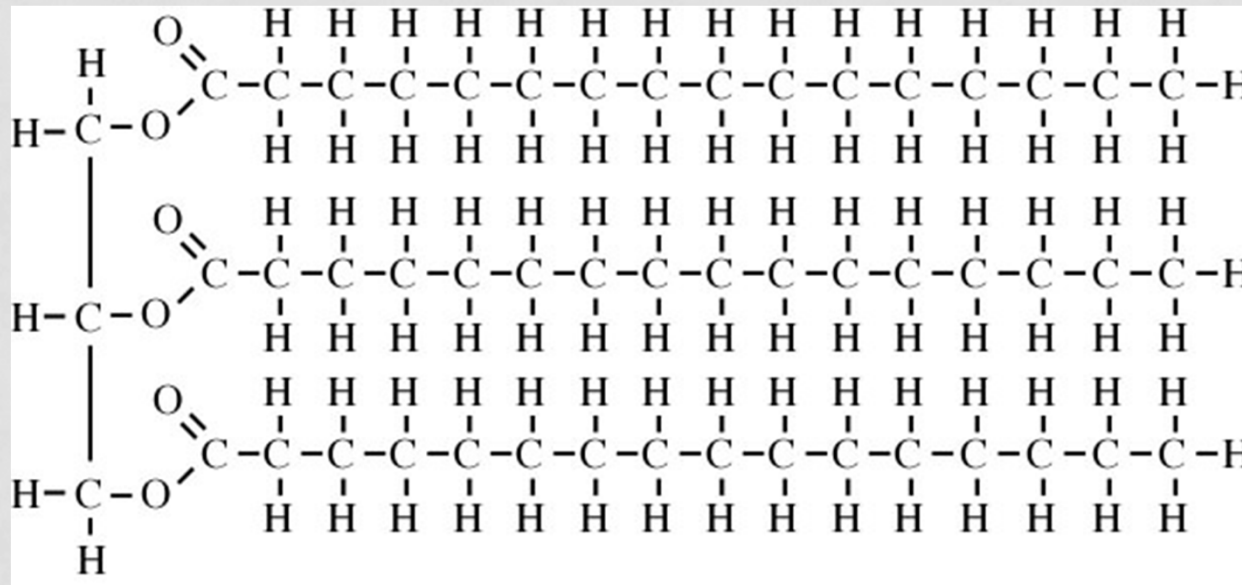


LIPIDS

- **Triglyceride**

- If solid at room temperature = “fat”
- If liquid at room temperature = “oil”
- Stored in fat cells of the body



LIPIDS

- **Saturated fat**

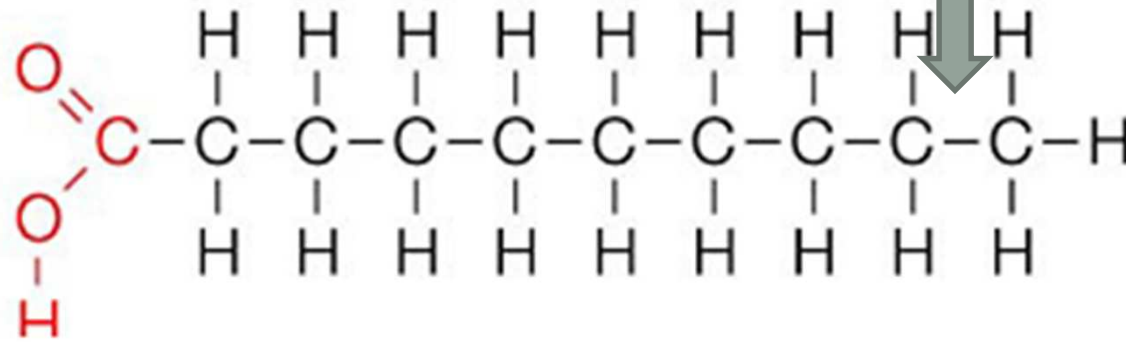
- Fatty acid tails only contain C single bonds
- Carbon is only bonded to another C or H
- Cannot have anymore H's
- “saturated” with H's

- **Unsaturated fat**

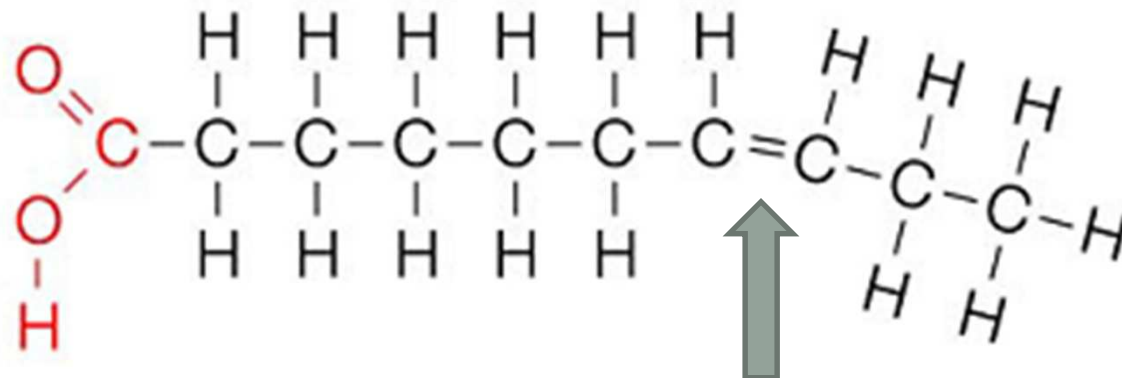
- Fatty acid tails have at least one double bond between C's
- More H could bond
- “unsaturated” with H's

LIPIDS

Saturated



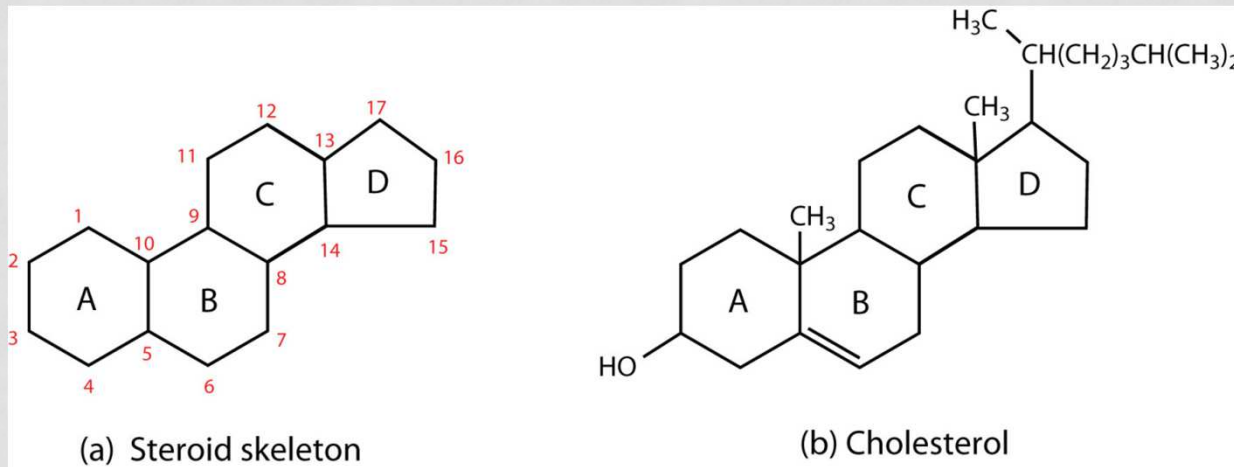
Unsaturated



LIPIDS

- **Steroids**

- Includes cholesterol and hormones
- Has a ringed C structure
- Not always bad!
 - Provides starting point for estrogen, testosterone and vitamin D

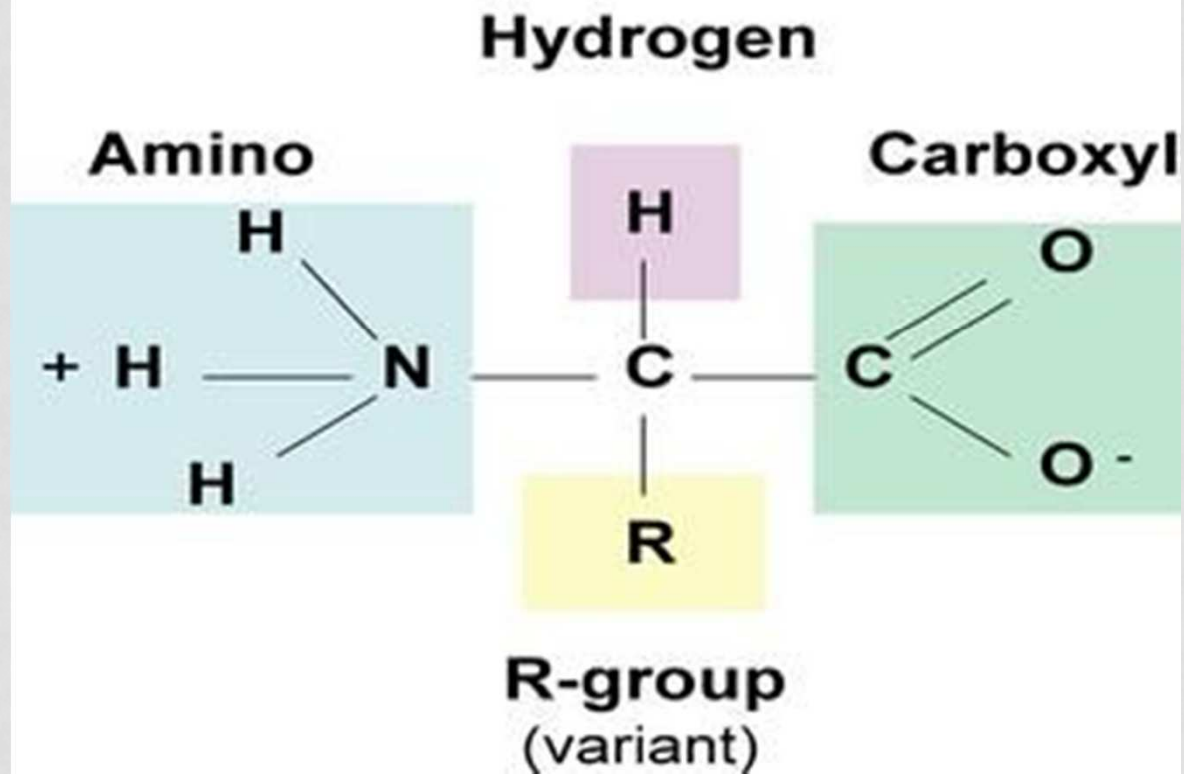


PROTEINS

- Made of monomer called **AMINO ACIDS**
 - Small compounds made of C, N, O, H and sometimes S
 - All have same general structure
 - Start with a central C atom
 - 1 bond with H
 - 1 bond with amino group (-NH₂)
 - 1 bond with carboxyl group (-COOH)
 - 1 bond with R group
 - 20 different things that could be the R group
 - Amino acids comes together by a peptide bond
 - Amino group of 1 + carboxyl group of another

PROTEINS

Amino Acid Structure

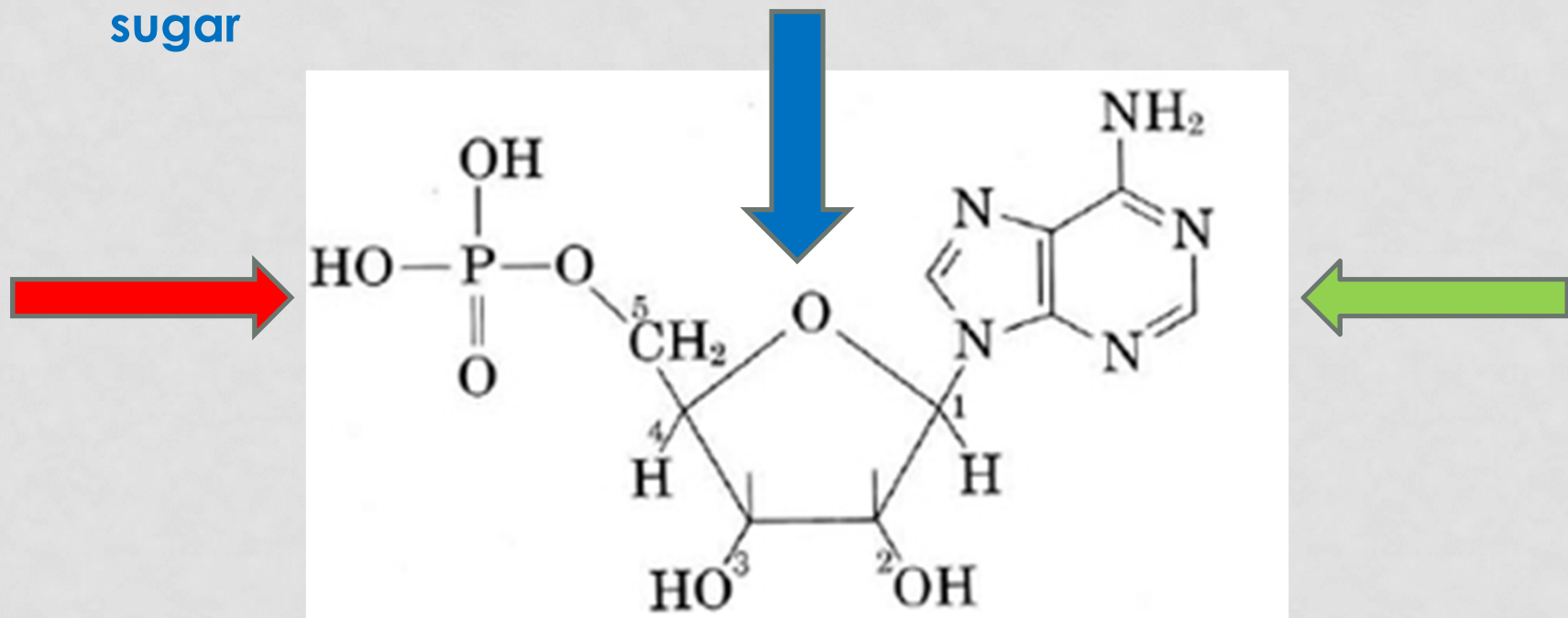


PROTEINS

- Make up about 15% of total body mass
- Involved in almost every bodily function
- Makes up muscles, skin and hair
- Cells contain about 10,000 different proteins for:
 - Structural support
 - Transport substances
 - Communicate signals
 - Speed up reactions
 - Control cell growth

NUCLEIC ACIDS

- Store and transmit genetic information
- Made of monomer = nucleotide
 - Composed of C, N, O, P, and H
 - All have a **phosphate**, a **nitrogenous base** and a **ribose sugar**



NUCLEIC ACIDS

- Two types found in living things
 - Deoxyribonucleic acid (DNA)
 - Ribonucleic acid (RNA)

