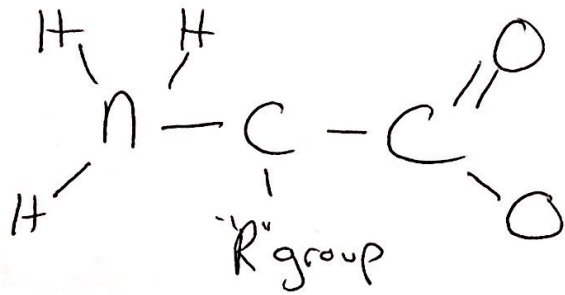
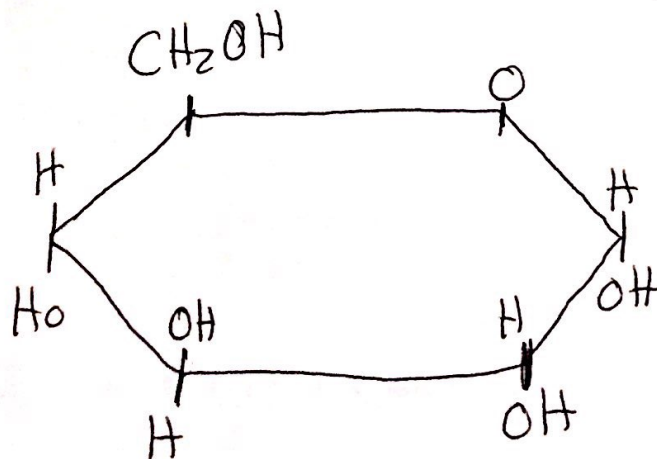


Protein - large organic compounds made of carbon, hydrogen, oxygen, nitrogen and sometimes sulfur

- Foods - meats, eggs, fish, nuts, and beans
- Uses - found in cell membrane
 - structure of organelles/tissues
- made of amino acids

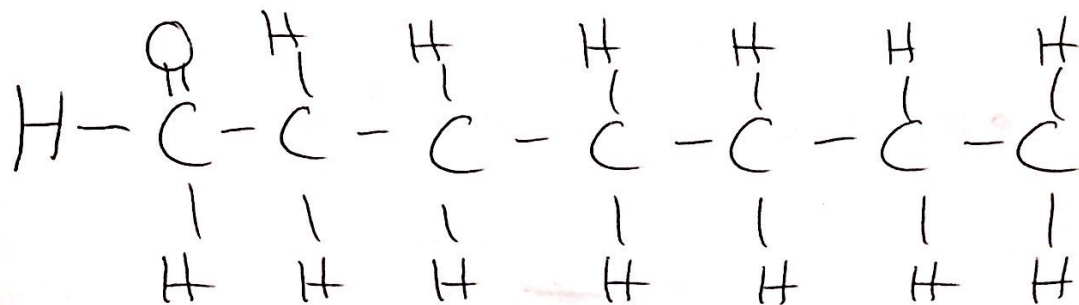


- carbohydrate - energy rich organic compound
- simple sugars - glucose fructose
 - complex - starches
 - made of carbon hydrogen oxygen
 - foods fruits vegetables
 - potato rice noodles breads
 - raw material for cell parts



Lipid - energy rich organic compound

- made of hydrogen, carbon, and oxygen
- fats, oils, waxes
- long term energy reserve "energy bank"
- large part of the cell membrane
- insulations
- protects internal organs



Nucleic Acids - Very large organic compounds

- made of carbon, oxygen, hydrogen, nitrogen and phosphorus
- DNA & RNA

DNA - deoxyribonucleic acid carries all genetic information about the organism

- made of carbon, oxygen, hydrogen, nitrogen and phosphorus
- nucleus

RNA - ribonucleic acid used as a messenger and creating proteins

- nucleus / cytoplasm / ribosome