

Name: _____

Site: _____

Biology 2201 Nutrients

Instructions: Complete each question as indicated.

1. What two compounds make up a lipid?
 - a) _____
 - b) _____
2. What is the difference between a saturated and unsaturated fat?
3. What chemical reaction creates large molecules by joining together smaller ones while removing water _____?
4. Glucose, Fructose and Galactose are all examples of which type of nutrient _____?
5. Two amino acids joined together make up a(n) _____.
6. The human body requires _____ essential amino acids that come from a person's diet.
7. What is the difference between a polypeptide and polysaccharide? Give an example of each.
8. What is the name of the carbohydrate that is stored in the liver of animals _____?
9. Name two sources of proteins and two of carbohydrates.
10. Complex polysaccharides are broken into simple monosaccharides by a chemical reaction known as _____.
11. What is the difference between glycogen and starch?
12. _____ are compounds that act as coenzymes in chemical reactions.
13. Magnesium, Iron and Potassium are all examples of _____.

Name: _____

Site: _____

14. _____ are nutrients made up of fatty acids and glycerol.
They are stored in _____ cells of the human body.
15. Maltose is an example of a(n) _____.
16. Another name for monosaccharides is known as simple _____.
17. A diet that is rich in the six essential nutrients is referred to as a(n) _____ diet.
18. Name the three elements that make up a carbohydrate.
 - a) _____
 - b) _____
 - c) _____
19. The basic unit of a carbohydrate is called a(n) _____.
20. The basic building block of a protein is called a(n) _____.
21. Cholesterol is a form of a(n) _____.
22. Carbohydrates provide “quick” _____ to an organism when eaten.
23. Polysaccharides are split into disaccharides and monosaccharides through the process of _____.
24. Proteins are made by joining several amino acids together by _____.
25. Vitamins A and K are from a class of vitamins known as the _____ vitamins.