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## 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 \_\_\_\_\_.

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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.