

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Block: \_\_\_\_\_

## Macromolecule Food Journal

**Directions:** From now until class time tomorrow, write down everything you eat. Put each food in the column(s) for the macromolecule nutrient(s) it provides. Some foods will go in more than one column! Use the nutrition label to help you sort them out.

Carbohydrates	Lipids (fats)	Proteins	Nucleic acids
			(Any food that is made from whole cells, like veggies, meat, and whole grains. Liquids and processed foods don't go here!)

I'm not sure where to put...

# Macromolecules Worksheet

Name \_\_\_\_\_

## Part A. Classify each as a carbohydrate, protein, lipid or nucleic acid.

- |          |                        |           |               |
|----------|------------------------|-----------|---------------|
| 1. _____ | cholesterol            | 6. _____  | phospholipid  |
| 2. _____ | nucleotide             | 7. _____  | cellulose     |
| 3. _____ | RNA                    | 8. _____  | amino acid    |
| 4. _____ | glucose                | 9. _____  | saturated fat |
| 5. _____ | unsaturated fatty acid | 10. _____ | DNA           |

## Part B. Classify each as a carbohydrate, protein, lipid or nucleic acid.

- |           |              |           |             |
|-----------|--------------|-----------|-------------|
| 11. _____ | almond       | 19. _____ | celery      |
| 12. _____ | spinach      | 20. _____ | soy beans   |
| 13. _____ | beef jerky   | 21. _____ | cranberries |
| 14. _____ | bacon        | 22. _____ | egg white   |
| 15. _____ | noodles      | 23. _____ | table sugar |
| 16. _____ | orange juice | 24. _____ | popcorn     |
| 17. _____ | cheese       | 25. _____ | lobster     |
| 18. _____ | wheat        | 26. _____ | sesame oil  |

## Part C. Which food molecule (carbohydrate, lipid, protein) would you eat if...

- |  |       |
|--|-------|
| 27. ...you needed a quick boost of energy?     | _____ |
| 28. ...you wanted to grow strong nails?        | _____ |
| 29. ...you haven't eaten in days?              | _____ |
| 30. ...you wanted to grow healthy hair?        | _____ |
| 31. ...you had a race tomorrow afternoon?      | _____ |
| 32. ...you were getting ready for hibernation? | _____ |
| 33. ...you wanted to get bigger muscles?       | _____ |
| 34. ...your next meal will be in a week?       | _____ |