

Name: _____

Macromolecules and Nutrition Label Worksheet

Use your textbook (pages 45-47) to answer the first six questions. Then, find 3 nutrition labels (at home) to answer the final three questions. **Note: You will need at least three nutrition labels to complete the following worksheet.**

1. Define “macromolecules”:

2. What is the main ingredient in cells **AND** why is it so important?

3. Define “carbohydrates”, identify some carbohydrate, and describe the importance of some carbohydrates to living organisms.

Definition:

Examples:

Importance:

4. Define “proteins”, identify some proteins, and then describe the importance of some proteins to living organisms.

Definition:

Examples:

Importance:

5. Define “lipids”, identify some common lipids, and then describe the importance of some lipids to living organisms.

Definition:

Examples:

Importance:

6. Define “nucleic acids”, identify some nucleic acids, and then describe the importance of nucleic acids to living organisms.

Definition:

Examples:

Importance:

Nutrition labels list ingredients in order based on how much of each ingredient the food has, from most to least. (The food is made mostly out of the first ingredient, less of the second ingredient, even less of the third, etc.)

7. Identify the food item that goes with your first label. Identify the percentage of carbohydrates, proteins, and lipids that one serving of your food contains. Write down the first four ingredients and predict whether each is a carbohydrate, protein, and/or lipid.

Food item:

Percentage carbohydrates:

Percentage protein:

Percentage lipids:

First 4 ingredients:

Prediction:

8. Do the same (as #7) with your second label.

Food item:

Percentage carbohydrates:

Percentage protein:

Percentage lipids:

First 4 ingredients:

Prediction:

9. Do the same (as #8) with your third label.

Food item:

Percentage carbohydrates:

Percentage protein:

Percentage lipids:

First 4 ingredients:

Prediction: