Name : _____   Date : _____

Macromolecules Worksheet

Part A. Which specific molecule (saturated fat, unsaturated fat, protein, glucose, starch, cellulose) is each food mostly made of?

1. almond _____

2. celery _____

3. spinach _____

4. soy beans _____

5. beef jerky _____

6. cranberries _____

7. bacon _____

8. egg white _____

9. noodles _____

10. table sugar _____

11. orange juice _____

12. popcorn _____

13. cheese _____

14. lobster _____

15. wheat _____

16. sesame oil _____

Part B. State whether each is found in animals, plants, or both.

Macromolecules	Monomer	Polymer
Carbohydrates		
Lipids		
Proteins		
Nucleic Acids		

(a) Which type of macromolecule provides long-term energy storage? _____

(b) Which macromolecule includes steroids and fatty acids? _____

(c) Which macromolecule includes DNA and RNA? _____

(d) Which macromolecule includes glucose and starch? _____

(e) Which macromolecule includes hair and muscles? _____

Name : _____   Date : _____

Macromolecules Worksheet

Part A.   Answers

1.	almond	starch	9.	noodles	starch
2.	celery	cellulose	10.	table sugar	glucose
3.	spinach	cellulose	11.	orange juice	glucose
4.	soy beans	starch	12.	popcorn	starch
5.	beef jerky	protein	13.	cheese	protein/saturated fat
6.	cranberries	glucose	14.	lobster	protein
7.	bacon	protein	15.	wheat	starch
8.	egg white	protein	16.	sesame oil	unsaturated fat

Part B.

Macromolecules	Monomer	Polymer
Carbohydrates	monosaccharide	polysaccharide
Lipids	fatty acid	lipid
Proteins	amino acid	peptide
Nucleic Acids	nucleotide	nucleic acid

(a) Which type of macromolecule provides long-term energy storage?   lipid (fat)

(b) Which macromolecule includes steroids and fatty acids?   lipid

(c) Which macromolecule includes DNA and RNA?   nucleic acid

(d) Which macromolecule includes glucose and starch?   carbohydrate

(e) Which macromolecule includes hair and muscles?   protein