Part A. State whether each is found in animals, plants, or both.  1. saturated fat 8. cellulose 2. protein 9. enzyme 3. steroid 10. polysaccharide 4. DNA 11. glycogen 5. amino acid 12. starch 6. monosaccharides 13. glucose 7. RNA 14. phospholipid  Part B. Which food molecule (monosaccharide, polysaccharide, lipid, protein) would you eat if 1you needed a quick boost of energy? 2you wanted to grow strong nails? 3you have not eaten in days? 4you want to grow healthy hair? 5you were getting ready for hibernation?	Name :	Date :						
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2you wanted to grow strong nails?  3you have not eaten in days?  4you want to grow healthy hair?  5you raced tomorrow afternoon?			ou eat if					
4you want to grow healthy hair?  5you raced tomorrow afternoon?								
5you raced tomorrow afternoon?	3you have not eaten in days?							
	4you want to grow healthy hair?							
6you were getting ready for hibernation?	5you raced tomorrow afternoon?							
	6you were getting ready for hibernation	on?						

7. ...you wanted to get bigger muscles?

8. ...your next meal will be in a week?egg white

Name :	Date:
	Date

## - MACROMOLECULES WORKSHEET -

Pa	rt A.	An	Answers						
1.	saturated fat	animals	8.	cellulose	plants				
2.	protein	both	9.	enzyme	animals				
3.	steroid	both	10.	polysaccharide	both				
4.	DNA	both	11.	glycogen	animals				
5.	amino acid	both	12.	starch	plants				
6.	monosaccharide	s both	13.	glucose	both				
7.	RNA	both	14.	phospholipid	both				
Part B.									
1.	you needed a c	uick boost of energy?		monosacch	aride				
2.	you wanted to (	grow strong nails?		protein					
3.	you have not ec	ten in days?		protein					
4.	you want to gro	w healthy hair?		protein					
5.	you raced tomo	rrow afternoon?		polysaccha	ıride				
6.	you were getting	g ready for hibernation	?	lipid					
7.	you wanted to g	et bigger muscles?		protein					
8.	your next meal v	will be in a week?egg w	/hite	lipid					