

## Chapter 16

Use with Section 3

## REINFORCEMENT

## ● Biological Compounds

Identify whether each statement describes a protein, carbohydrate, sugar, starch, or lipid.

- \_\_\_\_\_ 1. In the body, these are broken down into simple sugars that the body can use for energy.
- \_\_\_\_\_ 2. These are more concentrated sources of energy than carbohydrates are.
- \_\_\_\_\_ 3. These substances are found in fresh fruit and sweet candy.
- \_\_\_\_\_ 4. Amino acids bond with each other to form these polymers.
- \_\_\_\_\_ 5. Hundreds or thousands of sugar molecules may join together to form these compounds.
- \_\_\_\_\_ 6. These polymers are found in butter, ice cream, and beeswax.

Determine whether the italicized term makes each statement true or false. If the statement is true, write "true" in the space provided. If the statement is false, write in the blank the term that makes the statement true.

- \_\_\_\_\_ 7. Individual amino acids link together to form *carbohydrates*.
- \_\_\_\_\_ 8. There are *twenty* essential amino acids that must come from the food that you eat.
- \_\_\_\_\_ 9. People who eat a diet high in *saturated* fats have a higher rate of cardiovascular problems such as heart disease.
- \_\_\_\_\_ 10. *Lipids* contain sugars and starches which make them good pre-race choices for marathon runners.