

## UNIT 2 - BASIC PRINCIPLES OF BODY CHEMISTRY

### WORKSHEET – Organic Compounds

Name \_\_\_\_\_

Period \_\_\_\_\_

**Answer the following questions regarding organic compounds:**

1. Organic compounds usually contain what atom?
  
  
  
  
  
  
  
  
  
  
2. What are the three major atoms found in carbohydrates?
  - 1.
  - 2.
  - 3.
  
  
  
  
  
  
  
  
  
  
3. In the body, what are the functions of lipids? List four of them.
  - 1.
  - 2.
  - 3.
  - 4.
  
  
  
  
  
  
  
  
  
  
4. What are three common lipids?
  - 1.
  - 2.
  - 3.
  
  
  
  
  
  
  
  
  
  
5. In the body, what are functions of proteins? List four of them.
  - 1.
  - 2.
  - 3.
  - 4.
  
  
  
  
  
  
  
  
  
  
6. What are the building blocks of protein and how many of them are there?
  
  
  
  
  
  
  
  
  
  
7. What atoms do proteins have that most lipids and all carbohydrates don't?

## UNIT 2 - BASIC PRINCIPLES OF BODY CHEMISTRY

### WORKSHEET – Organic Compounds KEY

Name \_\_\_\_\_

Period \_\_\_\_\_

**Answer the following questions regarding organic compounds:**

1. Organic compounds usually contain what atom?  
CARBON (AND HYDROGEN)
2. What are the three major atoms found in carbohydrates?
  1. CARBON
  2. HYDROGEN
  3. OXYGEN
3. In the body, what are the functions of lipids? List four of them.
  1. ENERGY STORAGE
  2. PROTECTION
  3. CELL MEMBRANES
  4. STUCTURAL ENHANCEMENT
4. What are three common lipids?
  1. OIL
  2. BUTTER
  3. SHORTENING
5. In the body, what are functions of proteins? List four of them.
  1. MUSCLE BUILDING BLOCKS
  2. FIGHT DISEASE
  3. ENZYMES
  4. HORMONES
6. What are the building blocks of protein and how many of them are there?  
AMINO ACIDS, THERE ARE 20
7. What atoms do proteins have that most lipids and all carbohydrates don't?  
NITROGEN