



Name _____

Macromolecules VIDEO GUIDE



- 1) What food is common for runners to eat before a race?
- 2) What are the SIX elements found in most living things?
- 3) What are TWO molecules that living things obtain those elements from?
- 4) What are the FOUR macromolecules?
- 5) What are the two ways that organisms obtain the four macromolecules?

List THREE foods you see in the pictures found at the time stamps below

3:36
CARBS

4:06
PROTEINS

4:10
LIPIDS

4:18
NUCLEIC ACIDS

- 6) The smaller units of macromolecules are called _____mers
- 7) The monomers of Carbs and Lipids have many _____, _____, and _____ bonded together

Use the rest of the video to complete the following table!

	CARBS	LIPIDS	PROTEINS	NUCLEIC ACIDS
Monomer				
Atoms found in monomer				
Function(s) of macromolecule				