“Crash Course: Biological Molecules – You are what you Eat” at <https://www.khanacademy.org/partner-content/crash-course1/partner-topic-crash-course-bio-ecology/crash-course-biology/v/crash-course-biology-103>, complete the attached worksheet while you view the video. Then complete the online quiz on Blackboard. Note: You may access the video directly through Blackboard also.

1. **What are the 3 “ingredients” (molecules) for life:**
2. **What is the building block of carbohydrates? Give an example.**
3. **What is the main purpose for carbohydrates in the body?**
4. **What monosaccharide is required for cellular respiration and is thus the “star of the show?”**
5. **What is a disaccharide? Give an example.**
6. **What is cellulose? Can humans digest it?**
7. **What is starch? How is it different from cellulose?**
8. **How do humans store carbohydrate energy? Where does this occur? Is this a long-term energy storage method?**
9. **What are the 3 types of lipids?**
10. **What the 2 structural components of a triglyceride? What types of foods contain triglycerides?**
11. **Explain the difference between saturated and unsaturated fatty acids. Which is more solid at room temperature?**
12. **What role do phospholipids play in the body?**
13. **What role do steroids play in the body? (Bonus point if you can tell me the error in the video when he was explaining the role of cholesterol in cells)**
14. **Why are proteins important to the body? Give at least 3 examples of their role.**
15. **Based on the video answer the following:**
    1. **Which molecule is used mainly for short-term energy source source (ie it can only be put into long-term storage):**
    2. **Which molecule is used mainly for a long-term energy source (ie it is put into long-term storage):**
    3. **Which molecule is used mainly for structural components in the body:**