**“Food To You”**

**What are organic compounds?**

Almost all of the food we eat comes from plants and animals. Plants and animals contain mainly water and organic compounds, which are molecules made by living organisms such as plants or animals. The table below lists the most common types of organic compounds found in living organisms. For each type of organic compound, give one or two examples and describe one characteristic, e.g. whether it is greasy, whether it contains genetic material, whether there is lots of this type of organic compound in meat or lots in pretzels and potatoes. (You can use your book to fill out the table).

|  |  |  |
| --- | --- | --- |
| **Type of Organic Compound** | **Examples** | **Characteristic or Type of Food That Has Lots of This Type of Organic Compound** |
| Carbohydrates |  |  |
| Lipids |  |  |
| Nucleic Acids |  |  |
| Proteins |  |  |

**How do we get energy from these compounds?**

Over the next week, we will learn about the “teamwork” process within our cells that works to harvest energy from the food that we eat. For the purposes of learning this process, we will focus on how our body uses glucose, the most preferred and frequently available energy molecule. Write the equation for cellular respiration below:

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**Since you are a science expert, what would you say if your 10 year old little brother asked “Why do we have to eat food?”** (One sentence)