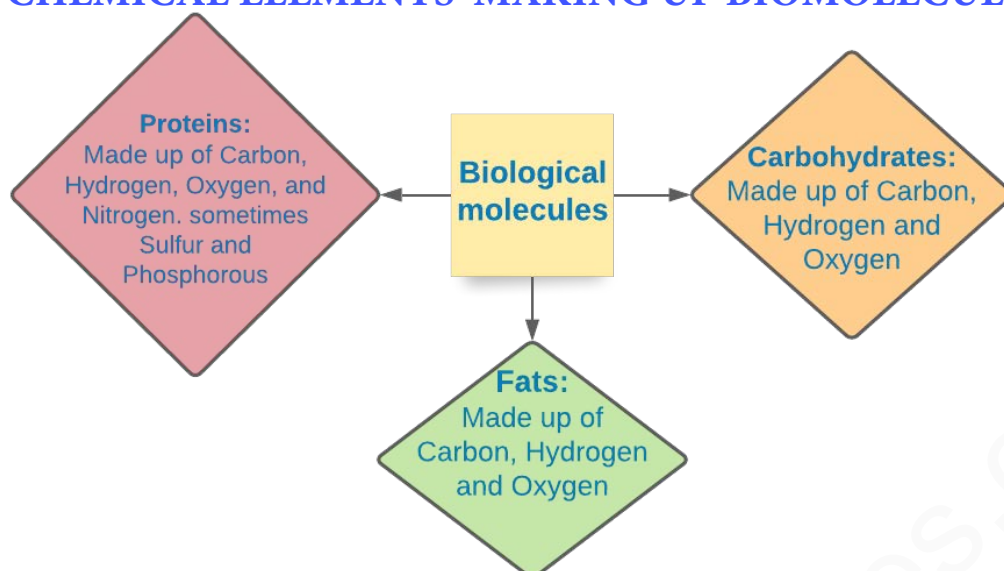


CHEMICAL ELEMENTS MAKING UP BIOMOLECULES



The main food groups are:

- Carbohydrates
- Lipids
- Proteins

Carbohydrate

Carbohydrates include sugars and starches, which provide us with a ready source of energy that is easily respired. Simple sugars are absorbed almost immediately by the stomach into the blood give and immediate source of energy. This energy is released as a result of respiration. Good sources of carbohydrates are rice, potatoes, bread, yams, sugars and honey.

Proteins

In order for your body to grow and develop, it needs protein to make new cells. You digest protein into amino acids and then use these to make your own proteins. There are 20 different types of amino acids and your body must have all of these to make its own protein.

Cell membranes and cytoplasm contain a great deal of protein. Your body may need to replace old or damaged cell so you need enough protein in your food for this as well. If protein is not used for growth and repair it may be respired to provide energy. Good sources are meat, fish, milk and nuts.

Fats

Fats are important as a long-term energy store. The fat is stored under the skin and around the heart and kidneys. One gram of fat releases more than twice as much energy than can be released from one gram of carbohydrate or protein. When we are short of energy our body uses the fat.