

# Carbohydrates

Carbon      H<sub>2</sub>O

- Made up of C, H, O
- Ratio 1:2:1



-**Monomers** = monosaccharides ("one sugar")

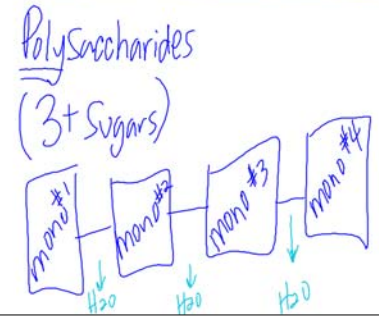
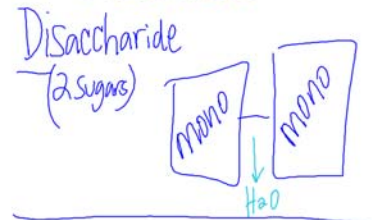


Simple vs. Complex

## MONOMER:



## POLYMER:



■ MONOMER=  
Monosaccharide ("1 sugar")

### 3 TYPES:

Glucose (plants)  $C_6H_{12}O_6$



Galactose (dairy)

Fructose (fruits)



## Carbohydrates: FUNCTIONS

- Living things use Carbs as main source of Energy
  - Short term Energy

### FOOD EXAMPLES:

