Macromolecule	Monomer	Functions (2)	Pure source (2)
Simple Carbohydrates C,H,O	**monosaccharide such as glucose, galactose, and fructose**	- amylase will break down carbohydrates into - glucose to supply energy stores energy	honey or table sugar
Complex Carbohydrates polysaccharide	**monosaccharides covalently bonded**	- animals will store excess sugar in a polysaccharides called glycogen - gylcogen is broken down as glucose and supplies energy to the body - starch is broken down into sugars the body uses it	starch, pasta, and potato
Lipids	**one glycerol and three fatty acids**	- used to store long term - energy - are also part of some waterproof and protective membranes	olive oil, vegetable oil, butter, cream, lard
Proteins nitrogen, carbon, hydrogen, and oxygen	**amino acids**	- regulates the rate of chemical reactions - helps fight diseases - transfers substances into and out of the body	lean meat
Nucleic Acids	**nucleotides**	- traps energy - transfers energy - store and transfer genetics and dna	hydrogen, oxygen, nitrogen, carbon, and phosphorus