

Molecules of Life

Quick Write Prompts

Answer these in 1-2 paragraphs. Use the info from your notes and worksheets to assist you in explaining.

1. Explain how a diet high in excess carbohydrates will convert the excess carbohydrates (C,H,O) into larger, energy storing molecules.

*Address the following:

- Atoms involved
- Bonds and their importance
- Molecules & their function
- Where the atoms that make up each come from

- write your answer as if you are trying to explain these to your 7th grade neighbor
- Read the two articles that you have been given.
- Find a minimum of **two** quotes/pieces of information from the articles that to help you add more to your explanation. Add those in to your paragraphs and cite which article it came from. Be sure they flow in the context of your explanation. You may need to write more 😊😊😊
- Then go back to your previously written work and add citations for where you found the information that you used to answer the prompt (spoonful of Carbohydrates or Liquid Candy article, etc).

- You will then answer a second question using the articles, activities and notes and citing where you found this evidence.

2. **Why is it important to include carbohydrates in a diet where you are trying to gain mass/grow?**

***Address the following:**

- Minimum of one example of the role each molecule (Carbs Lipids, Proteins) plays in growth.
- Explain how each molecule works to increase size.

- **CITATION EXAMPLE:**

- *Carbohydrates are the macromolecules that the body uses for energy (Macromolecule notes).*
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