

The background of the slide is a solid green color with a faint, stylized pattern of overlapping leaves and stems in a slightly darker shade of green. The leaves are scattered across the frame, creating a natural, organic feel.

ORGANIC COMPOUNDS

WHY WE NEED THEM

1. As living things, we need a source of ENERGY.
2. The food we eat comes from PLANTS and OTHER ANIMALS.
3. The foods we eat are made of MATTER: anything that has mass and takes up space.
4. The kind of matter we eat is called ORGANIC matter.
Organic matter contains CARBON.

ORGANIC COMPOUNDS

1. The organic matter we eat comes in the form of three compounds: CARBOHYDRATES, LIPIDS (FATS), and PROTEINS.

2. CARBOHYDRATES are a cell's first source of energy.

Examples include SUGAR and STARCH.

Sugars and starch can be found in: PASTA, RICE,

BREAD, POTATOES, TORTILLAS,

FRUIT, and CANDY.

3. LIPIDS provide energy when no carbohydrates are available. They also provide a more CONCENTRATED energy source than carbohydrates. Examples include FATS and

OILS. Fats and oils can be found in: BUTTER,

VEGETABLE OIL

LARD

FRIED FOODS

CHOCOLATE

4. **PROTEINS** are used to build and repair cell parts.

MEAT

DAIRY PRODUCTS

NUTS

and

BEANS

are examples. Specific examples include:

BEEF

CHICKEN

FISH

MILK

CHEESE

EGGS

CASHEWS

PEANUTS

and

PINTO BEANS

RECOMMENDATIONS

1. For a quick burst of energy, eat CARBOHYDRATES.

2. Carbohydrates that are not used right away get stored as LIPIDS/FAT.

3. Eating a BALANCED DIET that includes all three types of ORGANIC COMPOUNDS

will provide what your body needs to function properly.

4. Avoid high amounts of LIPIDS/FAT in the diet, which can clog ARTERIES, and damage your HEART.