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# What are Biochemicals

The term biochemical refer to any chemical compound which is part of the makeup of living cells. The major biochemicals are carbohydrates, lipids, proteins, and nucleic acids



## What is a protein in biochemistry?

Biochemistry/Proteins. ...
Each protein is linear polymers built of amino acids. Proteins are also nutrient sources for organisms that do not produce their own energy from sunlight and/or are unable to fix nitrogen. Proteins can interact with one another and with others molecules to form complexes.



Protein is the basic component of living cells and is made of carbon, hydrogen, oxygen, nitrogen and one or more chains of amino acids. The three types of proteins are fibrous, globular, and membrane.



#### What are lipids?

#### Lipids are

- biomolecules that contain fatty acids or a steroid nucleus.
- soluble in organic solvents, but not in water.
- named for the Greek word lipos, which means "fat."
- extracted from cells using organic solvents.





#### GREAT CARBS eat me anytime!



Leafy Greens (kale, spinach, romaine lettuce)



Cruciferous Vegetables (broccoli, brussels sprouts, cabbage, collards, cauliflower..)



**Berries** 

#### GOOD CARBS eat me sometimes!



Starchy Veggies (sweet potato, potatoes, squash...)



Sweeter Fruits (bananas, pineapple, papaya...)



#### BAD CARBS eat me rarely/never!



Grains (rice, breads, cereals...)

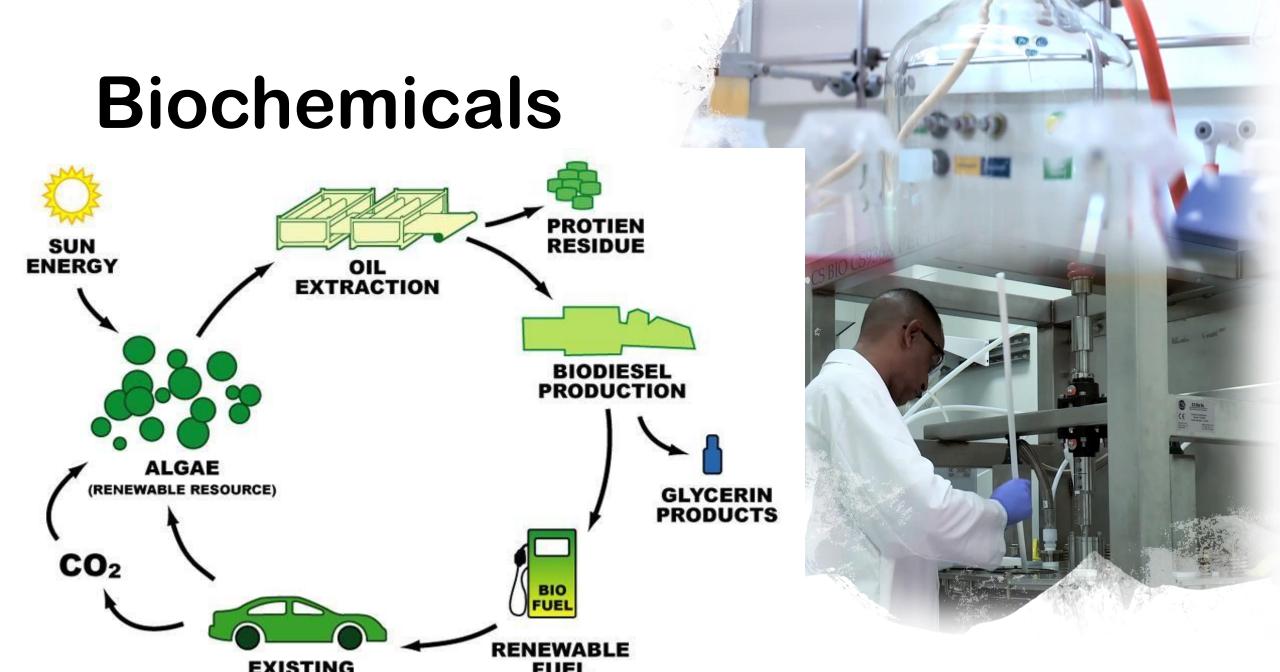


Sugary Drinks (soda, juice, sports drinks...)

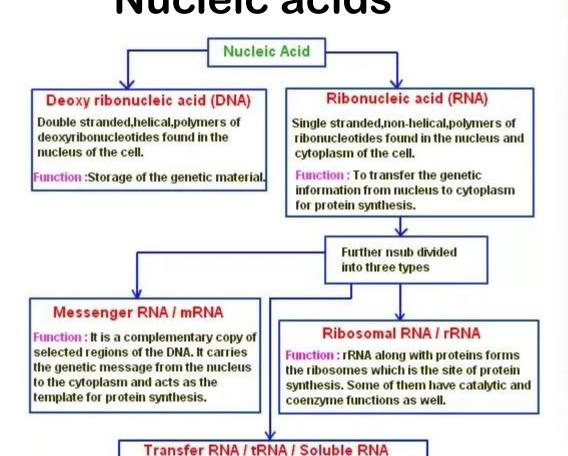


Sugary Snacks (cookies, candies...)





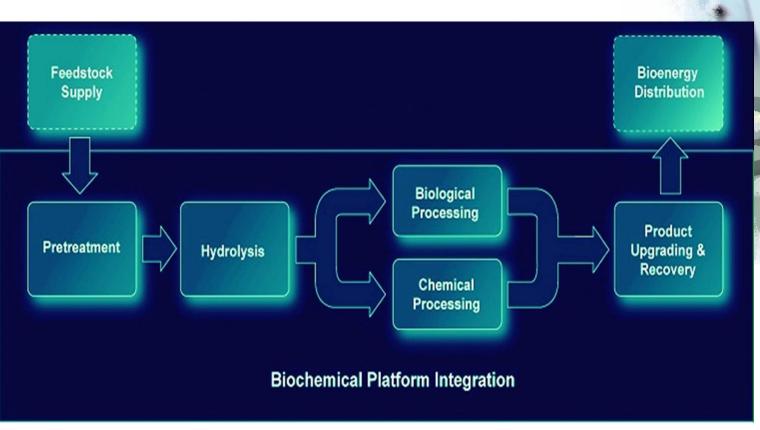
## Biochemicals Nucleic acids



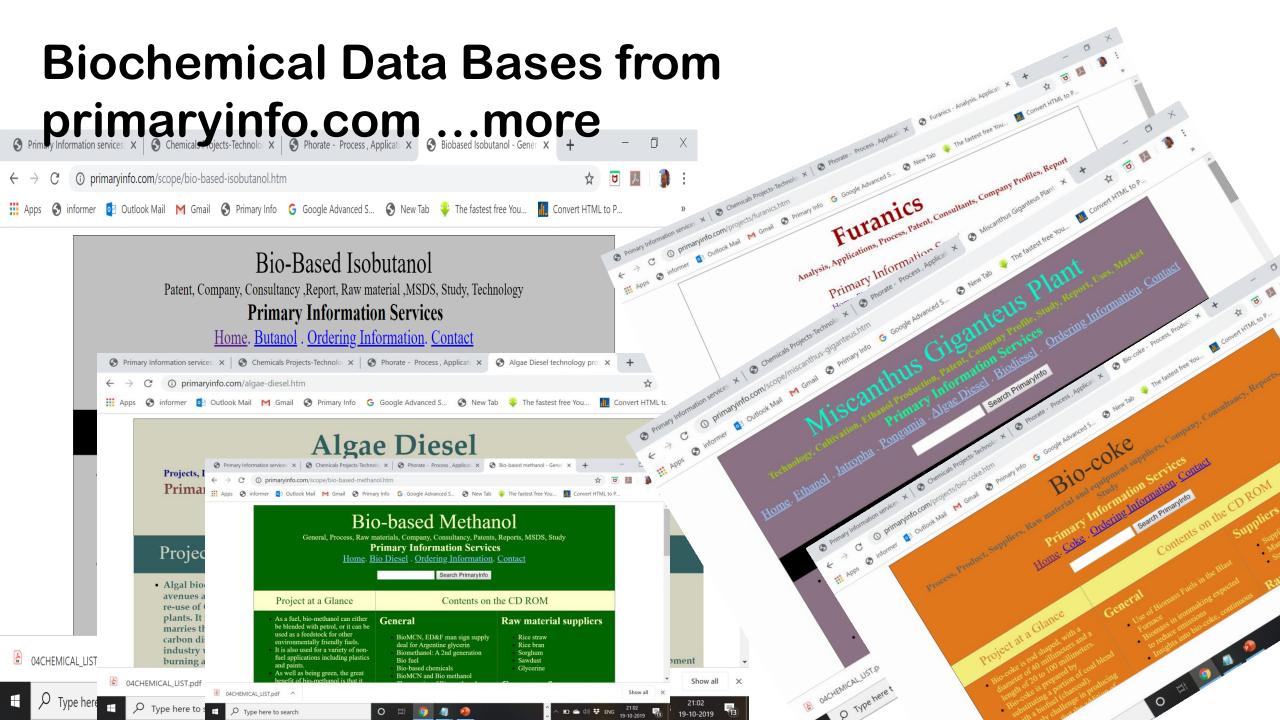
Function: Transfer the amino acids from the cytoplasm to the site of protein synthesis.



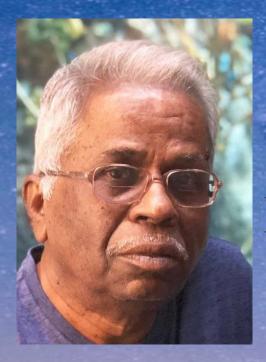
## Biochemicals PROCESS







#### QUESTIONS?



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